





INSPIRED SENIOR LIVING

July 2026

Aspen Woods - Assisted Living



ASPEN WOODS
INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <h3>Canada Day</h3>					
			CANADA DAY 1 10:30 Name that Tune (FC) 11:00 Can Fit Move & Groove (FC) 1:30 How Well Do You Know Canada? Trivia (PUB) 2:00 Fit Minds Trivia (2AC) 3:00 JAVA Canadian Sing Along (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Go4Life Walking Club (2LG) 6:30 Documentary Movie Night (HT)	2 10:30 Remember When (FC) 11:00 Drum Fit (FC) 1:30 Series - Downton Abby (HT) 3:30 Golden Moments Kick-Off (PUB) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:00 Noodle Hockey (2LG) 6:30 Movie Night (HT) 6:30 Legends & Lyrics + Smores by The Fire (SP)	3 Stampede Starts Today! 9:00 Stampede Parade Watch Party (HT) 10:30 Mental Aerobics (FC) 11:00 Move and Groove (FC) 2:00 Stampede Kick-off with Gloria & Mark (DR) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	4 8:00 Stampede Breakfast (OUT) 1:30 Country Drive (BT) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Movie Night (HT)
5 9:30 RC Church Service (HT) 10:30 Finishing Lyrics (FC) 11:00 Exercise (2LG) 1:30 Armchair Travel - Exploring The Calgary Stampede (HT) 2:00 Pampered Hands (PUB) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	6 10:00 Tai Chi (FC) 10:30 Remember When (FC) 11:00 Move and Groove (FC) 2:00 Stampede Entertainment - Gary Beatty (SP) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	7 <i>Living Loving Local</i> 10:30 Trivia (FC) 10:30 Meeting With Housekeeping 11:00 Tai Chi (FC) 1:30 Line Dancing (FC) 2:15 Music Therapy (2AC) 3:00 Stampede Rodeo Games (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Stampede Entertainment - Dwayne Fettig (SP)	8 10:30 Name that Tune (FC) 10:30 Meeting with the Chef (PUB) 11:00 Can Fit Move & Groove (FC) 1:30 Meet Me At The MoMA (PUB) 2:00 Fit Minds Trivia (2AC) 3:00 Stampede Casino (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Go4Life Walking Club (2LG) 6:30 Documentary Movie Night (HT)	9 10:30 Remember When (FC) 11:00 Drum Fit (FC) 2:30 Stampede Entertainment - Calgary Fiddlers (SDP) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:00 Noodle Hockey (2LG) 6:30 Movie Night (HT) 6:30 Legends & Lyrics (PUB)	10 10:30 Mental Aerobics (FC) 11:00 Move and Groove (FC) 1:00 Bingo (PUB) 2:00 En L'air Aerial Performance (SP) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	11 10:30 Trivia (2LG) 11:00 Exercises (FC) 1:30 Country Drive (BT) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Movie Night (HT)
12 9:30 RC Church Service (HT) 10:30 Finishing Lyrics (FC) 11:00 Exercise (2LG) 1:30 Armchair Travel (HT) 2:00 Pampered Hands (PUB) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	13 10:00 Tai Chi (FC) 10:30 Remember When (FC) 11:00 Move and Groove (FC) 1:30 Flour Power Baking Club (CK) 2:30 Read With Me (2LG) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	14 10:30 Trivia (FC) 11:00 Tai Chi (FC) 1:30 "Well Done" Alteration Services (FC) 1:30 Picture This Creative Story Circle (PUB) 2:15 Music Therapy (2AC) 3:00 Artful Enrichment (CK) 4:00 Balance Boost (Fall prevention) (FC) 5:30 Artful Enrichment (2AC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	15 10:30 Name that Tune (FC) 10:30 Meeting With Life Enrichment (PUB) 11:00 Can Fit Move & Groove (FC) 1:30 Meet Me At The MoMA (PUB) 2:00 Fit Minds Trivia (2AC) 3:00 JAVA Sing Along (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Go4Life Walking Club (2LG) 6:30 Documentary Movie Night (HT)	16 10:30 Remember When (FC) 10:30 Meeting With Bianca (PUB) 11:00 Drum Fit (FC) 3:30 Crosswords (PUB) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:00 Noodle Hockey (2LG) 6:30 Concerts In Care Performance (PUB)	17 10:30 Mental Aerobics (FC) 11:00 Move and Groove (FC) 1:30 Bingo (PUB) 2:30 Pampered Hands (2AC) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	18 10:30 Trivia (2LG) 11:00 Exercises (FC) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Movie Night (HT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 RC Church Service (HT) 19 10:30 Finishing Lyrics (FC) 11:00 Excercise (2LG) 11:00 FIFA World Cup Final (HT) 1:30 Armchair Travel (HT) 2:00 Pampered Hands (PUB) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	10:00 Tai Chi (FC) 20 10:30 Remember When (FC) 11:00 Move and Groove (FC) 1:30 How Well Do You Know...? (PUB) 2:30 Read With Me (2LG) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	10:30 Trivia (FC) 21 11:00 Tai Chi (FC) 1:30 Picture This Creative Story Circle (PUB) 1:30 MacKay's Ice Cream Cochrane (BT) 2:15 Music Therapy (2AC) 3:00 Artful Enrichment (CK) 4:00 Balance Boost (Fall prevention) (FC) 5:30 Artful Enrichment (2AC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	10:30 Name that Tune (FC) 22 11:00 Can Fit Move & Groove (FC) 2:00 Birthday Party. Music by Merrill Lepp (DR) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Go4Life Walking Club (2LG) 6:30 Documentary Movie Night (HT)	10:30 Remember When (FC) 23 11:00 Drum Fit (FC) 1:30 Series - Downton Abby (HT) 3:00 Jeopardy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:00 Noodle Hockey (2LG) 6:30 Movie Night (PUB) 6:30 Legends & Lyrics + Smores by The Fire (SP)	10:30 Mental Aerobics (FC) 24 10:30 Forget-Me-Not Pond (BT) 11:00 Move and Groove (FC) 1:30 Bingo (PUB) 2:30 Pampered Hands (2AC) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	10:30 Trivia (2LG) 25 11:00 Exercises (FC) 1:30 Country Drive (BT) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Movie Night (HT)
9:30 RC Church Service (HT) 26 10:30 Finishing Lyrics (FC) 11:00 Excercise (2LG) 1:30 Armchair Travel (HT) 2:00 Pampered Hands (PUB) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	10:00 Tai Chi (FC) 27 10:30 Remember When (FC) 11:00 Move and Groove (FC) 1:30 Flour Power Baking Club (CK) 2:00 Time Together with the Esso Resources Annuitant Club (PUB) 2:30 Read With Me (2LG) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	10:30 Catholic Mass (HT) 28 10:30 Trivia (FC) 11:00 Tai Chi (FC) 1:30 "Well Done" Alteration Services (FC) 1:30 Picture This Creative Story Circle (PUB) 2:15 Music Therapy (2AC) 2:45 Calgary Public Library Visit (LOB) 3:00 Artful Enrichment (CK) 4:00 Balance Boost (Fall prevention) (FC) 5:30 Artful Enrichment (2AC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	10:30 Name that Tune (FC) 29 11:00 Can Fit Move & Groove (FC) 1:30 Meet Me At The MoMA (PUB) 2:00 Resident Meeting (HT) 2:00 Fit Minds Trivia (2AC) 3:00 JAVA Sing Along (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Go4Life Walking Club (2LG) 6:30 Documentary Movie Night (PUB)	10:30 Remember When (FC) 30 11:00 Drum Fit (FC) 1:30 Series - Downton Abby (HT) 3:00 Crosswords (HT) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:00 Noodle Hockey (2LG) 6:30 Movie Night (HT) 6:30 Legends & Lyrics (PUB)	10:30 Mental Aerobics (FC) 31 11:00 Move and Groove (FC) 1:30 Bingo (PUB) 2:30 Pampered Hands (2AC) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program



Locations Legend

- Fitness Centre (FC)
- Pub (PUB)
- HOME THEATRE (HT)
- AL Lounge (2LG)
- 2nd Floor Activity Room (2AC)
- Bus (BT)
- Sundial Patio (SP)
- Craft Kitchen (CK)
- Dining Room (DR)
- Outside Front (OUT)
- Sun Dial PATio (SDP)
- Lobby (LOB)