



INSPIRED SENIOR LIVING

# April 2024



ASPEN WOODS  
INSPIRED SENIOR LIVING

## Aspen Woods - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>9:00 Go4Life Walking Club (LOB) 1</b> <b>9:00 Aquafit Pool Walking (POOL)</b> <b>10:00 Weight Exercises (FC)</b> <b>1:30 Fit Minds (PUB)</b> <b>3:00 Hand Therapy (CK)</b> <b>3:30 Coffee Chat (PUB)</b> <b>6:30 Bridge (PUB)</b> <b>6:30 Movie Night (HT)</b>	<b>9:00 News &amp; Views (PUB) 2</b> <b>10:00 Balls &amp; Bands Exercise (FC)</b> <b>10:30 Coffee with Kiran (PUB)</b> <b>1:00 Tile Rummy (PUB)</b> <b>1:30 Tuesday Tech Time (LEO)</b> <b>2:30 Meet Me At The MoMA (PUB)</b> <b>6:30 Learning Tuesday Movie Night (HT)</b>	<b>9:00 Go4Life Walking Club (LOB) 3</b> <b>9:00 Aquafit Pool Walking (POOL)</b> <b>10:00 Balance &amp; Stretch (FC)</b> <b>3:00 Sing Along (PUB)</b> <b>6:30 Bridge (PUB)</b> <b>6:30 Movie Night (HT)</b>	<b>9:00 News &amp; Views (PUB) 4</b> <b>10:00 Mindful Movement (FC)</b> <b>1:00 Cribbage (PUB)</b> <b>1:30 Aspen Landing (BT)</b> <b>2:00 Crosswords (HT)</b> <b>6:30 Movie Night (HT)</b>	<b>9:00 Go4Life Walking Club (LOB) 5</b> <b>9:00 Aquafit Pool Walking (POOL)</b> <b>10:00 Drumfit (HT)</b> <b>10:45 Artful Enrichment (CK)</b> <b>1:30 Bingo (PUB)</b> <b>3:00 Crosswords (HT)</b> <b>6:30 Romance Movie Night (HT)</b>	<b>10:00 Cardio Exercises (FC) 6</b> <b>1:00 Cribbage (PUB)</b> <b>3:00 Happy Hour (PUB)</b> <b>6:30 Bridge (PUB)</b> <b>6:30 Comedy Movie Night (HT)</b>
<b>9:00 RC Church Service (HT) 7</b> <b>10:00 Fit Minds (CON)</b> <b>10:30 Video Exercises (HT)</b> <b>2:00 Movie Matinee (HT)</b> <b>6:30 Classic Movie Night (HT)</b>	<b>9:00 Go4Life Walking Club (LOB) 8</b> <b>9:00 Aquafit Pool Walking (POOL)</b> <b>10:00 Weight Exercises (FC)</b> <b>1:30 Fit Minds (PUB)</b> <b>3:00 Hand Therapy (CK)</b> <b>3:30 Coffee Chat (PUB)</b> <b>6:30 Bridge (PUB)</b> <b>6:30 Movie Night (HT)</b>	<b>9:00 News &amp; Views (PUB) 9</b> <b>10:00 Balls &amp; Bands Exercise (FC)</b> <b>1:00 Tile Rummy (PUB)</b> <b>1:30 The Nut Man (LOB)</b> <b>1:30 "Well Done" Alteration Services (FC)</b> <b>1:30 Tuesday Tech Time (LEO)</b> <b>2:30 Meet Me At The MoMA (PUB)</b> <b>6:30 Learning Tuesday (HT)</b>	<b>9:00 Go4Life Walking Club (LOB) 10</b> <b>9:00 Aquafit Pool Walking (POOL)</b> <b>10:00 Balance &amp; Stretch (FC)</b> <b>3:00 Sing Along (PUB)</b> <b>6:30 Bridge (PUB)</b> <b>6:30 Movie Night (HT)</b>	<b>9:00 News &amp; Views (PUB) 11</b> <b>10:00 Mindful Movement (FC)</b> <b>1:00 Cribbage (PUB)</b> <b>1:30 Aspen Landing (BT)</b> <b>2:00 Jeopardy (PUB)</b> <b>6:30 Movie Night (HT)</b>	<b>9:00 Go4Life Walking Club (LOB) 12</b> <b>9:00 Aquafit Pool Walking (POOL)</b> <b>10:00 Drumfit (HT)</b> <b>10:45 Artful Enrichment (CK)</b> <b>1:30 Bingo (PUB)</b> <b>3:00 Indoor Bocce (PUB)</b> <b>6:30 Romance Movie Night (HT)</b>	<b>10:00 Cardio Exercises (FC) 13</b> <b>1:00 Cribbage (PUB)</b> <b>3:00 Happy Hour (PUB)</b> <b>6:30 Bridge (PUB)</b> <b>6:30 Comedy Movie Night (HT)</b>
