



INSPIRED SENIOR LIVING

# February 2026



ASPEN WOODS  
INSPIRED SENIOR LIVING

## Aspen Woods - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 RC Church Service (HT) <b>1</b></p> <p>10:00 Video Balance &amp; Stretch (FC)</p> <p>2:00 Pampered Hands (PUB)</p> <p>2:00 Armchair Travel - KENYA: The Beautiful Danger of East Africa (HT)</p> <p>6:30 Classic Movie Night: Man on Fire 2004 Pt. 1 (HT)</p>	<p><u>Gound Hog Day</u> <b>2</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>6:30 Bridge (PUB)</p> <p>6:30 Classic Movie Night: Man on Fire 2004 Pt. 2 (HT)</p>	<p>9:00 Go 4 Life Walking Club (LOB) <b>3</b></p> <p>10:00 Balls &amp; Bands Exercise (FC)</p> <p>1:00 Tile Rummy (PUB)</p> <p>1:30 Video: The Future Of... (HT)</p> <p>3:00 Artful Enrichment: Watercolour Painting (CK)</p> <p>6:30 Cards, Games &amp; Company (PUB)</p> <p>6:30 Movie Night - Th Boy Who Harnessed The Wind (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) <b>4</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>2:00 Meet Me At The MoMA (PUB)</p> <p>3:00 JAVA Sing Along (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Documentary Movie Night - Thee Greatest Night In Pop (HT)</p>	<p>9:00 Go 4 Life Walking Club (LOB) <b>5</b></p> <p>10:00 Weight Exercises (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>1:30 Living To 100 - The Journey Begins (HT)</p> <p>3:00 Jeopardy (PUB)</p> <p>4:00 Tai Chi (FC)</p> <p>6:30 Legends &amp; Lyrics (PUB)</p> <p>6:30 Movie Night: My Dead Friend Zoe (HT)</p>	<p><u>Winter Olympics Start Today!</u> <b>6</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (FC)</p> <p>10:00 Video Exercises (HT)</p> <p>1:30 Olympic Bingo (PUB)</p> <p>3:00 Olympic Torch Relay (BW)</p> <p>6:30 Movie Night: Eddie the Eagle (HT)</p>	<p>10:00 Video Cardio Exercises (FC) <b>7</b></p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night: Letters To Juliet (HT)</p>
<p>9:30 RC Church Service (HT) <b>8</b></p> <p>10:00 Video Balance &amp; Stretch (FC)</p> <p>2:00 Pampered Hands (PUB)</p> <p>2:00 Armchair Travel - Wonders of Dubai   The Most Amazing &amp; Luxurious Places In Dubai UAE (HT)</p> <p>3:00 Second Sunday Songs with Hannah (HT)</p> <p>6:30 Classic Movie Night: Rio Bravo 1959 (HT)</p>	<p><u>National Pizza Day</u> <b>9</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>11:00 Let's Make Pizza! (CK)</p> <p>1:30 Baking Group (CK)</p> <p>3:00 Hand Therapy (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night: A Knights Tale (HT)</p>	<p><u>Living Loving Local</u> <b>10</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 Video: The Future Of... (HT)</p> <p>3:00 Artful Enrichment - Valentine Craft (CK)</p> <p>6:30 Cards, Games &amp; Company (PUB)</p> <p>6:30 Movie Night - Ruth &amp; Boaz (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) <b>11</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>10:30 Meeting with the Chef (PUB)</p> <p>2:30 Birthday Party/New Resident Welcome. Music by Mary &amp; Rod (PUB)</p> <p>3:00 JAVA Sing Along (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Documentary Movie Night - Sunday Best (HT)</p>	<p>9:00 Go 4 Life Walking Club (LOB) <b>12</b></p> <p>10:00 Weight Exercises (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Walmart (BT)</p> <p>1:30 Living To 100 - An Unexpected Discovery (HT)</p> <p>3:00 Crosswords (HT)</p> <p>4:00 Tai Chi (FC)</p> <p>6:30 Legends &amp; Lyrics (PUB)</p> <p>6:30 Movie Night: Cool Runnings (HT)</p>	<p>9:00 Aquafit Pool Walking (POOL) <b>13</b></p> <p>10:00 Drumfit (FC)</p> <p>10:00 Video Exercises (HT)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Olympic Seated Hockey (FC)</p> <p>6:30 Movie Night- The Ron Clark Story (HT)</p>	<p><u>Valentines Day</u> <b>14</b></p> <p>10:00 Video Cardio Exercises (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Cupids Cocktails Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night - Loving (HT)</p>
<p>9:30 RC Church Service (HT) <b>15</b></p> <p>10:00 Video Balance &amp; Stretch (FC)</p> <p>2:00 Pampered Hands (PUB)</p> <p>2:00 Armchair Travel - Ramadan Fasting in Padang, West Sumatra Indonesia (non-muslim experience) (HT)</p> <p>6:30 Classic Movie Night: The Adventures of Tom Sawyer 1938 (HT)</p>	<p><u>Family Day</u> <b>16</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Video Exercises (HT)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night- Merv (HT)</p>	<p><u>Lunar New Year Starts Ramadan Starts Shrove Tuesday</u> <b>17</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 National Geographic - Inside Rio Carnival (HT)</p> <p>3:00 Artful Enrichment: Lunar New Year Craft (CK)</p> <p>6:30 Cards, Games &amp; Company (PUB)</p> <p>7:00 Movie Night - Joy Luck Club (HT)</p>	<p>9:00 Go4Life Walking Club (LOB) <b>18</b></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>2:30 Jingo Wo Lion Dance Performance (HT)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Documentary Movie Night - Ray (HT)</p>	<p>9:00 Go 4 Life Walking Club (LOB) <b>19</b></p> <p>10:00 Weight Exercises (FC)</p> <p>10:30 Meeting With Bianca (PUB)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>1:30 Living To 100 - The End Of Blue Zones (HT)</p> <p>3:00 Jeopardy (PUB)</p> <p>4:00 Tai Chi (FC)</p> <p>6:30 Concerts In Care Performance (PUB)</p>	<p>9:00 Aquafit Pool Walking (POOL) <b>20</b></p> <p>10:00 Drumfit (FC)</p> <p>10:00 Video Exercises (HT)</p> <p>11:00 Grey Eagle Casino (BT)</p> <p>1:30 Bingo (PUB)</p> <p>3:00 Indoor Bocce (PUB)</p> <p>6:30 Movie Night - Hidden Figures (HT)</p>	<p>10:00 Video Cardio Exercises (FC) <b>21</b></p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Movie Night (HT)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night - The Piano Lesson (HT)</p>



