





INSPIRED SENIOR LIVING

# April 2026



ASPEN WOODS  
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## Aspen Woods - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>April Fool's Day</p>	 <p>Easter</p>		<p><b>April Fool's Day 1</b></p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>1:30 Meet Me At The MoMA (PUB)</p> <p>2:00 Fit Minds - April Fools Trivia (PUB)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Documentary Movie Night (HT)</p>	<p><b>2</b></p> <p>9:00 Go 4 Life Walking Club (LOB)</p> <p>10:00 Weight Exercises (FC)</p> <p>10:00 Fifth Avenue Jewelry (LOB)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>1:30 Life In Colour (Seeing In Colour) (HT)</p> <p>3:00 Jeopardy (PUB)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>4:15 Tai Chi (FC)</p> <p>6:30 Movie Night (HT)</p> <p>6:30 Legends &amp; Lyrics (PUB)</p>	<p><b>3</b></p> <p><b>Good Friday</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Cardio Exercises (FC)</p> <p>10:00 Drumfit (HT)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Artful Enrichment - Acrylic Painting (CK)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Movie Night - The Passion Of Christ (HT)</p>	<p><b>4</b></p> <p>10:00 Easter Egg Hunt (MFL)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Brain Games (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night - Easter Parade (HT)</p>
	<p><b>Easter Sunday 5</b></p> <p><b>Easter Brunch 11:30 &amp; 1:30 (DR)</b></p> <p>9:30 RC Church Service (HT)</p> <p>1:30 Armchair Travel - Rick Steeves European Easter (HT)</p> <p>2:00 Pampered Hands (PUB)</p> <p>6:30 Classic Movie Night: (HT)</p>	<p><b>6</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Tai Chi (FC)</p> <p>10:00 Video Exercises (HT)</p> <p>1:30 Flour Power Baking Club (CK)</p> <p>3:00 Hand Therapy (PUB)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Movie Night (HT)</p> <p>6:30 Bridge (PUB)</p>	<p><b>7</b></p> <p><b>Living Loving Local</b></p> <p>9:00 Go 4 Life Walking Club (LOB)</p> <p>10:00 Balls &amp; Bands Exercise (FC)</p> <p>1:00 Tile Rummy (PUB)</p> <p>1:30 "Well Done" Alteration Services (FC)</p> <p>1:30 Men's Club (PUB)</p> <p>3:00 Indoor Bocce (PUB)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Movie Night (HT)</p> <p>6:30 Cards, Games &amp; Company (PUB)</p>	<p><b>8</b></p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>2:00 Birthday Party. Music by Bob The Accordion Man (DR)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Documentary Movie Night (HT)</p>	<p><b>9</b></p> <p>9:00 Go 4 Life Walking Club (LOB)</p> <p>10:00 Weight Exercises (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Walmart (BT)</p> <p>1:30 Life In Colour (Hiding In Colour) (HT)</p> <p>3:00 Crosswords (HT)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>4:15 Tai Chi (FC)</p> <p>6:30 Concerts In Care Performance (PUB)</p>	<p><b>10</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Cardio Exercises (FC)</p> <p>10:00 Drumfit (HT)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Artful Enrichment - Epoxy Trinket Box (CK)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Movie Night (HT)</p>
<p><b>12</b></p> <p>9:30 RC Church Service (HT)</p> <p>10:00 Video Balance &amp; Stretch (FC)</p> <p>1:30 Armchair Travel - The Wonders Of Africa (HT)</p> <p>2:00 Pampered Hands (PUB)</p> <p>3:00 Second Sunday Songs with Hannah (HT)</p> <p>6:30 Classic Movie Night: (HT)</p>	<p><b>13</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Video Exercises (HT)</p> <p>10:00 Tai Chi (FC)</p> <p>1:30 Fit Minds (PUB)</p> <p>3:00 Hand Therapy (PUB)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Movie Night (HT)</p> <p>6:30 Bridge (PUB)</p>	<p><b>14</b></p> <p>9:00 Go 4 Life Walking Club (LOB)</p> <p>10:00 Balls &amp; Bands Exercise (FC)</p> <p>1:00 Tile Rummy (PUB)</p> <p>1:30 Picture This Creative Story Circle (PUB)</p> <p>3:00 Indoor Bocce (PUB)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Movie Night (HT)</p> <p>6:30 Cards, Games &amp; Company (PUB)</p>	<p><b>15</b></p> <p>9:00 Go4Life Walking Club (LOB)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>10:45 Meeting With Life Enrichment (PUB)</p> <p>1:30 Meet Me At The MoMA (PUB)</p> <p>3:00 JAVA Sing Along (PUB)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Documentary Movie Night (HT)</p>	<p><b>16</b></p> <p><b>Cruise Week Starts - Trinidad &amp; Tobago</b></p> <p>9:00 Go 4 Life Walking Club (LOB)</p> <p>10:00 Weight Exercises on "The Beach" (FC)</p> <p>10:30 Cruise Departure (LOB)</p> <p>1:00 Cribbage (PUB)</p> <p>1:00 Armchair Travel - Trinidad &amp; Tobago (HT)</p> <p>1:30 Chef's Demo (CK)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>3:15 