



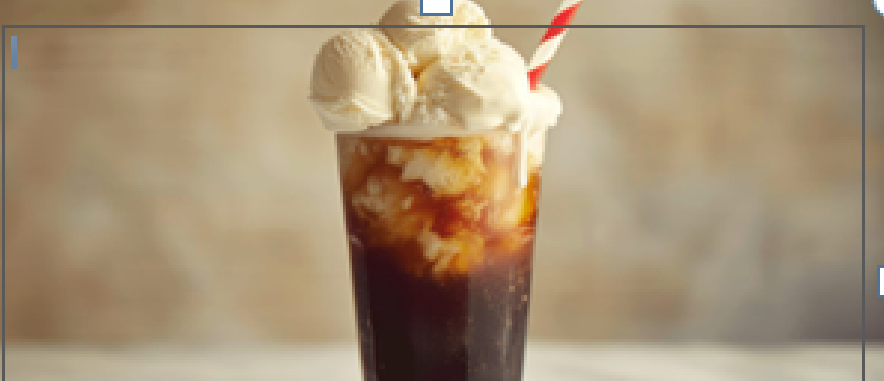
INSPIRED
SENIOR LIVING

August 2026

Aspen Woods - Asisted Living



ASPEN WOODS
INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Civic Holiday		 Root Beer Float Day		 Banana Split Day		10:30 Trivia (FC) 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) 10:30 Finishing Lyrics (FC) 11:00 Excercise (FC) 1:30 Armchair Travel (HT) 1:30 Picture This Creative Story Circle (2AC) 2:00 Pampered Hands (PUB) 3:00 Noodle Hockey (2LG) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	Heritage Day 10:30 Remember When (2AC) 11:00 Move and Groove (2AC) 2:30 Go4Life Walking Club (BW) 2:30 50 Best UNESCO World Heritage Sites in The World (HT) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	Living Loving Local 10:30 Trivia (FC) 10:30 Meeting With Housekeeping (PUB) 11:00 Tai Chi (FC) 2:15 Music Therapy (2AC) 3:00 Artful Enrichment (CK) 3:30 Balloon volleyball (2LG) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Artful Enrichment (2AC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	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) 1:30 Fit Minds Trivia (2AC) 2:30 Pampered Hands (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)	Root Beer Float Day 10:30 Remember When (FC) 11:00 Drum Fit (FC) 1:30 Series - Downton Abby (HT) 2:00 Come and get a Root Beer Float! (LOB) 3:00 Jeopardy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 5:30 Noodle Hockey (2LG) 6:30 Movie Night (HT) 6:30 Legends & Lyrics + Smores by The Fire (SP)	10:30 Mental Aerobics (FC) 11:00 Move and Groove (FC) 1:30 Bingo (PUB) 2:30 JAVA Sing Along (2LG) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	10:30 Trivia (FC) 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) 10:30 Finishing Lyrics (FC) 11:00 Excercise (FC) 1:30 Armchair Travel (HT) 1:30 Picture This Creative Story Circle (2AC) 2:00 Pampered Hands (PUB) 3:00 Second Sunday Songs with Hannah (HT) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	10:00 Tai Chi (FC) 10:30 Remember When (FC) 11:00 Move and Groove (FC) 2:30 Go4Life Walking Club (BW) 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) 11:00 Tai Chi (FC) 1:30 "Well Done" Alteration Services (FC) 1:30 Trivia With A Twist (PUB) 2:15 Music Therapy (2AC) 3:00 Artful Enrichment (CK) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Artful Enrichment (2AC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	10:30 Name that Tune (FC) 11:00 Can Fit Move & Groove (FC) 1:30 Meet Me At The MoMA (PUB) 1:30 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)	10:30 Remember When (FC) 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) 5:30 Noodle Hockey (2LG) 6:30 Movie Night (HT) 6:30 Legends & Lyrics (PUB)	10:30 Mental Aerobics (FC) 11:00 Move and Groove (FC) 1:30 Bingo (PUB) 2:30 JAVA Sing Along (2LG) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	10:30 Trivia (FC) 11:00 Exercises (FC) 1:30 Country Drive (BT) 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) 16 10:30 Finishing Lyrics (FC) 11:00 Excercise (FC) 1:30 Armchair Travel (HT) 1:30 Innovageless Story Telling (2AC) 2:00 Pampered Hands (PUB) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	10:00 Tai Chi (FC) 17 10:30 Remember When (FC) 11:00 Move and Groove (FC) 1:30 How Well Do You Know...? (PUB) 2:30 Go4Life Walking Club (BW) 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) 18 11:00 Tai Chi (FC) 1:30 Life Long Learners - Documentary and Q&A with filmmaker Linda Ohams (HT) 2:15 Music Therapy (2AC) 3:00 Artful Enrichment (CK) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Artful Enrichment (2AC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	10:30 Name that Tune (FC) 19 10:45 Meeting With Life Enrichment (PUB) 11:00 Can Fit Move & Groove (FC) 1:30 Fit Minds Trivia (2AC) 2:00 Birthday Party. Music by Carol Banks (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) 20 10:30 Meeting With Bianca (PUB) 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) 5:30 Noodle Hockey (2LG) 6:30 An Evening With Elvis (PUB)	10:30 Mental Aerobics (FC) 21 11:00 Move and Groove (FC) 1:30 Bingo (PUB) 2:30 JAVA Sing Along (2LG) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	10:30 Trivia (FC) 22 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) 23 10:30 Finishing Lyrics (FC) 11:00 Excercise (FC) 1:30 Armchair Travel (HT) 1:30 Picture This Creative Story Circle (2AC) 2:00 Pampered Hands (PUB) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	10:00 Tai Chi (FC) 24 10:30 Remember When (FC) 11:00 Move and Groove (FC) 1:30 Flour Power Baking Club (CK) 2:30 Go4Life Walking Club (BW) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	Banana Split Day 25 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) 6:00 Artful Enrichment (2AC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	10:30 Anglican Church Service (PUB) 26 10:30 Name that Tune (FC) 11:00 Can Fit Move & Groove (FC) 1:30 Meet Me At The MoMA (PUB) 1:30 Fit Minds Trivia (2AC) 2:00 Resident Meeting (HT) 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) 27 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) 5:30 Noodle Hockey (2LG) 6:30 Movie Night (HT) 6:30 Legends & Lyrics + Smores by The Fire (SP)	10:30 Mental Aerobics (FC) 28 11:00 Move and Groove (FC) 1:30 Bingo (PUB) 2:30 JAVA Sing Along (2LG) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	10:30 Trivia (FC) 29 11:00 Exercises (FC) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Movie Night (HT)
9:30 RC Church Service (HT) 30 10:30 Finishing Lyrics (FC) 11:00 Excercise (FC) 1:30 Armchair Travel (HT) 1:30 Picture This Creative Story Circle (2AC) 2:00 Pampered Hands (PUB) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	10:00 Tai Chi (FC) 31 10:30 Remember When (FC) 11:00 Move and Groove (FC) 1:30 How Well Do You Know...? (PUB) 2:30 Go4Life Walking Club (BW) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	 Friendship Day		<u>Calendar Legend</u> Outing Special Program Living, Loving, Local Signature Program	<u>Locations Legend</u> Fitness Centre (FC) HOME THEATRE (HT) Pub (PUB) 2nd Floor Activity Room (2AC) AL Lounge (2LG) Building Wide (BW) Craft Kitchen (CK) Bus (BT) Lobby (LOB) Sundial Patio (SP) Dining Room (DR)	