<b>9:00 RC Church Service (HT) 14</b> <b>10:00 Fit Minds (CON)</b> <b>10:30 Video Exercises (HT)</b> <b>2:00 Movie Matinee (HT)</b> <b>6:30 Classic Movie Night (HT)</b>	<b>9:00 Go4Life Walking Club (LOB) 15</b> <b>9:00 Aquafit Pool Walking (POOL)</b> <b>10:00 Weight Exercises (FC)</b> <b>1:30 Fit Minds (PUB)</b> <b>3:00 Hand Therapy (CK)</b> <b>3:30 Coffee Chat (PUB)</b> <b>6:30 Bridge (PUB)</b> <b>6:30 Movie Night (HT)</b>	<b>9:00 News &amp; Views (PUB) 16</b> <b>10:00 Balls &amp; Bands Exercise (FC)</b> <b>11:15 Lunch at Kinjo (BT)</b> <b>1:00 Tile Rummy (PUB)</b> <b>1:30 Tuesday Tech Time (LEO)</b> <b>2:30 Meet Me At The MoMA (PUB)</b> <b>6:30 Private Function (No Movie) (HT)</b>	<b>9:00 Go4Life Walking Club (LOB) 17</b> <b>9:00 Aquafit Pool Walking (POOL)</b> <b>10:00 Balance &amp; Stretch (FC)</b> <b>2:30 Birthday Party (PUB)</b> <b>6:30 Bridge (PUB)</b> <b>6:30 Movie Night (HT)</b>	<b>9:00 News &amp; Views (PUB) 18</b> <b>10:00 Mindful Movement (FC)</b> <b>1:00 Cribbage (PUB)</b> <b>1:30 Aspen Landing (BT)</b> <b>2:00 Crosswords (HT)</b> <b>6:30 Health Arts Society Performance (PUB)</b>	<b>9:00 Go4Life Walking Club (LOB) 19</b> <b>9:00 Aquafit Pool Walking (POOL)</b> <b>10:00 Drumfit (HT)</b> <b>10:45 Artful Enrichment (CK)</b> <b>1:30 Bingo (PUB)</b> <b>3:00 Crosswords (HT)</b> <b>6:30 Romance Movie Night (HT)</b>	<b>10:00 Cardio Exercises (FC) 20</b> <b>1:00 Cribbage (PUB)</b> <b>3:00 Happy Hour (PUB)</b> <b>6:30 Bridge (PUB)</b> <b>6:30 Comedy Movie Night (HT)</b>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 RC Church Service (HT) <b>21</b></p> <p>10:00 Fit Minds (CON)</p> <p>10:00 Third Sunday Songs with Hannah (HT)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) <b>22</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>1:30 Baking (CK)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News &amp; Views (PUB) <b>23</b></p> <p>10:00 Balls &amp; Bands Exercise (FC)</p> <p>10:30 Catholic Mass (HT)</p> <p>1:00 Tile Rummy (PUB)</p> <p>1:30 The Nut Man (LOB)</p> <p>1:30 "Well Done" Alteration Services (FC)</p> <p>1:30 Tuesday Tech Time (LEO)</p> <p>2:30 Meet Me At The MoMA (PUB)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) <b>24</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>10:30 Anglican Church Service (PUB)</p> <p>2:00 Resident Meeting (HT)</p> <p>3:00 Sing Along (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News &amp; Views (PUB) <b>25</b></p> <p>10:00 Mindful Movement (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Hangar Flight Museum (BT)</p> <p>2:00 Jeopardy (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) <b>26</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:45 Artful Enrichment (CK)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Indoor Bocce (PUB)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercises (FC) <b>27</b></p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>9:00 RC Church Service (HT) <b>28</b></p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) <b>29</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>1:30 Experience Dance (PUB)</p> <p>3:00 Hand Therapy (CK)</p> <p>3:30 Coffee Chat (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 News &amp; Views (PUB) <b>30</b></p> <p>10:00 Balls &amp; Bands Exercise (FC)</p> <p>1:00 Tile Rummy (PUB)</p> <p>1:30 Tuesday Tech Time (LEO)</p> <p>2:30 Meet Me At The MoMA (PUB)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>				

### Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program

### Locations Legend

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