



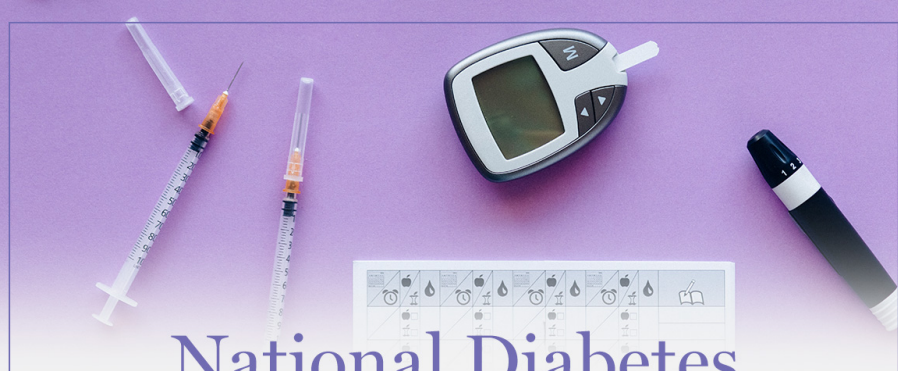
INSPIRED
SENIOR LIVING

November 2025

Aspen Woods - Independent Living



ASPEN WOODS
INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Movember		 TUESDAY NOV 11 Remembrance Day		 National Diabetes Month		10:00 Cardio Exercise (FC) 1 1:00 Cribbage (PUB) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Comedy Movie Night: Where'd You Go, Bernadette? (HT)
9:30 RC Church Service (HT) 2 10:00 Video Balance & Stretch (FC) 11:30 Girl Guide Cookie Sale (LOB) 2:00 Pampered Hands (PUB) 2:00 Movie Matinee: Somebody feed phil season 1-episode 1 (HT) 6:30 Classic Movie Night: Gone with the wind 1939 Part 1 (HT)	9:00 Aquafit Pool Walking (POOL) 3 10:00 Video Exercises (HT) 10:00 Tal Chi (Mindful Movement) (FC) 1:30 Baking Group (CK) 3:00 Hand Therapy (PUB) 6:30 Bridge (PUB) 6:30 Classic Movie Night: Gone with the wind 1939 Part 2 (HT)	9:00 Go 4 Life Walking Club (LOB) 4 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 1:30 "Well Done" Alteration Services (FC) 1:30 TED Talks (HT) 1:30 TED Talks (HT) 1:30 Field of Crosses (BT) 3:00 Artful Enrichment - Tissue Poppies (CK) 6:30 Cards, Games & Company (PUB) 6:30 Movie Night with Popcorn : About Fate 2022 (HT)	Living, Loving Local Dinner Tonight 5 9:00 Aquafit Pool Walking (POOL) 9:00 Go4Life Walking Club (LOB) 10:00 Balance & Stretch (FC) 2:00 Meet Me At The MoMA (PUB) 3:00 JAVA Sing Along (PUB) 6:30 Bridge (PUB) 6:30 Documentary Movie Night: John Candy-I like me 2025 (HT)	National Nacho Day 6 9:00 Go 4 Life Walking Club (LOB) 10:00 Weight Exercises (FC) 10:30 Meeting with the Chef (PUB) 11:30 Nacho Lunch Group (CK) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 2:00 Flo-Trubalance 2.0 Presentation (HT) 3:00 Crosswords (HT) 4:00 Late Day Tai Chi (FC) 6:30 Legends & Lyrics (PUB) 6:30 Movie Night: Analyze This 1999 (HT)	9:00 Aquafit Pool Walking (POOL) 7 9:45 Millarville Christmas Market (BT) 10:00 Drumfit (FC) 10:00 Video Exercises (HT) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 6:30 Movie Night: To Leslie 2023 (HT)	10:00 Cardio Exercise (FC) 8 1:00 Cribbage (PUB) 2:00 Coffee @ Tim Hortons (BT) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Movie Night; Harry & Snowman 2016 (HT)
9:30 RC Church Service (HT) 9 10:00 Video Balance & Stretch (FC) 2:00 Pampered Hands (PUB) 2:00 Movie Matinee: Somebody feed phil season 1 (HT) 6:30 Classic Movie Night: Restoration 1995 (HT)	9:00 Aquafit Pool Walking (POOL) 10 10:00 Video Exercises (HT) 10:00 Tal Chi (Mindful Movement) (FC) 1:30 Fit Minds (PUB) 2:30 Speaker - Cpl. Matthew Schovanek (PUB) 6:30 Bridge (PUB) 6:30 Movie Night: Then came you-2020 (HT)	Remembrance Day 11 9:00 Go 4 Life Walking Club (LOB) 10:45 Remembrance Day Ceremony (HT) 1:00 Tile Rummy (PUB) 1:00 Artful Enrichment - Poppy Water Color Painting (CK) 3:00 Has Canada Forgotten Its Military History? Forgotten War (HT) 6:30 Movie Night with Popcorn: My best friends wedding 1997 (HT)	9:00 Aquafit Pool Walking (POOL) 12 9:00 Go4Life Walking Club (LOB) 10:00 Balance & Stretch (FC) 1:00 Chef's Demo (CK) 2:30 Birthday Party/New Resident Welcome (PUB) 6:30 Bridge (PUB) 6:30 Documentary Movie Night; Hanna Ranch 2014 (HT)	9:00 Go 4 Life Walking Club (LOB) 13 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Walmart (BT) 1:30 Armchair Travel to Portugal (HT) 3:00 Jeopardy (HT) 4:00 Late Day Tai Chi (FC) 6:30 Legends & Lyrics (PUB) 6:30 Movie Night: Murder Mystery 2019 (HT)	9:00 Aquafit Pool Walking (POOL) 14 9:10 CPO Open Rehearsal (BT) 10:00 Drumfit (FC) 10:00 Video Exercises (HT) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 6:30 Movie Night: Elizabeth's Gift 2012 (HT)	10:00 Cardio Exercise (FC) 15 1:00 Cribbage (PUB) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Movie Night: Useless 2020 (HT)



