

## Sample Activity Calendar

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<b>01 CANADA DAY</b>		<b>02</b>		<b>03 Library</b>		<b>04 Mini-Putt</b>		<b>05 Outing-Beach Club</b>		<b>06</b>		<b>07</b>	
10:00	Televised Mass	9:00	H.O.P.E.-Milk Bags	9:30	Skip-Bo	10:00	Resident Meeting	9:30	Skip-Bo	9:30	French Mass	10:00	Tea & coffee
10:00	Tea & Coffee	10:00	Exercises with Don	10:00	Library	10:30	Rythm & Moves					10:00	Knitting Club
10:30	Canada Day Games			10:30	Crosswords with Marie-Noël			10:30	Stretch & Relaxation	10:30	Mandela Drawing		"Care Blankets and
2:00	Happy Hour	1:00	Pétanque	10:30	Exercises	11:00	Game-Cribbage			10:30	FitMinds (English)		Keep Warm"
	Music - Guy Lalonde	2:00	Sandbags with Margo			1:00	Java Music Club	1:30	Exercises	2:00	Happy Hour	2:00	Pool game with Michel
2:45	Tea & Coffee			1:30	Manicures	2:00	Mini Putt-The Game	3:00	Wii Bowling		Music - Country Duo		
		7:00	500 Card Game	2:30	Bingo with Margo		in Navan					2:45	Tea & coffee
6:30	Movie	7:00	Bingo with Margo	7:00	Music - Robin Averill			7:00	Bingo	7:00	500 Card Game		
<b>08</b>		<b>09</b>		<b>10</b>		<b>11 Chocolat Favoris</b>		<b>12 Caisse Populaire</b>		<b>13</b>		<b>14</b>	
10:00	Televised Mass	9:00	H.O.P.E.-Milk Bags	9:30	Skip-Bo	9:30	Walk-Aquaview feed ducks	9:30	Skip-Bo	9:30	French Mass	10:00	Tea & coffee
10:00	Tea & Coffee	10:00	Exercises	10:30	Crosswords	10:30	Rythm & Moves	10:00	Caisse Populaire	10:30	Mandela Drawing	10:00	Knitting Club
		11:00	Groceries	10:30	Exercises	11:00	Game-Spoons	10:30	Stretch & Relaxation	10:30	FitMinds (English)		"Care Blankets and
						1:00	Java Music Club	10:30	Outing-Walmart				Keep Warm"
2:00	Bingo with Margo	1:00	Pétanque	12:30	Swimming			1:30	Exercises with Don	2:00	Happy Hour	10:30	Craft with Celine
2:45	Tea & Coffee	2:00	FitMinds (French)	1:30	Manicures	2:00	Outing-Chocolat Favoris	2:30	Rhythm n' Moves				
		7:00	500 Card Game	2:30	Sand Bags			3:00	Wii Bowling			2:45	Tea & coffee
6:30	Movie	7:00	Bingo	7:00	Music - Luke Harris			7:00	Bingo with Margo	7:00	500 Card Game		
<b>15</b>		<b>16 Fire Drill</b>		<b>17</b>		<b>18 Mer Bleue</b>		<b>19</b>		<b>20 Petrie Island</b>		<b>21</b>	
10:00	Televised Mass	9:00	H.O.P.E.-Milk Bags	9:30	Skip-Bo	9:00	Walk in the Forest	9:30	Skip-Bo	9:30	French Mass	10:00	Tea & coffee
10:00	Tea & Coffee	10:00	Exercises	10:30	Crosswords		Mer Bleue-Feed the birds			10:30	Mandela Drawing	10:00	Knitting Club
		11:00	Groceries	10:30	Exercises	10:30	Rythm & Moves	10:30	Stretch & Relaxation	10:30	Picnic Petrie Island		"Care Blankets and
		1:00	Pétanque	12:30	Swimming	11:00	Game-Kerplunk	10:30	Outing-Place d'Orleans		and games on the beach		Keep Warm"
2:45	Tea & Coffee	2:00	FitMinds (French)	1:30	Manicures	1:00	Java Music Club	1:30	Exercises with Don		or walk in the forest	2:00	Game: Scattergories with
		7:00	500 Card Game	2:30	Sand Bags	2:00	Ice Cream Social	2:30	Rhythm n' Moves	2:00	Happy Hour		Stéphanie
6:30	Movie	7:00	Bingo	7:00	Music - Stanley Frank			3:00	Wii Bowling			2:45	Tea & coffee
								7:00	Bingo with Margo	7:00	500 Card Game		
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
10:00	Televised Mass	9:00	H.O.P.E.-Milk Bags	9:30	Skip-Bo	10:30	Rythm & Moves	9:30	Skip-Bo	9:30	French Mass	10:00	Tea & coffee
10:00	Tea & Coffee	10:00	Exercises	10:30	Crosswords with Stéphanie					10:30	Mandela Drawing	10:00	Knitting Club
				10:30	Exercises			10:30	Stretch & Relaxation				"Care Blankets and
						2:00	Bingo						Keep Warm"
2:00	Bingo with Margo	1:00	Pétanque	12:30	Swimming with Michel			1:30	Exercises with Don	2:00	Happy Hour & Birthdays		
2:45	Tea & Coffee			1:30	Manicures			3:00	Wii Bowling		Music - Way Back Machine		
		7:00	500 Card Game	2:30	Sand Bags with Margo							2:45	Tea & coffee
6:30	Movie	7:00	Bingo	7:00	Music - Rick Crépin			7:00	Bingo with Margo	7:00	500 Card Game		
<b>29</b>		<b>30</b>		<b>31 Library</b>		<div style="text-align: center;"> <p><b>Chartwell Belcourt Retirement Residence</b></p> <p><b>1344 Belcourt Boulevard</b></p> <p><b>Orleans, Ontario</b></p> <p><b>613-688-3385</b></p> </div> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: right;"> <p><b>LIVE NOW</b></p> <p>by <b>CHARTwell</b></p> </div> </div>							
10:00	Televised Mass	9:00	H.O.P.E.-Milk Bags	9:30	Skip-Bo								
10:00	Tea & Coffee	10:00	Exercises	10:00	Library								
		11:00	Groceries	10:30	Crosswords								
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		1:00	Pétanque	12:30	Swimming								
2:45	Tea & Coffee	2:00	FitMinds (French)	1:30	Manicures								
		7:00	500 Card Game	2:30	Sand Bags								
6:30	Movie	7:00	Bingo	7:00	Music - André Gareau								