





INSPIRED SENIOR LIVING

March 2024

Aspen Woods - Assisted Living



ASPEN WOODS
INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>		 <p>SUNDAY MAR 31</p> <p>Easter</p>			<p>National Sales Person Day 1</p> <p>10:00 Drumfit (HT) 10:30 Mental Aerobics (2LG) 11:00 Move and Groove (2AC) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 3:30 Armchair Travel (2TV) 6:00 Comedy Club (2LG) 6:30 Romance Movie Night (HT)</p>	<p>2</p> <p>10:30 Trivia (2LG) 11:00 Weight Exercises (2AC) 1:30 Scenic Drives (BT) 2:00 Go4Life Walking Club (LOB) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 3 10:00 Fit Minds (CON) 10:30 Balloon volleyball (2LG) 10:30 Video Exercises (HT) 2:00 Movie Matinee (HT) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 4 11:00 Can Fit Move & Groove (2AC) 3:00 Hand Therapy (CK) 3:30 Read With Me (2LG) 3:30 Coffee Chat (PUB) 6:00 Bingo (2AC) 6:30 Movie Night (HT)</p>	<p>10:30 Coffee with Kiran (PUB) 5 10:30 Trivia (2LG) 11:00 Mindful Movement (2AC) 1:30 Tuesday Tech Time (LEO) 2:30 Meet Me At The MoMA (PUB) 3:30 Go4Life Walking Club (LOB) 6:00 Artful Enrichment (2AC) 6:30 Learning Tuesday Movie Night (HT)</p>	<p>10:30 Name that Tune (2LG) 6 11:00 Move & Groove (2AC) 2:00 Fit Minds (2AC) 3:00 Sing Along (PUB) 4:30 Living Loving Local Dinner (DR) 6:00 Go4Life Walking Club (2LG) 6:30 Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 7 11:00 Balance and Stretch (2AC) 2:00 Jeopardy (PUB) 3:30 Pampered Hands (2AC) 6:00 Noodle Hockey (2LG) 6:30 Movie Night (HT)</p>	<p>International Women Day 8</p> <p>10:00 Drumfit (HT) 10:30 Mental Aerobics (2LG) 10:45 Artful Enrichment (CK) 11:00 Move and Groove (2AC) 12:00 Women's Day Tea/Lunch (PDR) 1:30 Bingo (PUB) 3:00 Crosswords (HT) 3:30 Armchair Travel (2TV) 6:00 Comedy Club (2LG) 6:30 Romance Movie Night (HT)</p>	<p>9</p> <p>10:30 Trivia (2LG) 11:00 Weight Exercises (2AC) 1:30 Scenic Drives (BT) 2:00 Go4Life Walking Club (LOB) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 10 10:00 Fit Minds (CON) 10:30 Balloon volleyball (2LG) 10:30 Video Exercises (HT) 3:00 Second Sunday Songs with Hannah (HT) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 11 11:00 Can Fit Move & Groove (2AC) 1:30 Baking (CK) 3:00 Hand Therapy (CK) 3:30 Read With Me (2LG) 3:30 Coffee Chat (PUB) 6:00 Bingo (2AC) 6:30 Movie Night (HT)</p>	<p>10:30 Trivia (2LG) 12 11:00 Mindful Movement (2AC) 1:30 The Nut Man (LOB) 1:30 "Well Done" Alteration Services (FC) 2:30 Meet Me At The MoMA (PUB) 3:30 Go4Life Walking Club (LOB) 6:00 Artful Enrichment (2AC) 6:30 Learning Tuesday Movie Night (HT)</p>	<p>10:30 Name that Tune (2LG) 13 11:00 Move & Groove (2AC) 2:30 Birthday Party (PUB) 6:00 Go4Life Walking Club (2LG) 6:30 Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 14 11:00 Balance and Stretch (2AC) 2:00 Crosswords (HT) 3:30 Pampered Hands (2AC) 6:00 Noodle Hockey (2LG) 6:30 Movie Night (HT)</p>	<p>15</p> <p>10:00 Drumfit (HT) 10:30 Mental Aerobics (2LG) 10:45 Artful Enrichment (CK) 11:00 Move and Groove (2AC) 2:30 St. Patrick's Day Celebration (PUB) 3:30 Armchair Travel (2TV) 6:00 Comedy Club (2LG) 6:30 Romance Movie Night (HT)</p>	<p>16</p> <p>10:30 Trivia (2LG) 11:00 Weight Exercises (2AC) 2:00 Go4Life Walking Club (LOB) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Comedy Movie Night (HT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 RC Church Service (HT) 17</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Balloon volleyball (2LG)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>6:00 Hymn Sing (2LG)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 18</p> <p>11:00 Can Fit Move & Groove (2AC)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Read With Me (2LG)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:00 Bingo (2AC)</p> <p>6:30 Movie Night (HT)</p>	<p>10:30 Trivia (2LG) 