

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Riverpark Retirement Residence

**1 Corkstown Road
Nepean, Ontario
613-366-6187**

01		02	
9:30	Gentle Exercises		
10:30	Ladies Discussion Group		
2:00	Lounge Entertainment with Jumpin Jimmy	10:30	Knitting Club
4:00	Happy Hour	7:00	Nightly Card Games
7:00	Nightly Card Games		

03		04		05		06		07		08		09	
		9:30	Rythm & Moves	9:30	Physio with Sahil	9:30	Fun and Fitness	9:30	Physio with Sahil	9:30	Gentle Exercises		
		10:00	Therapy Dog Visit	10:00	Corner Store Open	10:00	Bells Corners/Drive	10:30	Wakefield Lunch	10:30	Ladies Discussion Group		
2:00	Scrabble			11:00	"Touch of Glass"	11:00	Avon Sale			2:00	Caregiver Stress	10:30	Knitting Club
		2:00	Scenic Drive		Art and Jewelry Sale	2:00	Lounge Entertainment with Evan Runge	10:00	Corner Store Open		Workshop with Margot	7:00	Nightly Card Games
7:00	Nightly Card Games	4:00	Happy Hour	2:00	Trip to Carlingwood			10:30	FitMinds	4:00	Happy Hour		
		7:00	Nightly Card Games	3:00	JAVA music Club	4:00	Happy Hour	4:00	Happy Hour	7:00	Nightly Card Games		
				4:00	Happy Hour	7:00	BINGO	7:00	Scrabble				
				7:00	Nightly Card Games			7:00	Nightly Card Games				
10		11		12		13		14		15		16	
		9:30	Rythm & Moves	9:30	Physio with Sahil	9:30	Fun and Fitness	9:30	Physio with Sahil	9:30	Gentle Exercises		
		10:00	Therapy Dog Visit	10:00	Corner Store Open	10:00	Bells Corners/Drive	10:00	Therapy Dog Visit	10:30	Ladies Discussion Group		
2:00	Scrabble			10:30	Catholic Mass	2:00	Lounge Entertainment with Professor Cammy	10:00	Corner Store Open			9:30	Wildcards Practice
		2:00	Scenic Drive	2:00	Memory Fitness			10:30	FitMinds	2:00	Games With Bev	10:30	Knitting Club
7:00	Nightly Card Games	4:00	Happy Hour	3:00	JAVA music Club	4:00	Happy Hour	1:00	Latin Chair Dance	3:30	Resident Meeting	2:00	Lounge Entertainment with The Diamonds
		7:00	Nightly Card Games	4:00	Happy Hour	7:00	BINGO	4:00	Happy Hour	4:00	Happy Hour	7:00	Nightly Card Games
				7:00	Nightly Card Games			7:00	Lounge Entertainment with Simon Clarke	7:00	Nightly Card Games	7:00	Nightly Card Games
17 FATHER'S DAY		18		19		20		21 FIRST DAY OF SUMMER		22		23	
		9:30	Rythm & Moves	9:30	Physio with Sahil	9:30	Fun and Fitness	8:45	Crafts with Kids	9:30	Gentle Exercises		
Lunch	Father's Day Luncheon	10:00	Therapy Dog Visit	10:00	Trip to Lobsterfest	10:00	Food Council Meeting	9:30	Physio with Sahil	10:30	Ladies Discussion Group		
2:00	Father's Day Beer Social			10:00	Corner Store Open	10:00	Bells Corners/Drive	10:00	Therapy Dog Visit	2:00	Lounge Entertainment with Jack Surch	9:30	Wildcards Practice
2:00	Scrabble	2:00	Scenic Drive	10:30	Catholic Communion	2:00	Entertainment with Scott and Maggie	10:00	Corner Store Open			10:30	Knitting Club
7:00	Nightly Card Games	4:00	Happy Hour	3:00	JAVA music Club			10:30	FitMinds	4:00	Happy Hour	7:00	Nightly Card Games
		7:00	Nightly Card Games	4:00	Happy Hour	4:00	Happy Hour	2:00	Coffee Outing	7:00	Nightly Card Games		
				7:00	Nightly Card Games	7:00	Nightly Card Games	4:00	Happy Hour				
								7:00	Nightly Card Games				
24		25		26		27 JUNE BIRTHDAY PARTY		28		29 CANADA DAY PARTY		30	
		9:30	Rythm & Moves	9:30	Physio with Sahil	9:30	Lakeview School GR 1&2	9:30	Physio with Sahil	9:30	Gentle Exercises		
		10:00	Therapy Dog Visit	10:00	Corner Store Open	10:00	Bells Corners/Drive	10:00	Therapy Dog Visit	10:30	Ladies Discussion Group		
2:00	Scrabble	10:30	Lunch and Shopping in Westport	3:00	JAVA music Club	2:00	June Birthday Party	10:00	Corner Store Open	12:30	Walker Repair Shop	10:30	Knitting Club
				4:00	Happy Hour	4:00	Happy Hour	10:30	FitMinds	2:00	Canada Day Celebration H & T Country Duo	2:00	Lounge Entertainment with Lauren Hall
4:30	Kristys Restaurant for dinner and free concert	4:00	Happy Hour	7:00	Nightly Card Games	7:00	BINGO	1:00	Lunch at the Mandarin			7:00	Nightly Card Games
		7:00	Nightly Card Games					4:00	Happy Hour				
								6:00	RCMP Musical Ride	4:00	Happy Hour		
7:00	Nightly Card Games							7:00	Nightly Card Games	7:00	Nightly Card Games		