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9:30 RC Church Service (HT) 16 10:00 Video Balance & Stretch (FC) 2:00 Pampered Hands (PUB) 2:00 Movie Matinee: Somebody feed phil season 1 (HT) 6:30 Classic Movie Night: Chisum 1970 (HT)	9:00 Aquafit Pool Walking (POOL) 17 10:00 Video Exercises (HT) 10:00 Tal Chi (Mindful Movement) (FC) 1:30 Baking Group (CK) 3:00 Hand Therapy (PUB) 6:30 Bridge (PUB) 6:30 Movie Night: Murder Mystery 2 - 2023 (HT)	9:00 Go 4 Life Walking Club (LOB) 18 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 1:30 "Well Done" Alteration Services (FC) 3:00 Artful Enrichment - Soap Making (CK) 6:30 Cards, Games & Company (PUB) 6:30 Movie Night with Popcorn: Two Weeks Notice 2002 (HT)	International Men's Day 19 9:00 Aquafit Pool Walking (POOL) 9:00 Go4Life Walking Club (LOB) 10:00 Balance & Stretch (FC) 10:45 Meeting With Life Enrichment (PUB) 11:00 Fifth Avenue Jewelry (LOB) 12:00 Gentlemen's Lunch (PUB) 2:00 Meet Me At The MoMA (PUB) 3:00 JAVA Sing Along (PUB) 6:30 Bridge (PUB) 6:30 Documentary Movie Night: Montreal Expos (HT)	9:00 Go 4 Life Walking Club (LOB) 20 10:00 Weight Exercises (FC) 10:30 Meeting With Bianca (PUB) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 1:30 Armchair Travel to Japan (HT) 3:00 Crosswords (HT) 4:00 Late Day Tai Chi (FC) 6:30 Health Arts Society Performance (PUB)	9:00 Aquafit Pool Walking (POOL) 21 10:00 Drumfit (FC) 10:00 Video Exercises (HT) 11:00 Market Mall (BT) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 6:30 Movie Night: Mr. Church 2016 (HT)	10:00 Cardio Exercise (FC) 22 1:00 Cribbage (PUB) 2:00 Coffee @ Tim Hortons (BT) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Movie Night: The Derby Stallion 2020 (HT)
9:30 RC Church Service (HT) 23 10:00 Video Balance & Stretch (FC) 2:00 Pampered Hands (PUB) 2:00 Movie Matinee: Somebody feed phil season 1 (HT) 6:30 Classic Movie Night: Mystic River 2003 (HT)	9:00 Aquafit Pool Walking (POOL) 24 10:00 Video Exercises (HT) 10:00 Tal Chi (Mindful Movement) (FC) 1:30 Fit Minds (PUB) 3:00 Hand Therapy (PUB) 6:30 Bridge (PUB) 6:30 Movie Night: Mr & Mrs Smith (HT)	9:00 Go 4 Life Walking Club (LOB) 25 9:00 Executive Jewelry (LOB) 10:00 Balls & Bands Exercise (FC) 10:30 Catholic Mass (HT) 1:00 Tile Rummy (PUB) 1:30 TED Talks (HT) 2:30 Health Talk with J. P (HT) 2:45 Calgary Public Library Visit (LOB) 3:00 Artful Enrichment - Body Scubs (CK) 6:30 Cards, Games & Company (PUB) 6:30 Movie Night with Popcorn; No Time To Die 2021 (HT)	9:00 Aquafit Pool Walking (POOL) 26 9:00 Go4Life Walking Club (LOB) 10:00 Balance & Stretch (FC) 10:30 Anglican Church Service (PUB) 2:00 Resident Meeting (HT) 3:00 JAVA Sing Along (PUB) 3:00 Christmas Tree Decorating & Sing Along (LOB) 6:30 Bridge (PUB) 6:30 Documentary Movie Night: Apollo 13 Survival (HT)	9:00 Go 4 Life Walking Club (LOB) 27 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 1:30 Armchair Travel to the Netherlands (HT) 3:00 Jeopardy (HT) 4:00 Late Day Tai Chi (FC) 6:30 Legends & Lyrics (PUB) 6:30 Movie Night: Moneyball (HT)	9:00 Aquafit Pool Walking (POOL) 28 10:00 Drumfit (FC) 10:00 Video Exercises (HT) 11:15 Lunch at Blanco Cantina (BT) 1:30 Bingo (PUB) 3:00 Movember Social (PUB) 6:30 Movie Night: So Be It 2017 (HT)	10:00 Cardio Exercise (FC) 29 1:00 Cribbage (PUB) 3:00 Happy Hour (PUB) 6:30 Bridge (PUB) 6:30 Movie Night: A Million Ways to Die in the West 2014 (HT)
9:30 RC Church Service (HT) 30 10:00 Video Balance & Stretch (FC) 2:00 Pampered Hands (PUB) 2:00 Movie Matinee: Somebody feed phil season 1 (HT) 6:30 Classic Movie Night: Men of honour 2000 (HT)						<u>Locations Legend</u> Pub (PUB) HOME THEATRE (HT) Fitness Centre (FC) Lobby (LOB) POOL (POOL) Bus (BT) Craft Kitchen (CK)