



Well Done Alterations

Seamstress Larissa Kreyner will be here at Verve Aspen Woods.

Alterations for ladies & men, repairs and remodeling.

Tuesday July 14 & 28

1:30pm Fitness Centre

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OUR MISSION IS TO ENSURE EVERYONE HAS ACCESS TO A COMFORTABLE EXPERIENCE WITH GENTLE AND CATERED HYGIENE SERVICES.

ORAL HEALTH IS OFTEN NEGLECTED, ESPECIALLY WHEN COMMUTING TO AN OFFICE CAN BE CHALLENGING, WE WORK TO ELIMINATE ANY POTENTIAL BARRIERS KEEPING YOU FROM BEING IN YOUR BEST HEALTH.

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- HEART AND LUNG ISSUES
- BONE AND TOOTH DECAY

FOR QUESTIONS EMAIL: INFO@SMILEZ2GO.COM

Calgary Public Library Senior Book Van Visit

A great service provided by the Calgary Public Library.

They bring along a good variety of large print books.

Tuesday, July 28

2:45pm in the Lobby



Saint Michael
Catholic Community

Join Father Edmund to celebrate Mass

Tuesday, July 28

10:30am in the Theatre

Verve Aspen Woods

the | *Aspen Times*



INSPIRED SENIOR LIVING
July 2026



As we step into July together, let's embrace the sunshine, the laughter, and the shared moments that make Verve Aspen Woods home. Whether you're joining an event, spending time outdoors, or simply greeting someone new, every small moment adds to the warmth of our community.



Anglican Church Service
No service in July

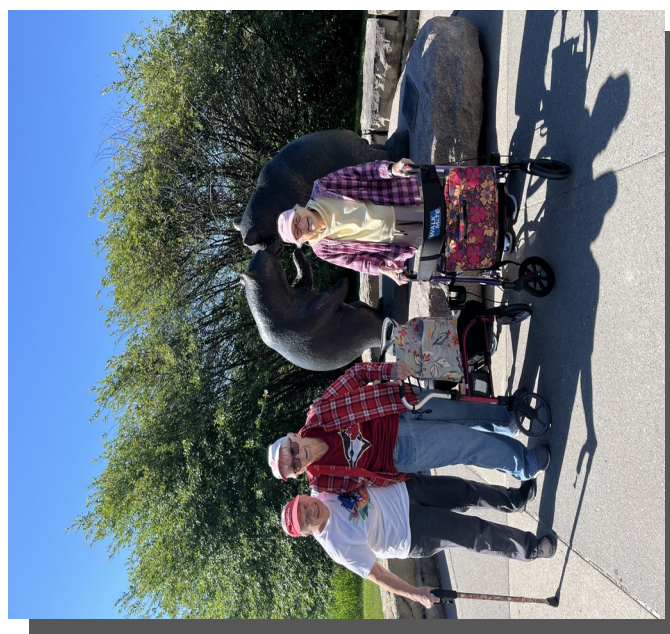


Elsie R. July 10
 Gordon W. July 11
 Moira W. July 11
 Shirley C. July 11
 Jean H. July 16
 Clarese S. July 18
 Marie W. July 25
 Beth L. July 26
 Nasser P. July 27
 Al F. July 28
 Bill H. July 29



A warm welcome to Verve Aspen Woods

Clarese S.
 Maureen F.
 Joe P.
 Marilyn S.
 Clara A.
 Jean L. (welcome back!)



Park Walk and Birthday Party



July Birthday Party

Please join us in celebrating our July birthdays.
Wednesday, July 22
at 2pm in the Dining Room
 Music by: Merril Lepp



Good food is made even better when it is locally sourced, expertly prepared, and enjoyed with family and friends, all in a setting that promotes comfort & conversation.

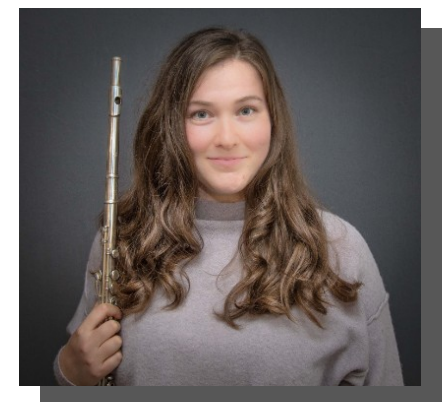
Verve's Living Loving Local program brings local food to life through delicious meals, inspiring events and lifelong learning. This month's Living Loving Local featured food is:

Saskatoon Berries & Cherries

Enjoy your Living, Loving, Local dinner on **Tuesday, July 7** at



Concerts In Care
Thursday, July 16
6:30pm in the Pub
Presenting:
Emily Phernambucq, Flute



Free Mobility & Balance Assessment

Randy Schiessler is a Calgary-based personal trainer currently completing his MBA at the University of Calgary. As part of his MBA project, he is developing an independence assessment initiative focused on active aging in independent living communities.

