

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Rockcliffe Retirement Residence

**100 Island Lodge Road
Ottawa, Ontario
343-883-9901**

| 01 | | 02 | |
|-------|--|-------|---|
| 9:00 | Fitness Class | 10:00 | Tai Chi |
| 9:30 | Fitness Class | 2:30 | Scrabble |
| 10:15 | Capuccino & Current Events w/ Doughnuts | 3:00 | Afternoon Ted Talk * The history of our world in 18 minutes |
| 2:00 | Cooperative Trivia | 7:30 | Saturday Night Blockbuster * I, Tonya |

| 03 | | 04 | | 05 | | 06 | | 07 | | 08 | | 09 | |
|-----------------|---|-------|---|--------|------------------------|-------|--------------------------------|-------|--|-------|---|-------|---|
| 3:00 | Sunday Tea | 9:00 | Fitness Class | 9/9:30 | Balance Class | 9:00 | Stretch & relaxation | 9:30 | Latin Chair Dance | 9:00 | Fitness Class | 10:00 | Tai Chi |
| 3:00 | Classical Piano Concert w/ Alex Soloway | 9:30 | Fitness Class | 10:00 | Chair Zumba | 9:30 | Stretch & relaxation | 10:15 | Walking Group | 9:30 | Fitness Class | 2:30 | Scrabble |
| | | 10:30 | Hand Massage and Aromatherapy | 10:30 | Zumba Gold | 10:15 | EIO George | 11:00 | FitMinds | 10:15 | Capuccino & Current Events | 12:00 | Tailoring w/ Ali Dako |
| 7:30 | Sunday Night Classic * Finian's Rainbow | 10:45 | Giant Crossword | 11:00 | Anglican Service | 10:15 | Outing; Royal Canadian Mint | 2:00 | Jackpot Bingo | 12:00 | Outing; Casino | | Sign up at Front Desk |
| | | 2:00 | Chair Yoga | 2:00 | Open Bridge | 2:30 | French themed Trivia | 3:15 | Entertainment by Brian Simms on the Patio | 2:00 | Cooperative Trivia | 3:00 | Afternoon Ted Talk * Brain Magic |
| | | 3:00 | Book Club | 3:00 | Smoothies on the Patio | 4:30 | Happy Hour w/ French 75's | | | | | 7:30 | Saturday Night Blockbuster * Dunkirk |
| | | | | | | 7:30 | Stretch & Relaxation Class | | | | | | |
| 10 | | 11 | | 12 | | 13 | | 14 | | 15 | | 16 | |
| 3:00 | Sunday Tea | 9:00 | Fitness Class | 9/9:30 | Balance Class | 9:00 | Stretch & relaxation | 9:30 | Latin Chair Dance | 9:00 | Fitness Class | 10:00 | Tai Chi |
| 3:00 | Afternoon Opera * Beethoven Triple Concerto | 9:30 | Fitness Class | 10:00 | Chair Zumba | 9:30 | Stretch & relaxation | 10:15 | Walking Group | 9:30 | Fitness Class | 2:30 | Scrabble |
| | | 10:30 | Latin Chair Dance | 10:30 | Zumba Gold | 10:00 | Outing; Byward Market | 11:00 | FitMinds | 10:15 | Capuccino & Current Events | | |
| 7:30 | Sunday Night Classic * The Apartment | 10:45 | Giant Crossword | 10:30 | Manicures & Mimosas | 2:30 | Cooperative Trivia | 2:00 | Jackpot Bingo | 12:00 | Fathers Day BBQ Lunch w/ Entertainment | 3:00 | Afternoon Ted Talk * Do Schools Kill Creativity |
| | | 2:00 | Chair Yoga | 2:00 | Open Bridge | 4:30 | Happy Hour w/ Mint Mojitos | 3:15 | Resident Talk Series | | | 7:30 | Saturday Night Blockbuster * Inception |
| | | 4:00 | Art History w/ Mary Major Uffizi Gallery | 3:15 | Chair Yoga | 7:30 | Stretch & Relaxation Class | | | | | | |
| 17 FATHER'S DAY | | 18 | | 19 | | 20 | | 21 | | 22 | | 23 | |
| 3:00 | Sunday Tea | 9:00 | Fitness Class | 9/9:30 | Balance Class | 9:00 | Stretch & relaxation | 9:30 | Latin Chair Dance | 9:00 | Fitness Class | 10:00 | Tai Chi |
| 3:00 | Afternoon Opera *Chopin Piano Music | 9:30 | Fitness Class | 10:00 | Chair Zumba/Gold | 9:30 | Stretch & relaxation | 11:00 | FitMinds | 9:30 | Fitness Class | 2:30 | Scrabble |
| | | 10:30 | Hand Massage & Aromatherapy | 11:00 | Garden Games | 11:15 | Lunch Outing; Black Dog Bistro | | | 10:15 | Capuccino & Current Events | | |
| 7:30 | Sunday Night Classic * Chitty Chitty Bang Bang | | | | Bocce Ball | | Manotick | 2:00 | English Garden Party | 12:00 | Outing; Casino | 3:00 | Afternoon Ted Talk * Underwater Astonishments |
| | | 10:45 | Giant Crossword | 2:00 | Open Bridge | 2:30 | Cooperative Trivia | | | 2:00 | Cooperative Trivia | | |
| | | 2:00 | Chair Yoga | 3:00 | Smoothies on the Patio | 3:00 | Catholic Mass | | | | | 7:30 | Saturday Night Blockbuster * Loving Vincent |
| | | 3:00 | Book Club | | | 4:30 | Happy Hour | | | | | | |
| | | | | | | 7:30 | Stretch & Relaxation Class | | | | | | |
| 24 | | 25 | | 26 | | 27 | | 28 | | 29 | | 30 | |
| 3:00 | Sunday Tea | 9:00 | Fitness Class | 9/9:30 | Balance Class | 9:00 | Stretch & relaxation | 9:30 | Latin Chair Dance | 9:00 | Fitness Class | 10:00 | Tai Chi |
| 3:00 | Afternoon Opera Mozart Symphony C Major "Jupiter" | 9:30 | Fitness Class | 10:00 | Chair Zumba | 9:30 | Stretch & relaxation | 10:00 | Pams Travelling Shop | 9:30 | Fitness Class | 2:30 | Scrabble |
| | | 10:30 | Latin Chair Dance | 10:30 | Zumba Gold | 2:30 | Cooperative Trivia | 11:00 | FitMinds | 10:15 | Capuccino & Current Events | 3:00 | Afternoon Ted Talk |
| 7:30 | Sunday Night Classic * The Maltese Falcon | 10:45 | Giant Crossword | 10:30 | Manicures & Mimosas | 4:30 | Happy Hour | 2:00 | Jackpot Bingo | | | | A Master Architect asks now what? |
| | | 2:00 | Chair Yoga | 2:00 | Open Bridge | 6:00 | Outing: Cirque Du Soleil | 4:30 | Glitz & Spritz Wine & Cheese | | | | |
| | | 3:30 | Program Meeting | 3:15 | Chair Yoga | | Corteo | 6:30 | Outing; RCMP Musical Ride | 2:00 | Cooperative Trivia | 7:30 | Saturday Night Blockbuster * The Social Network |