



INSPIRED
SENIOR LIVING

October 2026

Aspen Woods - Independent Living



ASPEN WOODS
INSPIRED SENIOR LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 International Day of Seniors		 Thanksgiving				
9:30 RC Church Service (HT) 4 10:00 Video Balance & Stretch (FC) 1:30 Armchair Travel - Austria (HT) 2:00 Pampered Hands (PUB) 6:30 Classic Movie Night: (HT)	9:00 Aquafit Pool Walking (POOL) 5 10:00 Video Weight Exercises (HT) 10:00 Rumble Boxing Studio Presentation (FC) 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)	9:00 Go 4 Life Walking Club (LOB) 6 10:00 Balls & Bands Exercise (FC) 10:30 Meeting With Housekeeping (PUB) 1:00 Tile Rummy (PUB) 1:30 "Well Done" Alteration Services (FC) 1:30 New Aesthetician Meet & Greet (SAL) 3:00 Seated Hockey (FC) 3:00 Artful Enrichment - Lip Balms & Body Scrubs (CK) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	9:00 Go4Life Walking Club (LOB) 7 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 10:30 Meeting with the Chef (PUB) 11:00 Lunch @ The Italian Farm House (Bragg Creek) (BT) 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)	9:00 Go 4 Life Walking Club (LOB) 8 10:00 Weight Exercises (FC) 10:30 Meeting With Bianca (PUB) 1:00 Cribbage (PUB) 1:30 Series - Downton Abby (HT) 2:00 Farewell To Firas Social Hour (DR) 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) 9 9:00 Flu Immunization Clinic Today (FC) 10:00 Cardio Exercises (HT) 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) 10 1:00 Cribbage (PUB) 1:00 Country Drive (BT) 3:00 Happy Hour (PUB) 6:30 Movie Night (HT) 6:30 Bridge (PUB)
Thanksgiving Brunch Today 11 9:30 RC Church Service (HT) 10:00 Video Balance & Stretch (FC) 1:30 Armchair Travel - Bulgaria (HT) 2:00 Pampered Hands (PUB) 6:30 Classic Movie Night: (HT)	Thanksgiving Day 12 9:00 Aquafit Pool Walking (POOL) 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) 13 10:00 Balls & Bands Exercise (FC) 1:00 Tile Rummy (PUB) 1:30 Trivia With A Twist (PUB) 3:00 Artful Enrichment - Painting Coin Purses (CK) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	9:00 Go4Life Walking Club (LOB) 14 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 2:00 Resident Satsfaction Survey Results Meeting (HT) 3:00 JAVA Sing Along (PUB) 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) 15 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Series - Downton Abby (HT) 1:30 Walmart (BT) 3:00 Jeopardy (PUB) 4:00 Balance Boost (Fall prevention) (FC) 4:15 Tai Chi (FC) 6:30 Concerts In Care Performance (PUB)	Referendum Voting Day 16 9:00 Aquafit Pool Walking (POOL) 9:00 Referendum Voting (FC) 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) 17 1:00 Cribbage (PUB) 1:00 Brain Games (PUB) 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) 18 10:00 Video Balance & Stretch (FC) 1:30 Armchair Travel - Tyrol (Austria) (HT) 2:00 Pampered Hands (PUB) 6:30 Classic Movie Night: (HT)	9:00 Aquafit Pool Walking (POOL) 19 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)	9:00 Go 4 Life Walking Club (LOB) 20 10:00 Balls & Bands Exercise (FC) 11:00 Market Mall Shopping (BT) 1:00 Tile Rummy (PUB) 1:30 "Well Done" Alteration Services (FC) 1:30 Trivia With A Twist (PUB) 3:00 Artful Enrichment - Watercolor Painting (CK) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT) 6:30 Cards, Games & Company (PUB)	9:00 Go4Life Walking Club (LOB) 21 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 10:45 Meeting With Life Enrichment (PUB) 2:00 Birthday Party, music by Paul Wood (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) 22 10:00 Weight Exercises (FC) 1:00 Cribbage (PUB) 1:30 Aspen Landing (BT) 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 (PUB)	9:00 Aquafit Pool Walking (POOL) 23 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) 24 1:00 Cribbage (PUB) 1:00 Brain Games (PUB) 3:00 Happy Hour (PUB) 6:30 Movie Night (HT) 6:30 Bridge (PUB)
9:30 RC Church Service (HT) 25 10:00 Video Balance & Stretch (FC) 1:30 Armchair Travel - Japan (HT) 2:00 Pampered Hands (PUB) 6:30 Classic Movie Night: (HT)	9:00 Aquafit Pool Walking (POOL) 26 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) 27 10:00 Balls & Bands Exercise (FC) 10:30 Catholic Mass (HT) 1:00 Tile Rummy (PUB) 1:30 Trivia With A Twist (PUB) 2:45 Calgary Public Library Visit (LOB) 3:00 Artful Enrichment - Epoxy Trinket Tray (CK) 4:00 Balance Boost (Fall prevention) (FC) 6:30 An evening of music with Jerry Proppe (PUB)	First Responders Appreciation Day 28 9:00 Go4Life Walking Club (LOB) 9:00 Aquafit Pool Walking (POOL) 10:00 Balance & Stretch (FC) 10:30 Anglican Church Service (PUB) 1:00 Fire Hall Tour (BT) 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) 29 10:00 Weight Exercises (FC) 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 Movie Night (HT) 6:30 Legends & Lyrics (PUB)	9:00 Aquafit Pool Walking (POOL) 30 9:00 CPO Open Rehearsal (BT) 10:00 Video Cardio Exercises (FC) 1:30 Bingo (PUB) 3:00 Indoor Bocce (PUB) 3:00 Health Talk With Krystal (HT) 4:00 Balance Boost (Fall prevention) (FC) 6:30 Movie Night (HT)	10:00 Weight Exercises (FC) 31 1:00 Brain Games (PUB) 1:00 Cribbage (CK) 1:30 Halloween Howl (PUB) 3:00 Happy Hour (PUB) 5:00 Welcome Trick or Treaters (DR) 6:30 Movie Night (HT) 6:30 Bridge (PUB)

Breast Cancer
Awareness Month

Halloween

Calendar Legend

Outing
Special Program
Living, Loving, Local
Highlight
Active Week

Locations Legend

Pub (PUB)
Fitness Centre (FC)
HOME THEATRE (HT)
Lobby (LOB)
POOL (POOL)
Bus (BT)
Craft Kitchen (CK)
Dining Room (DR)
Salon (SAL)