

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Duke of Devonshire Retirement Residence

**1095 Carling Avenue
Ottawa, Ontario
613-688-1882**

01

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Flower Arrangements
10:30	Tuck Shop
2:00	Trivia
3:00	Music with Doug

02

9:30	Fun & Fitness
10:00	Coffee Hour
10:00	Computer Workshop
10:30	Documentary
3:00	Ice Cream Social
3:00	Tea Time
7:00	Jazz Night

03

9:30	Fun & Fitness
10:00	Coffee Hour
2:15	Movie
2:30	Chair Yoga
3:00	Tea Time

04

9:30	Rythm & Moves
10:00	Coffee Hour
10:30	Memory Fitness
11:00	Meet PC Candidate
2:30	What is Dementia
3:00	Tea Time
4:00	Walking Club
7:15	Music with Brian

05

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Art Class
1:00	Women's Lunch
2:00	Shopping at Carlingwood
3:00	Java Music Club
4:00	Lemonade & Biography
7:00	Wine & Bingo

06

9:30	Fun & Fitness
10:00	Coffee Hour
10:15	News & Views
2:30	Discussion Group
3:00	Tea Time
3:45	Cocktails
7:15	Movie

07

8:00	Election Day
10:00	Coffee Hour
10:00	Shopping at Westgate
10:15	Prof. Cammy
2:00	Wii Bowling
3:00	Tea Time
3:30	Hot Wax Hand Therapy
7:15	Shout Sisters Choir

08

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Flower Arrangements
10:30	Tuck Shop
10:30	Resident Survey
2:00	Trivia
3:00	Music with Steve Simms

09

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Documentary
10:30	Documentary
11:30	Scrabble with Katie
2:30	Strawberry Social
7:15	Movie

10

9:30	Fun & Fitness
10:00	Coffee Hour
10:00	Latin Line Dancing
11:30	Walking Club
1:00	Mix & Mingle Lunch
2:15	Movie
3:00	Tea Time
3:00	Songs with Katie

11

9:30	Rythm & Moves
10:00	Coffee Hour
10:30	Memory Fitness
2:30	Brain Changes
3:00	Tea Time
3:00	Gardening
4:00	Walking Club
7:15	Music with Brian

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9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Arm Chair Travel
2:00	Shopping at Billings
3:00	Tea Time
3:00	Java Music Club
4:00	Lemonade & Biography
7:00	Wine & Bingo

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9:30	Fun & Fitness
10:00	Coffee Hour
10:15	News & Views
2:30	Tim Horton's Donuts
3:00	Tea Time
3:45	Cocktails
7:15	Movie

14

9:30	Stretch & relaxation
10:00	Coffee Hour
10:00	Shopping at Westgate
10:15	Hot Weather Safety
2:00	Wii Bowling
3:00	Tea Time
3:30	Hot Wax Hand Therapy

15

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Flower Arrangements
10:30	Tuck Shop
2:00	Trivia
3:00	Music with Nick Deek

16

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Documentary
3:00	Ice Cream Social
3:00	Tea Time
7:15	Movie

17 FATHER'S DAY

9:30	Fun & Fitness
10:00	Coffee Hour
11:30	Father's Day Brunch
1:00	Father's Day Brunch
2:15	Movie
3:00	Tea Time

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9:30	Rythm & Moves
10:00	Coffee Hour
10:30	Memory Fitness
11:30	Bridge at Lansdowne
2:30	Planning Ahead
3:00	Tea Time
4:00	Walking Club
7:15	Music with Brian

19

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Art Class
3:00	Tea Time
3:00	Java Music Club
4:00	Lemonade & Biography
7:00	Wine & Bingo

20

9:30	Fun & Fitness
10:00	Coffee Hour
10:15	News & Views
11:30	Picnic at Watson's Mill
3:00	Tea Time
3:45	Cocktails
7:15	Movie

21

9:30	Stretch & relaxation
10:00	Coffee Hour
10:15	FitMinds
2:30	Ice Cream Sundaes
3:00	Tea Time
3:30	Hot Wax Hand Therapy
	Summer Begins!

22

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Flower Arrangements
10:30	Tuck Shop
2:00	Trivia
3:00	Music with Andre

23

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Documentary
3:00	Ice Cream Social
3:00	Tea Time
7:15	Movie

24

9:30	Fun & Fitness
10:00	Coffee Hour
2:15	Movie
3:00	Tea Time

25

9:30	Rythm & Moves
10:00	Coffee Hour
10:30	Memory Fitness
2:30	Circle of Support
3:00	Tea Time
4:00	Walking Club
7:15	Music with Brian

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9:30	Fun & Fitness
10:00	Coffee Hour
10:15	Resident Assembly
2:00	Shopping at Carlingwood
3:00	Tea Time
3:00	Java Music Club
4:00	Lemonade & Biography
7:00	Wine & Bingo

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9:30	Fun & Fitness
10:00	Coffee Hour
3:00	Tea Time
3:45	Cocktails
6:00	Sunset Musical Ride
7:15	Movie

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9:30	Stretch & relaxation
10:00	Coffee Hour
10:00	Shopping at Westgate
10:15	FitMinds
2:00	Mystery Drive
2:00	Church Service
3:30	Hot Wax Hand Therapy
7:00	Speaker Series

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9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Flower Arrangements
10:30	Tuck Shop
1:00	Men's Lunch
2:00	Trivia
3:00	Music with Arlene

30

9:30	Fun & Fitness
10:00	Coffee Hour
10:30	Documentary
10:30	Documentary
11:30	Scrabble with Katie
2:30	Piano Recital
3:00	Tea Time
7:15	Movie