




INSPIRED SENIOR LIVING

May 2024



ASPEN WOODS
INSPIRED SENIOR LIVING

Aspen Woods - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY MAY 5 Cinco De Mayo</p>		 <p>Mental Health Awareness Month</p>	<p>9:00 Go4Life Walking Club (LOB) 1</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 CanFit Park Walk (FC)</p> <p>1:00 One To One Visits (RS)</p> <p>3:00 Sing Along (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>10:00 Mindful Movement (FC) 2</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Crosswords (HT)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 3</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>10:45 Artful Enrichment (CK)</p> <p>3:00 Early Cinco De Mayo Celebration (PUB)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>International Firefighters Day 4</p> <p>10:00 Video Cardio (HT)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Fire Hall Tour (BT)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Comedy Movie Night (HT)</p>
<p>Cinco De Mayo 5</p> <p>9:00 RC Church Service (HT)</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) 6</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:30 Baking (CK)</p> <p>3:00 Hand Therapy (CK)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>10:00 Balls & Bands Exercise (FC) 7</p> <p>10:30 Coffee & Conversation (PUB)</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>Living, Loving, Local 8</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Video Exercises (HT)</p> <p>10:00 Stage West (BT)</p> <p>4:30 Living Loving Local Dinner (DR)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>10:00 Mindful Movement (FC) 9</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Jeopardy (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 10</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:30 Coffee & Conversation (PUB)</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 Video Cardio (HT) 11</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>12:30 Tocara Jewelry (LOB)</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>Mother's Day 12</p> <p>9:00 RC Church Service (HT)</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) 13</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:30 Fit Minds (PUB)</p> <p>2:30 Calgary Academy Visit (PUB)</p> <p>3:00 Hand Therapy (CK)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>10:00 Balls & Bands Exercise (FC) 14</p> <p>10:30 Coffee & Conversation (PUB)</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>	<p>9:00 Go4Life Walking Club (LOB) 15</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 CanFit Park Walk (FC)</p> <p>1:00 One To One Visits (RS)</p> <p>1:30 Chef's Demo (CK)</p> <p>2:30 Birthday Party (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>10:00 Mindful Movement (FC) 16</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Crosswords (HT)</p> <p>6:30 Health Arts Society Performance (PUB)</p>	<p>National Pizza Day 17</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>10:45 Artful Enrichment (CK)</p> <p>1:30 Bingo (PUB)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercise (FC) 18</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>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 RC Church Service (HT) 19</p> <p>10:00 Fit Minds (CON)</p> <p>10:30 Video Exercises (HT)</p> <p>2:00 Movie Matinee (HT)</p> <p>3:00 Third Sunday Songs with Hannah (HT)</p> <p>6:30 Classic Movie Night (HT)</p>	<p>Victoria Day 20</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>10:00 Video Exercises (HT)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:00 National Bee Day Documentary (HT)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>International Tea Day 21</p> <p>10:00 Balls & Bands Exercise (FC)</p> <p>10:30 Coffee & Conversation (PUB)</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>2:30 In'tl. Tea Day High Tea (DR)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 22</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 CanFit Park Walk (FC)</p> <p>1:00 One To One Visits (RS)</p> <p>3:00 Sing Along (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>World Turtle Day 23</p> <p>10:00 Mindful Movement (FC)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Jeopardy (PUB)</p> <p>2:30 Calgary Academy Visit (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 24</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>10:45 Artful Enrichment (CK)</p> <p>1:30 Coping With Change Presentation (HT)</p> <p>3:00 Indoor Bocce (PUB)</p> <p>6:30 Romance Movie Night (HT)</p>	<p>10:00 Cardio Exercise (FC) 25</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) 26</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) 27</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Weight Exercises (FC)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:30 Fit Minds (PUB)</p> <p>2:30 Calgary Academy Visit (PUB)</p> <p>3:00 Hand Therapy (CK)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>National Hamburger Day 28</p> <p>10:00 Balls & Bands Exercise (FC)</p> <p>10:30 Catholic Mass (HT)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:00 Tile Rummy (PUB)</p> <p>1:30 Tuesday Tech Time (LEO)</p> <p>1:30 Spruce It Up Garden Centre (BT)</p> <p>6:30 Learning Tuesday Movie Night (HT)</p>	<p>National Golf Day 29</p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 CanFit Park Walk (FC)</p> <p>1:00 One To One Visits (RS)</p> <p>2:00 Resident Meeting (HT)</p> <p>3:00 Indoor Golf Tournament (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>10:00 Mindful Movement (FC) 30</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Garden Planting (MPAT)</p> <p>1:30 Aspen Landing (BT)</p> <p>2:00 Jeopardy (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) 31</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (HT)</p> <p>10:30 Coffee & Conversation (PUB)</p> <p>10:45 Artful Enrichment (CK)</p> <p>1:30 Bingo (PUB)</p> <p>2:30 Back To Nature Presentation (HT)</p> <p>6:30 Romance 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)

Bus (BT)
Resident Suite (RS)
Conceirge Desk (CON)
LE Office (LEO)
Dining Room (DR)
Main Patio (MPAT)