



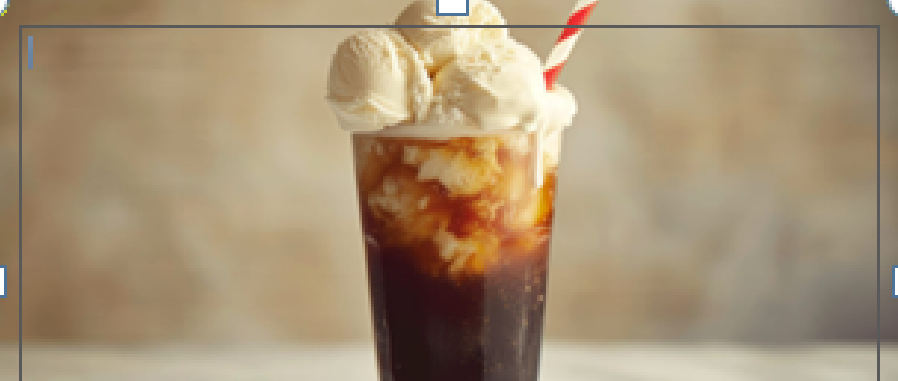
INSPIRED
SENIOR LIVING

August 2026

Aspen Woods - Independent Living



ASPEN WOODS
INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Civic Holiday		 Banana Split Day		 Root Beer Float Day	10:00 Weight Exercises (FC) 1 1:00 Cribbage (PUB) 1:30 Country Drive (BT) 3:00 Happy Hour (PUB) 6:30 Movie Night (HT) 6:30 Bridge (PUB)	10:00 Weight Exercises (FC) 8 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) 2 10:00 Video Balance & Stretch (FC) 1:30 Armchair Travel (HT) 2:00 Pampered Hands (PUB) 6:30 Classic Movie Night: (HT)	Heritage Day 3 9:00 Aquafit Pool Walking (POOL) 10:00 Video Weight Exercises (HT) 2:30 50 Best UNESCO World Heritage Sites in The World (HT) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	Living Loving Local 4 9:00 Go 4 Life Walking Club (LOB) 10:00 Balls & Bands Exercise (FC) 10:30 Meeting With Housekeeping (PUB) 11:00 Okotoks Lunch and The Okotoks Big Rock (BT) 1:00 Tile Rummy (PUB) 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) 5 10:00 Go4Life - Park Walk (BT) 10:00 Balance & Stretch (FC) 10:30 Meeting with the Chef (PUB) 1:30 Meet Me At The MoMA (PUB) 3:00 JAVA Sing Along (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB) 6:30 Documentary Movie Night (HT)	Root Beer Float Day 6 9:00 Go 4 Life Walking Club (LOB) 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Series - Downton Abby (HT) 1:30 Aspen Landing (BT) 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) 6:30 Movie Night (HT) 6:30 Legends & Lyrics + Smores by The Fire (SP)	9:00 Aquafit Pool Walking (POOL) 7 10:00 Cardio Exercises (FC) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	
9:30 RC Church Service (HT) 9 10:00 Video Balance & Stretch (FC) 1:30 Armchair Travel (HT) 2:00 Pampered Hands (PUB) 3:00 Second Sunday Songs with Hannah (HT) 6:30 Classic Movie Night: (HT)	9:00 Aquafit Pool Walking (POOL) 10 10:00 Tai Chi (FC) 10:00 Video Weight Exercises (HT) 2:00 Ida May's Ice Cream - Bragg Creek (BT) 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) 11 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 1:30 "Well Done" Alteration Services (FC) 1:30 Trivia With A Twist (PUB) 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) 12 10:00 Go4Life - Park Walk (BT) 10:00 Balance & Stretch (FC) 1:30 Meet Me At The MoMA (PUB) 3:00 JAVA Sing Along (PUB) 4:00 Balance Boost (Fall prevention) (FC) 5:15 Stage West - Beehive (BT) 6:30 Bridge (PUB) 6:30 Documentary Movie Night (HT)	9:00 Go 4 Life Walking Club (LOB) 13 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Series - Downton Abby (HT) 1:30 Walmart (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) 14 10:00 Cardio Exercises (FC) 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) 15 1:00 Cribbage (PUB) 1:30 Country Drive (BT) 3:00 Happy Hour (PUB) 6:30 Movie Night (HT) 6:30 Bridge (PUB)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 RC Church Service (HT) 16 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) 17 10:00 Tai Chi (FC) 10:00 Video Weight Exercises (HT) 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) 18 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 1:30 Life Long Learners - Documentary and Q&A with filmmaker Linda Ohams (HT) 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) 19 10:00 Go4Life - Park Walk (BT) 10:00 Balance & Stretch (FC) 10:45 Meeting With Life Enrichment (PUB) 2:00 Birthday Party. Music by Carol Banks (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) 20 10:00 Weight Exercises (FC) 10:30 Meeting With Bianca (PUB) 1:00 Cribbage (PUB) 1:30 Series - Downton Abby (HT) 1:30 Dollarama (BT) 3:00 Jeopardy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:30 An Evening With Elvis (PUB)	9:00 Aquafit Pool Walking (POOL) 21 10:00 Cardio Exercises (FC) 10:00 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) 22 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) 23 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) 24 10:00 Tai Chi (FC) 10:00 Video Weight Exercises (HT) 1:30 Flour Power Baking Club (CK) 3:00 Hand Therapy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Bridge (PUB) 6:30 Movie Night (HT)	Banana Split Day 25 9:00 Go 4 Life Walking Club (LOB) 10:00 Balls & Bands Exercise (FC) 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) 26 10:00 Go4Life - Park Walk (BT) 10:00 Balance & Stretch (FC) 10:30 Anglican Church Service (PUB) 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)	8:00 RCMP Dog Training Centre & Lunch (BT) 27 9:00 Go 4 Life Walking Club (LOB) 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Series - Downton Abby (HT) 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 + Smores by The Fire (SP)	9:00 Aquafit Pool Walking (POOL) 28 10:00 Cardio Exercises (FC) 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) 29 1:00 Cribbage (PUB) 3:00 Happy Hour (PUB) 6:30 Movie Night (HT) 6:30 Bridge (PUB)
9:30 RC Church Service (HT) 30 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) 31 10:00 Tai Chi (FC) 10:00 Video Weight Exercises (HT) 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)	 Eat Outside Day			Locations Legend Pub (PUB) Fitness Centre (FC) HOME THEATRE (HT) Bus (BT) POOL (POOL) Lobby (LOB) Craft Kitchen (CK) Sundial Patio (SP) Dining Room (DR)	