

Sample Activity Calendar

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
01 CANADA DAY		02		03		04 11 AM TUCK SHOP		05 DR. DAY		06		07	
		9:30	Morning Pick Me Up			10:00	Healthy Food Choices Talk			10:30	Trivia		
				10:00	Knit and Natter	10:30	Brenda Social			10:30	Falls Prevention		
		11:10	Rhythm n' Moves	11:10	Chair Yoga	11:10	Tai Chi	11:10	Chair Yoga	11:10	Exercise Class		
2:00	Cornerstone Baptist Church	2:00	Bud & The Boys	2:00	Sing-A-Long	2:00	Ice Cream Social	2:00	Outing: Walmart			2:00	Tom Roe
				3:00	FitMinds Activities	3:00	Country Drive	3:00	Discussion Group				
												7:00	Movie Night
08		09		10		11		12		13		14	
		9:30	Morning Pick Me Up	10:00	Knit and Natter								
				11:00	Sonita Jewellery	10:00	Bingo	10:00	Carolyn with Chicks	10:30	Falls Prevention		
11:00	Church Service TV	11:10	Rhythm n' Moves	11:10	Chair Yoga	11:10	Tai Chi	11:10	Chair Yoga	11:10	Exercise Class		
				1:00	Afternoon Walk								
2:00	Ilene Hennessy	2:00	Bud & The Boys	2:00	Music with Mayo	2:00	Brenda Social - Baking	2:00	Outing: Walmart			2:00	The Friends
						3:00	Tea & Baked Goodies			3:00	Special Coffee Time With Manager		
7:00	Movie Night											7:00	Movie Night
15		16		17		18 11 AM TUCK SHOP		19 DR. DAY		20		21	
		9:30	Morning Pick Me Up	10:00	Knit and Natter								
				11:00	Walk with Brenda					10:30	Falls Prevention		
11:00	Church Service TV	11:10	Rhythm n' Moves	11:10	Chair Yoga	11:10	Tai Chi	11:10	Chair Yoga	11:10	Exercise Class		
		2:00	Bud & The Boys	2:00	Ivgeni Kriger	2:00	Brenda Social	2:00	Outing: Giant Tiger			2:00	Bill Dickinson
				3:00	Java Music Club	3:00	Happy Hour	3:00	Discussion Group	3:00	Watermelon Social		
7:00	Movie Night											7:00	Movie Night
22		23		24		25 11 AM TUCK SHOP		26 DR. DAY		27		28	
		9:30	Morning Pick Me Up	10:00	Knit and Natter	10:00	Bingo						
				11:00	Walk with Brenda	10:30	Brenda Social			10:30	Falls Prevention		
11:00	Church Service TV	11:10	Rhythm n' Moves	11:10	Chair Yoga	11:10	Tai Chi	11:10	Chair Yoga	11:10	Exercise Class		
2:00	Victory Baptist Church	2:00	Bud & The Boys	2:00	Robert D'Cruz			2:00	Outing: Walmart				
				3:00	Java Music Club	3:00	Tea & Baked Goodies	2:30	Gerry Chaput	3:00	Happy Hour		
								3:00	Birthday Social				
7:00	Movie Night											7:00	Movie Night
29		30		31		<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>Chartwell Alexander Muir Retirement Residence 197 Prospect Street Newmarket, Ontario 289-366-3690</p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>LIVE NOW by CHARTwell</p> </div> </div>							
		9:30	Morning Pick Me Up	10:00	Knit and Natter								
11:00	Church Service TV	11:10	Rhythm n' Moves	11:00	Walk with Brenda								
		2:00	Bud & The Boys										
				3:00	FitMinds Activities								
7:00	Movie Night												