





INSPIRED SENIOR LIVING

# July 2026



ASPEN WOODS  
INSPIRED SENIOR LIVING

## Aspen Woods - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Canada Day</p>			<p><b>CANADA DAY 1</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>1:30 How Well Do You Know Canada? Trivia (PUB)</p> <p>3:00 JAVA Canadian 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>2</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 Aspen Landing (BT)</p> <p>1:30 Series - Downton Abby (HT)</p> <p>3:30 Golden Moments Kick-Off (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 + Smores by The Fire (SP)</p>	<p><b>3</b></p> <p><b>Stampede Starts Today!</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>9:00 Stampede Parade Watch Party (HT)</p> <p>10:00 Cardio Exercises (FC)</p> <p><b>2:00 Stampede Kick-off with Gloria &amp; Mark (DR)</b></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><b>4</b></p> <p>8:00 Stampede Breakfast (OUT)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Country Drive (BT)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Movie Night (HT)</p> <p>6:30 Bridge (PUB)</p>
<p><b>5</b></p> <p>9:30 RC Church Service (HT)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>1:30 Armchair Travel - Exploring The Calgary Stampede (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 Weight Exercises (HT)</p> <p><b>2:00 Stampede Entertainment - Gary Beatty (SP)</b></p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</p>	<p><b>7</b></p> <p>Living Loving Local</p> <p>9:00 Go 4 Life Walking Club (LOB)</p> <p>10:00 Balls &amp; Bands Exercise (FC)</p> <p><b>10:30 Meeting With Housekeeping</b></p> <p>1:00 Tile Rummy (PUB)</p> <p><b>1:30 Line Dancing (FC)</b></p> <p><b>3:00 Stampede Rodeo Games (PUB)</b></p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Whist (PUB)</p> <p><b>6:30 Stampede Entertainment - Dwayne Fettig (SP)</b></p>	<p><b>8</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>10:00 Go4Life - Park Walk - Glenmore (BT)</p> <p><b>10:30 Meeting with the Chef (PUB)</b></p> <p>1:30 Meet Me At The MoMA (PUB)</p> <p><b>3:00 Stampede Casino (PUB)</b></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><b>2:30 Stampede Entertainment - Calgary Fiddlers (SDP)</b></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>10</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Cardio Exercises (FC)</p> <p>1:00 Bingo (PUB)</p> <p><b>2:00 En L'air Aerial Performance (SP)</b></p> <p>4:00 Balance Boost (Fall prevention) (FC)</p> <p>6:30 Movie Night (HT)</p>	<p><b>11</b></p> <p>10:00 Weight Exercises (FC)</p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Country Drive (BT)</p> <p>3:00 Happy Hour (PUB)</p> <p>6:30 Movie Night (HT)</p> <p>6:30 Bridge (PUB)</p>
<p><b>12</b></p> <p>9:30 RC Church Service (HT)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>1:30 Armchair Travel (HT)</p> <p>2:00 Pampered Hands (PUB)</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 Tai Chi (FC)</p> <p>10:00 Video Weight 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 Bridge (PUB)</p> <p>6:30 Movie Night (HT)</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 "Well Done" Alteration Services (FC)</p> <p>1:30 Picture This Creative Story Circle (PUB)</p> <p>3:00 Artful Enrichment (CK)</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>6:30 Whist (PUB)</p>	<p><b>15</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Balance &amp; Stretch (FC)</p> <p>10:00 Go4Life - Park Walk = Edworthy (BT)</p> <p><b>10:30 Meeting With Life Enrichment (PUB)</b></p> <p>1:30 Meet Me At The MoMA (PUB)</p> <p>1:30 Relax at Bowness Park (BT)</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>9:00 Go 4 Life Walking Club (LOB)</p> <p>10:00 Weight Exercises (FC)</p> <p><b>10:30 Meeting With Bianca (PUB)</b></p> <p>1:00 Cribbage (PUB)</p> <p>1:30 Walmart (BT)</p> <p>3:30 Crosswords (PUB)</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>17</b></p> <p>9:00 Aquafit Pool Walking (POOL)</p> <p>10:00 Cardio Exercises (FC)</p> <p>1:30 Bingo (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><b>18</b></p> <p>10:00 Weight Exercises (FC)</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>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 RC Church Service (HT) <b>19</b> 10:00 Video Balance & Stretch (FC) 11:00 FIFA World Cup Final (HT) 1:30 Armchair Travel (HT) 2:00 Pampered Hands (PUB) 6:30 Classic Movie Night: (HT)	9:00 Aquafit Pool Walking (POOL) <b>20</b> 10:00 Tai Chi (FC) 10:00 Video Weight Exercises (HT) 10:30 Mobility & Balance Assessments (FC) 1:30 How Well Do You Know...? (PUB) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	9:00 Go 4 Life Walking Club (LOB) <b>21</b> 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 1:30 Picture This Creative Story Circle (PUB) 1:30 MacKay's Ice Cream Cochrane (BT) 3:00 Artful Enrichment (CK) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB) 6:30 Whist (PUB)	9:00 Aquafit Pool Walking (POOL) <b>22</b> 10:00 Balance & Stretch (FC) 10:00 Go4Life - Park Walk = Silver Springs (BT) 2:00 Birthday Party. Music by Merrill Lepp (DR) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB) 6:30 Documentary Movie Night (HT)	9:00 Go 4 Life Walking Club (LOB) <b>23</b> 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 1:30 Series - Downton Abby (HT) 3:00 Jeopardy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:30 Movie Night (PUB) 6:30 Legends & Lyrics + Smores by The Fire (SP)	9:00 Aquafit Pool Walking (POOL) <b>24</b> 10:00 Cardio Exercises (FC) 10:30 Forget-Me-Not Pond (BT) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 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 Country Drive (BT) 3:00 Happy Hour (PUB) 6:30 Movie Night (HT) 6:30 Bridge (PUB)
9:30 RC Church Service (HT) <b>26</b> 10:00 Video Balance & Stretch (FC) 1:30 Armchair Travel (HT) 2:00 Pampered Hands (PUB) 6:30 Classic Movie Night: (HT)	9:00 Aquafit Pool Walking (POOL) <b>27</b> 10:00 Tai Chi (FC) 10:00 Video Weight Exercises (HT) 1:30 Flour Power Baking Club (CK) 2:00 Time Together with the Esso Resources Annuitant Club (PUB) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	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 "Well Done" Alteration Services (FC) 1:30 Picture This Creative Story Circle (PUB) 2:45 Calgary Public Library Visit (LOB) 3:00 Artful Enrichment (CK) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB) 6:30 Whist (PUB)	9:00 Aquafit Pool Walking (POOL) <b>29</b> 10:00 Balance & Stretch (FC) 1:30 Meet Me At The MoMA (PUB) 2:00 Resident Meeting (HT) 3:00 JAVA 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>30</b> 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Series - Downton Abby (HT) 1:30 Dollarama (BT) 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>31</b> 10:00 Cardio Exercises (FC) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 3:00 Health Talk - Fall Prevention (HT) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	



### National Hot Dog Day



### Culinary Arts Month

#### Calendar Legend

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

#### Locations Legend

- Pub (PUB)
- Fitness Centre (FC)
- HOME THEATRE (HT)
- POOL (POOL)
- Bus (BT)
- Lobby (LOB)
- Sundial Patio (SP)
- Craft Kitchen (CK)
- Dining Room (DR)
- Outside Front (OUT)
- Sun Dial PATio (SDP)