Human Slot Machine (PUB)</p> <p>7:00 Steel Pan Performance by Calysto (DR)</p>	<p><b>17</b></p> <p><b>Cruise Week - Aruba</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Cardio Exercises "On the Beach" (FC)</p> <p>10:00 Drumfit (HT)</p> <p>11:00 Lunch at One Love Caribbean Restaurant (BT)</p> <p>1:30 Caribbean Bingo (PUB)</p> <p>3:00 Cruise Week Cocktail Hour with music by Jory Kinjo (PUB)</p> <p>4:00 Balance Boost (Fall prevention) (FC)</p>	<p><b>18</b></p> <p><b>Cruise Week - Jamaica</b></p> <p>10:00 Weight Exercises On The Beach (FC)</p> <p>1:00 Spring Open House (OH)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Artful Enrichment - Shell Flamingos &amp; Tropical Sugar Scrub (PUB)</p> <p>1:30 Brain Games Caribbean Style (PUB)</p> <p>3:00 Cruise Week Cocktail Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night - Bob Marley: One Love (HT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cruise Week - Belize 19</b> 9:30 RC Church Service (HT) 10:00 Video Balance & Stretch (FC) 1:30 Armchair Travel - The Grand Belizean Roadtrip (HT) 2:00 Tropical Pampered Hands (PUB) 3:00 Cruise Week Cocktail Hour (PUB) 6:30 Classic Movie Night: (HT)	<b>Cruise Week - Mexico 20</b> 9:00 Aquafit Pool Walking (POOL) 10:00 Tai Chi on "The Beach" (FC) 10:00 Video Exercises (HT) 11:30 Captain's Lunch (DR) 1:30 Artful Enrichment - Mexican Paper Flowers (CK) 3:00 Cruise Week Cocktail Hour (PUB) 3:15 Minute To Win It Games (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB) 7:00 Mariachi Singing Performance by Gisela Romero (DR)	<b>Cruise Week - Bahamas 21</b> 9:00 Go 4 Life Walking Club (LOB) 10:00 Balls & Bands Exercise "On The Beach" (FC) 1:00 Tile Rummy (PUB) 1:30 "Well Done" Alteration Services (FC) 3:00 Poolside Paradise Coctail Hour (POOL) 4:00 Balance Boost (Fall prevention) (FC) 4:30 Sea Breeze Dinner (DR) 7:00 Sea Breeze Dance (DR)	<b>Cruise Week - Return To Canada 22</b> <b>Earth Day</b> 9:00 Go4Life Walking Club (LOB) 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 10:30 Anglican Church Service (PUB) 1:30 Bridging Generations (PUB) 3:00 Welcome Home Social & Sing Along (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB) 6:30 Documentary Movie Night (PUB)	9:00 Go 4 Life Walking Club (LOB) <b>23</b> 10:00 Weight Exercises (FC) 10:30 Meeting With Bianca (PUB) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 1:30 Life In Colour (Chasing Colour) (HT) 3:00 Crosswords (HT) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:30 Movie Night (HT) 6:30 Legends & Lyrics (PUB)	9:00 Aquafit Pool Walking (POOL) <b>24</b> 10:00 Cardio Exercises (FC) 10:00 Drumfit (HT) 1:30 Bingo (PUB) 2:45 Health Talk with J.P (HT) 3:00 Artful Enrichment - Watercolour Painting (CK) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	10:00 Weight Exercises (FC) <b>25</b> 1:00 Cribbage (PUB) 1:30 Brain Games (PUB) 2:00 En L'air Academy of Dance Performance (DR) 3:00 Happy Hour (PUB) 6:30 Movie Night (HT) 6:30 Bridge (PUB)
9:30 RC Church Service <b>26</b> 10:00 Video Balance & Stretch (FC) 1:30 Armchair Travel - The Wonders Of Portugal (HT) 2:00 Pampered Hands (PUB) 2:00 The 25 Most Famous Paintings In The History of The World (HT) 6:30 Classic Movie Night: (HT)	<b>9:00 Aquafit Pool Walking (POOL) 27</b> 10:00 Video Exercises (HT) 10:00 Tai Chi (FC) 1:30 Fit Minds/Artful Enrichment (PUB) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB)	9:00 Go 4 Life Walking Club (LOB) <b>28</b> 10:00 Balls & Bands Exercise (FC) 10:30 Catholic Mass (HT) 1:00 Tile Rummy (PUB) 1:30 Men's Club (PUB) 2:45 Calgary Public Library Visit (LOB) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	<b>International Dance Day 29</b> 9:00 Go4Life Walking Club (LOB) 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 10:30 Anglican Church Service (PUB) 2:00 Resident Meeting (HT) 3:00 JAVA Sing & Dance Along (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB) 6:30 Documentary Movie Night (PUB)	9:00 Go 4 Life Walking Club (LOB) <b>30</b> 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 1:30 Our Great Naional Parks - (HT) 1:30 Resident Art & Craft Show (LOB) 3:00 Jeopardy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:30 Movie Night (HT) 6:30 Legends & Lyrics (PUB)	 <p style="text-align: center;"><b>Volunteer Week</b> (19th - 25th)</p>	



**Administrative Professionals Day**



**International Dance Day**

Calendar Legend

- All Day
- Outing
- Holidays
- New Program
- Cruise Week
- Living, Loving, Local
- Can Fit Pro

Locations Legend

Pub (PUB)	POOL (POOL)
Fitness Centre (FC)	Dining Room (DR)
HOME THEATRE (HT)	Craft Kitchen (CK)
Lobby (LOB)	Bus (BT)
	Main Floor (MFL)
	Open House (OH)