



Saint Michael
Catholic Community

Catholic Mass

Tuesday, October 27

10:30am in the Theatre



Anglican Church Service

Wednesday, October 28

10:30am in the Pub

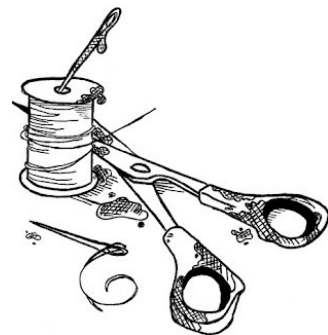
Well Done Alterations

Seamstress Larissa Kreyner will be here at Verve Aspen Woods.

Alterations for ladies & men, repairs and remodeling.

Tuesday October 6 & 20

1:30pm Fitness Centre



Calgary Public Library Senior Book Van Visit

A great service provided by the Calgary Public Library.

They bring along a good variety of large print books.

Tuesday, October 27

2:45pm in the Lobby



Verve Aspen Woods

the

Aspen Times



INSPIRED SENIOR LIVING

October 2026



Happy Thanksgiving

Wishing you a
Harvest of Blessings,
Good Health
and Good Times.

wishes1234.com



Neona M.	Oct. 2
Gretchen S.	Oct. 4
Jeremy B.	Oct. 4
Darlene W.	Oct. 5
Joe P.	Oct. 5
Nithi R.	Oct. 5
Hing L.	Oct. 7
Hank T.	Oct. 9
Cheryl M.	Oct. 10
Reg K.	Oct. 11
Angie L.	Oct. 19
Jaqueline G.	Oct. 19
Patricia O'	Oct. 19
Daisy C.	Oct. 23
Dennis S.	Oct. 26
Virgil V.	Oct. 27
Rose B.	Oct. 28
Millie W.	Oct. 29
Dale M.	Oct. 30
Maureen F.	Oct. 31



October Birthday Party

Please join us in celebrating our October birthdays.

**Wednesday, October 21
at 2pm in the Dining Room**

Music by: Paul Wood



**A warm welcome to
Verve Aspen Woods**

Alice C.
Verna Z.
Michael & Bernadette O.



Good food is made even better when it is locally sourced, expertly prepared, and enjoyed with family and friends, all in a setting that promotes comfort & conversation.

Verve’s Living Loving Local program brings local food to life through delicious meals, inspiring events and lifelong learning.

This months Living Loving Local featured food is:

Squash & Apple

Enjoy your Living, Loving, Local dinner on **Tuesday, October 6** at Regular meal times.



shhh...It's a Suprise!

Please join us for a surprise farewell social for our terrific Environmental Services Manager—Firas Kadhim. He will truly be missed.

**Thursday, October 8
2pm in the Pub**



Covid/Flu immunization clinic

Protect yourself this season by attending our **Flu & COVID-19 Vaccine Clinic** right here in the residence!

**Friday, October 9
Starting at 9am**

in the Fitness Centre

Please be sure to fill out your authorization form ahead of time. Pick up and return your form to Reception desk.



Lunch at the Italian Farm House, Bragg Creek Wednesday, October 7

Lunch in a Bragg Creek favourite and a very pleasant bus ride to get there.

**Bus departs 11am. Estimated return time is 2pm.
Estimated Cost: \$30**



Shopping At Market Mall Tuesday, October 20

Join us for a fun day out at **Market Mall**! Browse your favorite stores, enjoy a lunch with friends, and pick up a special treat for yourself. Whether you're shopping, strolling, or simply socializing, this is the perfect opportunity to get out and enjoy the day.

**Bus departs at 11am. Estimated return time is 3:30pm
Funds needed for lunch & shopping**



Fire Hall Tour Wednesday, October 28

Fire Station Tours are an opportunity to see and learn about modern firefighting equipment, including fire trucks, and to ask firefighters those questions you've always wanted to. It's also First Responders Appreciation Day so we will be taking along some treats.

