

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Rideau Place Retirement Residence

**550 Wilbrod Street
Ottawa, Ontario
343-882-4760**

01		02	
10:30	Baking Class	10:30	Shuffleboard
	Cheesecake Sugar Cookie Cups	1:30	Card Games
1:30	Bingo Deluxe	4:00	Catholic Mass
3:00	Wine & Cheese	7:00	Movie:
	with The Diamonds		Forrest Gump
7:00	Movie:		
	Changeling		

03		04		05 Blood Pressure Clinic		06		07		08		09 L'Adel Creations	
10:30	Shuffleboard	10:30	Scrabble with Jenna	10:00	Sandbags	10:00	Java Music Club	9:45	Chair Yoga	10:30	Zen Colouring	10:00	In House Shopping
2:00	Chair Dance	1:30	Ambassadors Meeting	10:45	Walking Club with Jenna	1:30	Afternoon Games Hour	10:30	Shuffleboard	11:00	History with Dr. Teehan	11:00	Chair Tai Chi
4:00	Wii Games	2:15	FitMinds	1:45	Jeopardy	1:30	Outing	1:30	Bingo Deluxe	2:00	Music & Cocktails	1:30	Card Games
7:00	Movie:	3:30	The Price Is Right	2:30	Rhythm & Moves		Scenic Drive &	2:30	Writer's Club		De La Salle High School String Concert	4:00	Catholic Mass
	Human Planet Series:	7:00	TV Bingo with Sandra	3:00	Book Club		Ice Cream at La Cigale	3:30	Darts and Munchies	7:00	Movie:	7:00	Movie:
	Oceans, Deserts & Arctic	7:00	Movie:	3:30	Pictionary	3:00	Resident & Manager Meeting				Tea for Two		Desk Set
			The Descendants	7:00	Classical Music Program	7:00	Movie:						
							Call of the Wild						
10		11		12		13 Walker Clinic 1-2pm		14		15		16	
10:30	Shuffleboard	10:30	Group Crosswords	10:00	Petanque Atout	11:00	Manicures	9:45	Chair Yoga *	10:30	Baking Class	11:00	Shuffleboard
2:00	Chair Dance	1:30	Lifestyles Meeting	10:45	Walking Club with Jenna	1:30	Afternoon Games Hour	11:00	Outing		Lemon Loaf	1:30	Card Games
4:00	Wii Games	2:30	FitMinds	1:45	Jeopardy	2:30	Animal Visits		Lunch at Banc Sushi	1:30	Bingo Deluxe	4:00	Catholic Mass
7:00	Movie:	3:30	Minute to Win It	2:30	Rhythm & Moves		with Meet The Keepers	2:00	High Tea *	3:00	Music & Cocktails	7:00	Movie:
	Human Planet Series:	7:00	TV Bingo with Sandra	3:30	Scrabble with Jenna	5:30	DIY Dinner Night with	3:30	Darts and Munchies		with Ann Miner		Reflections In A Golden Eye
	Jungles, Mountains & Grasslands	7:00	Movie:				Create your own Pizza			7:00	Movie:		
			A Streetcar Named Desire			7:00	Movie:				Roman Holiday		
							Law Abiding Citizen						
17 FATHER'S DAY		18		19		20		21		22		23	
10:30	Shuffleboard	10:30	Scrabble with Jenna	10:00	Sandbags	10:00	Java Music Club	9:45	Chair Yoga	10:30	Zen Colouring	11:00	Chair Tai Chi
2:00	Chair Dance	1:30	Food for Thought Meeting	11:00	Outing	1:30	Afternoon Games Hour	10:30	Shuffleboard	1:30	Bingo Deluxe	1:30	Card Games
4:00	Wii Games	2:30	FitMinds		Buffet Des Continents	2:30	Ice Cream Floats	11:00	History with Dr. Teehan	3:00	Music & Cocktails	4:00	Catholic Mass
7:00	Evening Concert	3:30	Boggle	2:30	Jeopardy	4:00	Crokinole	1:30	Group Brainteasers		with Lawrence Marks	7:00	Movie:
	with Dai Bassett	7:00	Outdoor Movie *	3:30	Pictionary	7:00	Movie:	3:30	Darts and Munchies	7:00	Movie:		The Tunnel of Love
		7:00	TV Bingo with Sandra	7:00	Classical Music Program		Starlift	7:00	Ottawa History Talk		Laura		
									with Howard Simkover				
24		25		26		27		28		29		30	
10:30	Shuffleboard	11:00	Outing: Lunch & Games	9:30	Sandy Hill Daycare Visit	11:00	Manicures	9:45	Chair Yoga	10:30	Specialty Coffee Social	11:00	Shuffleboard
2:00	Chair Dance		at Casino Lac Leamy	10:45	Walking Club with Jenna	1:00	Outing: Volunteering at The	11:00	Fact or Fiction Trivia	1:30	Bingo Deluxe	1:30	Card Games
4:00	Wii Games	2:30	FitMinds	1:45	Jeopardy		Ottawa Food Bank (H.O.P.E)	1:00	Ladies Day Out	3:00	Birthday Party & Cocktails	4:00	Catholic Mass
7:00	Movie:	3:30	Zen Colouring	2:30	Rhythm & Moves	1:30	Afternoon Games Hour		Pedicures at Carte Blanche		with EIO George	7:00	Movie:
	Human Planet Series:	7:00	TV Bingo with Sandra	3:00	Book Club	2:30	Poetry Corner	3:30	Darts and Munchies	7:00	Movie:		How To Steal A Million
	Rivers, Cities & Extras	7:00	Movie:	3:30	Scrabble with Jenna	5:30	Outing: RCMP Sunset Ceremony				One Million Years B.C		
			The Girl Can't Help It			7:00	Movie:						
							Julius Caesar						