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<p>9:30 RC Church Service (HT) <b>22</b></p> <p>10:00 Video Balance &amp; Stretch (FC)</p> <p>2:00 Pampered Hands (PUB)</p> <p>2:00 Armchair Travel - VIETNAM: The Country the Whole World Wants to Own (HT)</p> <p>6:30 Classic Movie Night: Closer 2004 (HT)</p>	<p>9:00 Aquafit Pool Walking (POOL) <b>23</b></p> <p>10:00 Tai Chi (HT)</p> <p>10:30 Video Exercises (HT)</p> <p>1:30 Baking Group (CK)</p> <p>3:00 Hand Therapy (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night- Mr &amp; Mrs. Smith (HT)</p>	<p>9:00 Go 4 Life Walking Club (LOB) <b>24</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 "Well Done" Alteration Services (FC)</p> <p>1:30 Video: The Future Of... (HT)</p> <p>2:45 Calgary Public Library Visit (LOB)</p> <p>3:00 Artful Enrichment: Acrylic Painting (CK)</p> <p>6:30 Cards, Games &amp; Company (PUB)</p> <p>6:30 Movie Night- The Blind Side (HT)</p>	<p><u>Pink Shirt Day</u> <b>25</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>10:30 Anglican Church Service (PUB)</p> <p>1:15 Bridging Generations (PUB)</p> <p>2:00 Resident Meeting (HT)</p> <p>3:00 JAVA Sing Along (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Documentary Movie Night- My Octopus Teacher (PUB)</p>	<p>9:00 Go 4 Life Walking Club (LOB) <b>26</b></p> <p>10:00 Weight Exercises (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Aspen Landing (BT)</p> <p>1:30 Living To 100 - The Future Of Longevity (HT)</p> <p>1:30 Chef Demo: Crepes (CK)</p> <p>3:00 Crosswords (HT)</p> <p>4:00 Tai Chi (FC)</p> <p>6:30 Legends &amp; Lyrics (PUB)</p> <p>6:30 Movie Night- Happiness For Beginners (HT)</p>	<p><u>An Evening in The Caribbean</u> <b>27</b></p> <p>9:00 CPO Open Rehearsal (BT)</p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Drumfit (FC)</p> <p>10:00 Video Exercises (HT)</p> <p>1:30 Bingo (PUB)</p> <p>2:45 Health Talk with J.P (HT)</p> <p>6:30 Steel Pan Performance by Kai Nicholas (PUB)</p>	<p>10:00 Video Cardio Exercise (FC) <b>28</b></p> <p>1:00 Cribbage (PUB)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night- School of Rock (HT)</p>

### Calendar Legend

- All Day
- 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)
- Building Wide (BW)

