




INSPIRED SENIOR LIVING

February 2024



ASPEN WOODS
INSPIRED SENIOR LIVING

Aspen Woods - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Black History Month</p>		 <p>Lunar Year Dragon</p>		<p>9:00 News & Views (PUB) 1 10:00 Mindful Movement (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 2 9:15 CPO Open Rehearsal (BT) 10:00 Drumfit (HT) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercises (FC) 3 1:00 Cribbage (PUB) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 4 10:00 Fit Minds (CON) 10:30 Video Exercises (HT) 2:00 Movie Matinee (HT) 6:30 Classic Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 5 9:00 Aquafit Pool Walking (POOL) 10:00 Weight Exercises (FC) 1:30 Fit Minds (PUB) 3:00 Hand Therapy (CK) 3:30 Coffee Chat (PUB) 6:30 Bridge (PUB) 6:30 Movie Night (HT)</p>	<p>9:00 News & Views (PUB) 6 10:00 Balls & Bands Exercise (FC) 10:30 Coffee with Kiran (PUB) 1:00 Tile Rummy (PUB) 1:00 Tour and Tasting at Choklat (BT) 6:30 Learning Tuesday Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 7 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 3:00 Sing Along (PUB) 6:30 Bridge (PUB) 6:30 Movie Night (HT)</p>	<p>9:00 News & Views (PUB) 8 10:00 Mindful Movement (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 2:00 Jeopardy (PUB) 6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 9 9:00 Aquafit Pool Walking (POOL) 10:00 Drumfit (HT) 10:45 Artful Enrichment (CK) 1:30 Bingo (PUB) 3:00 Crosswords (HT) 6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercises (FC) 10 1:00 Cribbage (PUB) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 11 10:00 Fit Minds (CON) 10:30 Video Exercises (HT) 3:00 Second Sunday Songs with Hannah (HT) 6:30 Classic Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 12 10:00 Video Weight Exercises (HT) 1:30 Baking (CK) 3:00 Hand Therapy (CK) 3:30 Coffee Chat (PUB) 6:30 Bridge (PUB) 6:30 Movie Night (HT)</p>	<p>Mardi Gras 13 9:00 News & Views (PUB) 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 1:30 Tuesday Tech Time (LEO) 1:30 The Nut Man (LOB) 1:30 Documentary - Mardi Gras (HT) 1:30 "Well Done" Alteration Services (FC) 2:30 Meet Me At The MoMA (PUB) 6:30 Learning Tuesday Movie Night (HT)</p>	<p>Valentine's Day 14 9:00 Go4Life Walking Club (LOB) 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 1:30 Valentine's Day Documentary (HT) 3:00 Sing Along (PUB) 6:30 Bridge (PUB) 6:30 Movie Night (HT)</p>	<p>10:00 Video Exercises (HT) 15 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 2:00 Crosswords (HT) 7:00 Jingo Wo Lion Dance Performance (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 16 9:00 Aquafit Pool Walking (POOL) 10:00 Drumfit (HT) 10:45 Artful Enrichment (CK) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercises (FC) 17 1:00 Cribbage (PUB) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Comedy Movie Night (HT)</p>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 RC Church Service (HT) 18 10:00 Fit Minds (CON) 10:30 Video Exercises (HT) 2:00 Movie Matinee (HT) 6:30 Classic Movie Night (HT)	Family Day 19 9:00 Go4Life Walking Club (LOB) 10:00 Video Exercises (HT) 3:00 Hand Therapy (CK) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	9:00 News & Views (PUB) 20 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 1:30 Tuesday Tech Time (LEO) 2:30 Meet Me At The MoMA (PUB) 6:30 Learning Tuesday Movie Night (HT)	9:00 Go4Life Walking Club (LOB) 21 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 10:45 Coffee Chat (PUB) 2:30 Birthday Party (PUB) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	National Margarita Day 22 9:00 News & Views (PUB) 10:00 Mindful Movement (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 2:30 Margarita Social (PUB) 6:30 Health Arts Society Performance (HT)	9:00 Go4Life Walking Club (LOB) 23 9:00 Aquafit Pool Walking (POOL) 10:00 Drumfit (HT) 11:00 Lunch at Big T's BBQ (BT) 1:30 Bingo (PUB) 3:00 Crosswords (HT) 6:30 Romance Movie Night (HT)	10:00 Cardio Exercises (FC) 24 1:00 Cribbage (PUB) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Comedy Movie Night (HT)
9:00 RC Church Service (HT) 25 10:00 Fit Minds (CON) 10:30 Video Exercises (HT) 2:00 Movie Matinee (HT) 6:30 Classic Movie Night (HT)	9:00 Go4Life Walking Club (LOB) 26 9:00 Aquafit Pool Walking (POOL) 10:00 Weight Exercises (FC) 1:30 Baking (CK) 3:00 Hand Therapy (CK) 3:30 Coffee Chat (PUB) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	9:00 News & Views (PUB) 27 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 1:30 Tuesday Tech Time (LEO) 1:30 The Nut Man (LOB) 1:30 "Well Done" Alteration Services (FC) 2:30 Meet Me At The MoMA (PUB) 6:30 Learning Tuesday Movie Night (HT)	9:00 Go4Life Walking Club (LOB) 28 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 10:30 Anglican Church Service (HT) 10:45 Coffee Chat (PUB) 2:00 Resident Meeting (HT) 3:00 Sing Along (PUB) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	9:00 News & Views (PUB) 29 10:00 Mindful Movement (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 2:30 Health Talk with J. P (PUB) 6:30 Movie Night (HT)	 <p>MONDAY FEB 19 Family Day</p>	



Be your best self

Calendar Legend
 Outing
 Special Program
 Living, Loving, Local
 Signature Program

Locations Legend
 Pub (PUB)
 HOME THEATRE (HT)
 Fitness Centre (FC)
 Lobby (LOB)
 POOL (POOL)
 Bus (BT)
 Craft Kitchen (CK)
 Conceirge Desk (CON)
 LE Office (LEO)