

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Birchwood Retirement Residence

45650 Patten Ave
Chilliwack, British Columbia
604-426-0455

01

02

9:30	Morning Meditation	10:30	Sit n Fit with Brenda
10:00	Strength Training	2:00	Dice Games with Brenda
11:30	Color Therapy	2:30	Guess the Flavor
1:00	Dementia Support	3:00	Pool Table Games
2:30	Happy Hour	3:30	Group Walk
6:30	TV Special 'Deep Blue Sea'	6:30	Movie Night: Footloose'

03		04 Entertainment		05 Seven Oaks Mall		06		07		08		09	
10:00	Checkers	10:00	Strength Training	9:30	Seven Oaks Shopping Trip	10:00	Rhythm n' Moves	10:00	Yoga	9:30	Morning Meditation	10:30	Sit n Fit with Brenda
11:00	Food Donation	11:30	Poet's Corner	11:30	Current Affairs	10:30	Gentle Stretching	10:30	Fit Minds	10:00	Strength Training	10:30	Piano Music with Nita
1:00	Reminiscing	1:00	Crib	1:00	Mindful Walk	10:45	Water Break	11:30	Iced Tea Patio Time	11:30	Color Therapy	2:00	Yahtzee with Brenda
2:00	Card Game 31	1:30	H.O.P.E. Yarn Club	1:30	Scrabble	11:30	Share a Joke	1:30	Table Games	1:00	Java Music Club	2:30	Albie the Rescue Dog
3:00	Word Search	2:30	Entertainment with 'Shawn McKee'	2:30	Entertainment with 'Bond of Love'	2:30	Happy Hour	3:30	Zumba Dancing	2:30	Happy Hour	3:00	Pool Table Games
3:30	Mens Coffee Club					6:30	Volunteers Night	6:30	Rummoli	6:30	TV Special 'Deep Blue Sea'	6:30	Movie Night: 'Flushed Away'
6:00	Ladies Tea Time	7:00	Bingo	6:30	Dice Games	7:00	Mennonite Choir						
10		11		12		13 Birthday & Welcome Party		14 Hope Bus Trip		15 Father's Day BBQ		16	
10:00	Checkers	10:00	Strength Training	10:00	Group Puzzle	10:00	Rhythm n' Moves	9:30	Hope Bus Trip	9:00	Pedicures and Manicures	10:30	Sit n Fit with Brenda
11:00	Food Donation	11:30	Poet's Corner	11:30	Current Affairs	10:30	Gentle Stretching	10:30	Fit Minds	11:30	Father's Day BBQ	2:00	Dominoes with Brenda
2:00	Entertainment with 'Happy Hearts'	1:00	Walk the Block	1:00	Group Walk	10:45	Water Break	11:30	Iced Tea Patio Time	12:45	Father's Day Raffle	2:30	Nail Painting with Chantel
2:00	Card Game 31	1:00	Crib	1:30	Scrabble	2:00	Birthday Party with 'Kenny Buston'	1:30	Table Games	2:00	Entertainment with 'Rewind'	3:00	Pool Table Games
3:30	Mens Coffee Club	1:30	H.O.P.E. Yarn Club	6:30	Dice Games			2:00	Fire Drill			3:30	Group Walk
6:00	Ladies Tea Time	2:30	Happy Hour	7:00	Hymn Singing	6:00	Claude the Barber	3:30	Meditation	3:00	Father's Day Happy Hour	6:30	Movie Night: 'Unknown'
		7:00	Bingo			6:30	Volunteers Night	6:30	Rummoli	6:30	Special Movie Night		
17 FATHER'S DAY		18 Entertainment		19 Langley Casino		20 Silly Sock Day		21		22 Magician		23	
10:00	Checkers	10:00	Strength Training	9:00	Langley Casino Trip	10:00	Rhythm n' Moves	9:30	Fire Drill	10:00	Painting with Kim	10:30	Sit n Fit with Brenda
11:00	Food Donation	11:30	Poet's Corner	10:00	Gratitude Journaling	10:30	Gentle Stretching	10:30	Fit Minds	1:00	Java Music Club	2:00	Cards with Brenda
1:00	Reminiscing	1:00	Crib	11:30	Current Affairs	10:45	Water Break	11:00	Bible Study	2:00	Entertainment with 'The Great Gordini'	2:30	Albie the Rescue Dog
2:00	Card Game 31	1:30	H.O.P.E. Yarn Club	1:00	Mindful Walk	1:00	Movie Matinee	1:30	United Church Service			3:00	Pool Table Games
3:30	Word Search	2:30	Entertainment with 'Marian Knight'	1:30	Scrabble	2:30	Resident Meeting	1:30	Table Games	6:30	Documentary 'The Hope'	3:30	Group Walk
3:30	Mens Coffee Club			2:30	Happy Hour	4:00	Silly Sock Prize	3:30	Zumba Dancing			6:30	Movie Night: 'The Captive'
6:00	Ladies Tea Time	7:00	Bingo	6:30	Dice Games	6:30	Volunteers Night	6:30	Rummoli				
24		25		26 Cottonwood Mall		27 Entertainment		28 Walk & Cheese Farm Tour		29 Canada Day Celebrations		30	
10:00	Checkers	10:00	Strength Training	10:00	Cottonwood Mall Trip	10:00	Rhythm n' Moves	9:30	Cheese Farm Trip	9:00	Pedicures and Manicures	10:30	Sit n Fit with Brenda
11:00	Food Donation	11:30	Poet's Corner	11:30	Current Affairs	10:30	Gentle Stretching	10:30	Iced Tea Patio Time	9:30	Morning Meditation	2:00	Dice Games with Brenda
1:00	Reminiscing	1:00	Walk the Block	1:00	Mindful Walk	10:45	Water Break	1:30	Table Games	10:00	Strength Training	2:30	Chocolate Tasting
2:00	Card Game 31	1:00	Crib	1:30	Scrabble	1:30	Candy Guess	2:30	Get to Know Birchwood	11:00	Canadian Punch on the Patio	3:00	Pool Table Games
3:00	Word Search	1:30	H.O.P.E. Yarn Club	2:00	Resident Meeting	2:30	Entertainment with 'Vic and Larry'	3:30	Meditation	2:00	Timbits in the Bistro	3:30	Group Walk
3:30	Mens Coffee Club	2:30	Happy Hour	6:30	Dice Games			6:30	Rummoli	2:30	Pub Afternoon with with 'Mark Wolfe'	6:30	Movie Night: 'The Martian'
6:00	Ladies Tea Time	7:00	Bingo	7:00	Hymn Singing	6:30	Volunteers Night						