Receive a personalized snapshot of your mobility, strength, balance, and independence through a series of evidence-based assessments.

Monday, July 20
10:30am to 3:30pm



A local favorite for over 75 years. Come along for a lovely drive to Mackay's Ice Cream Shop in Cochrane.

Tuesday, July 21

Bus departs at 1pm

Estimated return time is 3pm

Recommended funds needed:

\$5 (single scoop)



**Hot Dog Roast at
Forget-Me-Not Pond
Kananaskis
Friday, July 24**

Enjoy the beauty of the outdoors with great food, a warm fire, and even better company. Enjoy a lovely stroll after lunch or just relax and visit with friends.

**The bus departs at 10:15am
Estimated return time is 3pm**



Time Together with the Esso Resources Annuitant Club

Who are they?

A social club for annuitants and their spouses of Imperial Oil Limited, ExxonMobil Canada and their Canadian affiliates, that conducts activities in the Calgary and surrounding area.

Enjoy coffee and conversation with members of the club.

Everyone is welcome.

Monday, July 27

2pm in the Pub

Stampede Events at Verve

Get ready for a toe-tapping good time during Stampede Week! Enjoy live music, lively dancing, and plenty of fun for everyone.

Fri. July 3 Stampede Parade Viewing

9am in the Theatre

Fri. July 3 Music by Mark & Gloria

2pm in the Dining Room

Sat. July 4 Stampede Breakfast

8-10am Front parking lot

Mon. July 6 Music by Gary Beatty

2pm Sundial Patio

Tues. July 7 Line Dancing (standing or seated)

1:30pm in the Fitness Centre

Tues. July 7 Rodeo Games

3pm in the Pub

Wed. July 8 Stampede Casino

3pm in the Pub

Thurs. July 9 The Calgary Fiddlers

2:30pm Sundial Patio

Fri. July 10 En L'Air Aerial Performance

2pm Sundial Patio

Open Seating Reminder

A quick, friendly reminder that dining room seating is **unassigned and open on a first-come, first-served basis.**

Embracing open seating is a wonderful and gracious way to welcome new faces, spark interesting conversations, and build fresh connections! It also ensures everyone enjoys a fair, comfortable dining experience. Thank you so much for your cooperation in keeping our dining room a warm, courteous and welcoming space for all.



Come and learn about this new and exciting Verve initiative.

**Thursday, July 2
3:30pm in the Pub**

Q&A with Verve Team Members

Meeting With Housekeeping

Tuesday, July 7

10:30am in the Pub

Meeting with Chef Justin

Wednesday, July 8

10:30am in the Pub

Meeting With Life Enrichment

Wednesday, July 15

10:30am in the Pub

Meeting With Bianca

Wednesday, July 16

10:30am in the Pub

Resident Meeting

Wednesday, July 29

2pm in the Theatre



Allen Bill Pond Hot Dog Roast



Whether you are looking for something special or everyday essentials, Walmart offers a variety of choices.

Thursday, July 16

Bus departs at 1:30pm

Estimated return time is 3:30pm



Pick up things you need or enjoy a little window shopping.

Thursday, July 2 & 23

Bus departs at 1:30pm

Estimated return time is 3pm

Go For Life Park Walks

A great way to get fit and enjoy the outdoors at the same time!

July 8—Glenmore Park

July 15—Edworthy Park

July 22—Silver Springs

Each week (weather permitting),

Bus will depart at 10am and

return by noon.

Please sign up at Reception



As requested, shopping at Dollarama is now being offered.

Thursday, July 30

Bus departs at 1:30pm

Estimated return time is 3:15pm



Country Drives

Back by popular demand! Enjoy a lovely scenic drive through the beautiful rural areas surrounding our city.

Saturday, July 4, 11 & 25

Each day, the bus will depart at 1:30pm and return by 3pm

Relax In The Park

Responding to resident requests, we will be enjoying some lazy summer afternoons at local parks!

Wednesday July 15 Bowness

Bus will depart at 1:30pm

Estimated return time is 3pm