

## Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**LIVE NOW**  
by **CHARTWELL**

### Chartwell Empress Kanata Retirement Residence

**170 McGibbon Drive  
Kanata, Ontario  
613-663-2964**

**01**

9:15 Hazeldean Mall  
10:00 Coffee in the Polo Lounge  
10:30 Moving to Heal  
1:20 Holy Trinity Visits  
1:30 Yahtzee  
3:00 Tea in the Polo Lounge  
3:30 Arts & Crafts  
7:00 Cribbage

**02**

10:00 Coffee in the Polo Lounge  
10:00 Games with Rutwik  
11:30 Library  
2:00 Bingo  
3:00 Banana Split Day  
7:00 Movie in the Theater

03		04		05		06		07		08		09			
10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	9:15	Small Walmart	10:00	Coffee in the Polo Lounge		
2:00	Discussion Group	10:30	Family Physio	10:45	Yoga & Meditation.	10:30	Family Physio	10:30	Gentle Exercise	10:00	Coffee in the Polo Lounge	10:00	Games with Rutwik		
3:00	Movie in the Theatre Rm	1:30	Rummoli	1:30	Bingo	12:30	Bridge Club	11:00	Port of Call Old West	10:00	Jewelry For Less	2:00	Bingo		
3:00	Tea in the Polo Lounge	3:00	Tea and Trivia	3:00	Tea in the Polo Lounge	3:00	Crosswords	1:30	St. Paul's Outing	10:30	Moving to Heal	3:00	Tea in the Polo Lounge		
7:00	Movie in the Theatre Rm	6:30	Knitting Club	3:30	FitMinds	3:00	Tea Polo Lounge	1:30	Bingo in Games Room	1:20	Holy Trinity Visits	3:00	Movie in the Theatre Rm		
		7:00	Cribbage	7:00	Musical Entertainment	3:30	Java Music Club	3:00	Musical Entertainment	1:30	Yahtzee	7:00	Movie in the Theatre Rm		
						7:00	Cribbage		Jumping Jimmy	3:30	Arts & Crafts				
								4:00	Happy Hour in the DR	7:00	Cribbage				
10		11		12		13		14		15		16			
10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	9:45	Legion of Mary	10:30	Family Physio	10:00	Coffee in the Polo Lounge	9:15	Hazeldean Mall	10:00	Coffee in the Polo Lounge		
3:00	Tea in the Polo Lounge	10:30	Family Physio	10:00	Coffee in the Polo Lounge	10:30	Brightening Lives	10:30	Gentle Exercise	10:30	Moving to Heal	10:00	Games with Rutwik		
3:00	Movie in the Theatre Rm	1:30	Rummoli	10:45	Yoga & Meditation.	12:30	Bridge Club	1:30	St. Paul's Outing	1:20	Holy Trinity Visits	11:30	Community BBQ		
7:00	Movie in the Theatre Rm	3:00	Tea and Trivia	1:30	Bingo	3:00	Crosswords	1:30	Bingo	1:30	Yahtzee		Live music-Mary Ellen		
		6:30	Knitting Club	3:00	Tea in the Polo Lounge	3:00	Tea Polo Lounge	3:00	Musical Entertainment	2:45	Latin Chair Dancing	2:00	Bingo		
		7:00	Cribbage	3:30	FitMinds	3:30	Java Music Club		Rick Crepin	3:30	Arts & Crafts	3:00	Tea in the Polo Lounge		
				7:00	Musical Entertainment Simon Clarke	7:00	Cribbage	4:00	Happy Hour in the DR	7:00	Cribbage	3:00	Movie in the Theatre Rm		
												7:00	Movie in the Theatre Rm		
17 FATHER'S DAY		18		19		20		21		22		23			
10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	9:15	Large Walmart	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge
11:30	Father's Day Lunch	10:30	Family Physio	10:45	Yoga & Meditation.	10:30	Family Physio	10:30	Gentle Exercise	10:00	Coffee in the Polo Lounge	10:00	Games with Rutwik		
3:00	Tea in the Polo Lounge	1:30	Rummoli	1:30	Bingo	12:30	Bridge Club	1:30	St. Paul's Outing	10:30	Gentle Exercise	2:00	Bingo		
3:00	Musical Entertainment- Nicholas Deek	3:00	Tea and Trivia	3:00	Tea in the Polo Lounge	3:00	Tea in the Polo Lounge	1:30	Bingo in Games Rm	1:20	Holy Trinity Visits	3:00	Tea in the Polo Lounge		
7:00	Movie in the Theatre Rm	3:00	Tea in the Polo Lounge	3:30	FitMinds	3:30	Java Music Club	3:00	Musical Entertainment- Mike Fahey	1:30	Yahtzee	3:00	Movie in the Theatre Rm		
		6:30	Knitting Club			7:00	Cribbage		Happy Hour in the DR	3:00	Tea in the Polo Lounge	7:00	Movie in the Theatre Rm		
		7:00	Cribbage					4:00	Happy Hour in the DR	3:30	Arts & Crafts				
								7:00	Movie in the Theatre-	7:00	Cribbage				
24 Chocolate Chip Day		25		26		27		28		29		30			
10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	9:45	Catholic Mass	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	9:15	Hazeldean Mall	10:00	Coffee in the Polo Lounge		
2:00	Bean Bag Toss	10:30	Family Physio	10:00	Coffee in the Polo Lounge	10:30	Family Physio	10:30	Gentle Exercise	10:00	Coffee in the Polo Lounge	10:00	Games with Rutwik		
3:00	Tea in the Polo Lounge	1:30	Rummoli	10:45	Yoga & Meditation.	12:30	Bridge Club	1:30	St. Paul's Outing	10:30	Moving to Heal	2:00	Bingo		
3:00	Musical Entertainment- Lauren Hall	3:00	Tea in the Polo Lounge	1:30	Bingo	3:00	Tea in the Polo Lounge	1:30	Prize Bingo	1:20	Holy Trinity Visits	3:00	Tea in the Polo Lounge		
7:00	Movie in the Theatre Rm	3:00	Tea and Trivia	2:00	Ross & Kathy	3:30	Java Music Club	3:00	Tea in the Polo Lounge	1:30	Yahtzee	3:00	Strawberry Social		
		6:30	Knitting Club	3:00	Tea in the Polo Lounge	7:00	Cribbage	3:00	Birthday Party with Dai Bassett	3:00	Tea in the Polo Lounge	7:00	Movie in the Theatre Rm		
		7:00	Cribbage	3:30	FitMinds				Happy Hour in the DR	3:30	Arts & Crafts				
								4:00	Happy Hour in the DR	7:00	Cribbage				