



INSPIRED
SENIOR LIVING

October 2026

Aspen Woods - Assisted Living



ASPEN WOODS
INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Thanksgiving	 International Day of Seniors					



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 RC Church Service (HT) 18 10:30 Finishing Lyrics (FC) 11:00 Excercise (FC) 1:30 Innovageless Story Telling (2AC) 1:30 Picture This Creative Story Circle (2AC) 1:30 Armchair Travel - Tyrol (Austria) (HT) 2:00 Pampered Hands (PUB) 3:00 Noodle Hockey (2LG) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	10:00 Tai Chi (FC) 19 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 St. John's Pet Visit (2AC) 6:30 Movie Night (HT)	10:30 Fit Minds Trivia (FC) 20 11:00 Can Fit Move & Groove (FC) 1:30 "Well Done" Alteration Services (FC) 1:30 Trivia With A Twist (PUB) 2:15 Music Therapy (2AC) 3:00 Artful Enrichment - Watercolor Painting (CK) 3:30 Balloon volleyball (2AC) 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) 21 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 Paul Wood (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) 22 11:00 Tai Chi (FC) 1:00 Pampered Hands (2AC) 1:30 Series - Downton Abby (HT) 3:00 Crosswords (HT) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 5:00 "Walk It Off" Walking Group (2LG) 6:30 Movie Night (HT) 6:30 Legends & Lyrics (PUB)	10:30 Mental Aerobics (FC) 23 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) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	10:30 Trivia (FC) 24 11:00 Exercises (FC) 1:00 Brain Games (PUB) 3:00 Happy Hour (PUB) 6:00 Musical Memories (2LG) 6:30 Movie Night (HT)
9:30 RC Church Service (HT) 25 10:30 Finishing Lyrics (FC) 11:00 Excercise (FC) 1:30 Picture This Creative Story Circle (2AC) 1:30 Armchair Travel - Japan (HT) 2:00 Pampered Hands (PUB) 3:00 Noodle Hockey (2LG) 6:00 Hymn Sing (2LG) 6:30 Classic Movie Night: (HT)	10:00 Tai Chi (FC) 26 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 Ready, Set, Play! (2AC) 6:30 Movie Night (HT)	10:30 Catholic Mass (HT) 27 10:30 Fit Minds Trivia (FC) 11:00 Can Fit Move & Groove (FC) 1:30 Trivia With A Twist (PUB) 2:15 Music Therapy (2AC) 2:45 Calgary Public Library Visit (LOB) 3:00 Artful Enrichment - Epoxy Trinket Tray (CK) 3:30 Balloon volleyball (2AC) 4:00 Balance Boost (Fall prevention) (FC) 6:30 An evening of music with Jerry Proppe (PUB)	First Responders Appreciation Day 28 10:30 Anglican Church Service (PUB) 10:30 Name that Tune (FC) 11:00 Can Fit Move & Groove (FC) 1:30 Fit Minds Trivia (2AC) 2:00 Resident Meeting (HT) 2:30 Word Games (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) 29 11:00 Tai Chi (FC) 1:00 Pampered Hands (2AC) 1:30 Series - Downton Abby (HT) 3:00 Jeopardy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 5:00 "Walk It Off" Walking Group (2LG) 6:30 Movie Night (HT) 6:30 Legends & Lyrics (PUB)	10:45 Move and Groove (FC) 30 1:30 Bingo (PUB) 2:30 JAVA Sing Along (2LG) 3:00 Indoor Bocce (PUB) 3:00 Health Talk With Krystal (HT) 4:00 Balance Boost (Fall prevention) (FC) 6:00 Bingo (2AC) 6:30 Movie Night (HT)	10:30 Trivia (FC) 31 11:00 Exercises (FC) 1:00 Brain Games (PUB) 1:30 Halloween Howl (PUB) 3:00 Happy Hour (PUB) 5:00 Welcome Trick or Treaters (PUB) 6:00 Musical Memories (2LG) 6:30 Movie Night (HT)
				<u>Calendar Legend</u> Outing Special Program Living, Loving, Local Signature Program	<u>Locations Legend</u> Fitness Centre (FC) Pub (PUB) HOME THEATRE (HT) 2nd Floor Activity Room (2AC) AL Lounge (2LG)	Craft Kitchen (CK) Bus (BT) Building Wide (BW) Dining Room (DR) Salon (SAL) Lobby (LOB)