19</p> <p>11:00 Mindful Movement (2AC)</p> <p>2:30 Meet Me At The MoMA (PUB)</p> <p>3:30 Go4Life Walking Club (LOB)</p> <p>6:00 Artful Enrichment (2AC)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>	<p>10:30 Name that Tune (2LG) 20</p> <p>11:00 Move & Groove (2AC)</p> <p>2:00 Fit Minds (2AC)</p> <p>3:00 Sing Along (PUB)</p> <p>6:00 Go4Life Walking Club (2LG)</p> <p>6:30 Movie Night (HT)</p>	<p>Cruise Week 21</p> <p>10:30 Remember When (2LG)</p> <p>10:30 Travel to Southern Spain (HT)</p> <p>11:00 Balance and Stretch (2AC)</p> <p>2:00 Meet Me At The MoMA (PUB)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>3:30 Pampered Hands (2AC)</p> <p>4:30 Cruise Week Gala Dinner (DR)</p> <p>6:00 Noodle Hockey (2LG)</p> <p>7:30 Flamenco Dance Performance (PIR)</p>	<p>Cruise Week 22</p> <p>10:00 Drumfit (HT)</p> <p>10:30 Mental Aerobics (2LG)</p> <p>10:30 Armchair Travel to Morocco (HT)</p> <p>11:00 Move and Groove (2AC)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>3:30 Armchair Travel (2TV)</p> <p>6:00 Comedy Club (2LG)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>Cruise Week 23</p> <p>10:30 Trivia (2LG)</p> <p>10:30 Armchair Travel to Italy (HT)</p> <p>11:00 Weight Exercises (2AC)</p> <p>1:00 Mediterranean Open House</p> <p>2:00 Go4Life Walking Club (LOB)</p> <p>2:00 Cruise Week Artful Enrichment (CK)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>6:00 Musical Memories (2LG)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>Cruise Week 24</p> <p>National Cocktail Day</p> <p>9:00 RC Church Service (HT)</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Balloon volleyball (2LG)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>6:00 Hymn Sing (2LG)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>Cruise Week 25</p> <p>10:30 Remember When (2LG)</p> <p>10:30 Armchair Travel to Greece (HT)</p> <p>11:00 Can Fit Move & Groove (2AC)</p> <p>11:30 Captain's Lunch (DR)</p> <p>1:00 Baking Baklava (CK)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>3:30 Read With Me (2LG)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:00 Bingo (2AC)</p> <p>6:30 Movie Night (HT)</p>	<p>Cruise Week 26</p> <p>10:30 Trivia (2LG)</p> <p>10:30 Catholic Mass (HT)</p> <p>11:00 Mindful Movement (2AC)</p> <p>1:30 The Nut Man (LOB)</p> <p>1:30 "Well Done" Alteration Services (FC)</p> <p>1:30 Chef's Demo (CK)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>3:30 Go4Life Walking Club (LOB)</p> <p>6:00 Artful Enrichment (2AC)</p> <p>6:30 Evening Dance (PUB)</p>	<p>Cruise Week 27</p> <p>10:30 Name that Tune (2LG)</p> <p>10:30 Anglican Church Service (PUB)</p> <p>10:30 Armchair Travel to France (HT)</p> <p>11:00 Move & Groove (2AC)</p> <p>2:00 Fit Minds (2AC)</p> <p>2:00 Pool Party (POOL)</p> <p>3:00 Cruise Week Cocktail Hour/Sing Along (PUB)</p> <p>4:30 Cruise Gala Dinner (DR)</p> <p>6:00 Go4Life Walking Club (2LG)</p> <p>6:30 Movie Night (HT)</p>	<p>10:30 Remember When (2LG) 28</p> <p>11:00 Balance and Stretch (2AC)</p> <p>2:00 Crosswords (HT)</p> <p>3:30 Pampered Hands (2AC)</p> <p>6:00 Noodle Hockey (2LG)</p> <p>6:30 Movie Night (HT)</p>	<p>Good Friday 29</p> <p>10:00 Drumfit (HT)</p> <p>10:30 Mental Aerobics (2LG)</p> <p>11:00 Move and Groove (2AC)</p> <p>2:00 Video - Handel's Messiah M0ntreal Symphony (HT)</p> <p>3:30 Armchair Travel (2TV)</p> <p>6:00 Comedy Club (2LG)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:30 Trivia (2LG) 30</p> <p>11:00 Weight Exercises (2AC)</p> <p>2:00 Go4Life Walking Club (LOB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:00 Musical Memories (2LG)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) 31</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Balloon volleyball (2LG)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>6:00 Hymn Sing (2LG)</p> <p>6:30 Classic Movie Night (HT)</p>						