Bus departs at 1pm, Estimated return time is 2:30pm

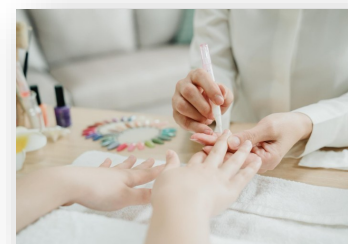
Calgary Philharmonic Open Rehearsal Friday, October 30



Revel in beautiful symphonic sound in this CPO concert, which culminates with Robert Schumann's Fourth Symphony — a free-flowing fantasy. Michelle Di Russo also leads the Orchestra in Gabriela Ortiz's vibrant tribute to pioneering musical figure Clara Schumann. Columbian cellist Santiago Cañón-Valencia stars in Édouard Lalo's theatrical concerto.

**Bus departs at 9am. Estimated return time is 12:30pm
Admission: \$20 - cash only please**

New Aesthetician Meet & Greet



We are delighted to Welcome Ilona Serha, our new Aesthetician, to our community.

Stop by the Salon for a Meet & Greet and take the opportunity to learn about what services Ilona has to offer.

**Wednesday, October 6
1:30pm in the Salon**

Music At Verve

Concerts in Care

Thursday, October 15

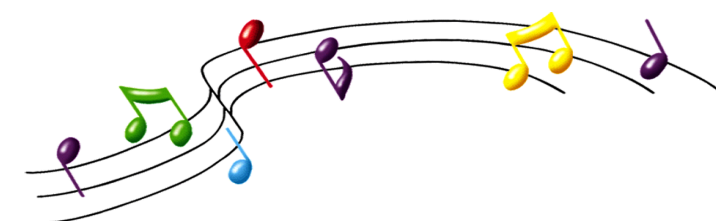
6:30pm in the Pub

An Evening of Music with

Jerry Proppe

Tuesday, October 27

6:30pm in the Pub



Hallowe'en Festivities

Saturday, October 31

Hallowe'en Howl

1:30pm in the Pub

Get ready for a spooky good time! Dress up and join in the fun!

Trick or Treaters Welcome

5pm to 6pm in the Main Dining Room

Local children are being welcomed in to visit, show off their costumes and of course get candy!

**Contributions of candy or funds to purchase candy
are graciously appreciated.**

Q&A with Team Members

**Meeting With
Housekeeping**
Tuesday, October 6
10:30am in the Pub

Meeting with Chef Justin
Wednesday, October 7
10:30am in the Pub

Meeting With Bianca
Thursday, October 8
10:30am in the Pub

**Meeting With Life
Enrichment**
Wednesday, October 21
10:45am in the Pub

Resident Meeting
Wednesday, October 28
2pm in the Theatre

Health Talk with Krystal
Friday, October 30
3pm in the Theatre

Resident Survey Result Town Hall

Join us for our upcoming Town Hall Meeting to hear the results of our recent Resident Satisfaction Survey. This is an opportunity to learn about the feedback shared by residents and plans going forward.

Wednesday, October 14
2pm in the Theatre



Alberta Referendum Voting at Our Residence

Residents are invited to participate in the Alberta Referendum. A polling station will be available on-site.

Friday, October 16
9am—4:30pm
Fitness Centre



Whether you are looking for something special or everyday essentials, Walmart offers a variety of choices.

Thursday, October 15
Bus departs at 1:30pm
Estimated return time is 3:30pm



Pick up things you need or enjoy a little window shopping.

Thursday, October 1 & 22
Bus departs at 1:30pm
Estimated return time is 3pm

Go For Life Park Walks

We had a great season of Park Walks.

Thank you to all who participated.

Looking forward to next year!



As requested, shopping at Dollarama is now being offered.

Thursday, October 29
Bus departs at 1:30pm
Estimated return time is 3:15pm

Country Drives

Back by popular demand!
Enjoy a lovely scenic drive through the beautiful rural areas surrounding our city.

Saturday, October 3 & 10
Each day, the bus will depart at 1:00pm and return by 3pm

Assisted Living outing to:



Our wonderful Assisted Living residents are invited to join us for a delicious Fish & Chips lunch at one of the best seafood restaurants in Calgary.

Wednesday, October 14
Bus departs at 11am & returns at 1pm

Estimated cost: \$25