

Sample Activity Calendar

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
		01		02		03		04		05					
		9:30	Gentle Fitness	9:30	Stretch & Relaxation	9:00	Massage Therapy	10:00	Tai Chi	9:30	Rummy				
		10:00	Java Music Club		Rhythm n' Moves	9:30	FitMinds	10:00	Knitting Club	10:00	Cards & Games				
		10:00	Cards & Games	10:00	Cards & Games	10:00	Cards & Games	10:00	Cards & Games	10:00	Cards & Games	10:00	News & Views		
		3:00	Coffee Cart Café/Bistro	10:00	Connect Hearing	10:30	Massage Therapy	1:30	Bridge Club	2:00	Knox Sing-A-Long	2:00	Card Bingo		
		3:00	Strength & Balance with Kristy	1:45	Bingo	2:00	Happy Hour William & Penny	3:00	Coffee Cart Café/Bistro	3:00	Gentle Fitness	6:30	Billiards BR		
06		07		08		09		10		11		12			
9:30	Scrabble	9:00	St. James Service	9:30	Gentle Fitness	9:30	Stretch & Relaxation	9:00	Massage Therapy	10:00	Tai Chi	9:30	Rummy		
10:00	Cards & Games	10:00	Cards & Games	10:00	Java Music Club		Rhythm n' Moves	9:30	FitMinds	10:00	Knitting Club	10:00	Cards & Games		
2:00	Matinee	1:30	Bridge Club	10:00	Cards & Games	10:00	Cards & Games	10:00	Cards & Games	10:00	Cards & Games	10:00	News & Views		
3:00	Coffee Cart Café/Bistro	2:00	PVCA Students Visit	3:00	Coffee Cart Café/Bistro	10:00	Vernon Christian School	10:30	Massage Therapy	1:30	Bridge Club	2:00	Matinee		
6:30	Crib Club	3:00	Coffee Cart Café/Bistro	3:00	Strength & Balance		Card Bingo	2:00	Happy Hour	3:00	Gentle Fitness	2:00	Card Bingo		
6:30	Movie	3:00	Stretch & Relaxation		with Kristy	1:45	Bingo		David Hernandez	3:00	Coffee Cart Café/Bistro	3:00	Coffee Cart Café/Bistro		
						3:00	Coffee Cart Café/Bistro	3:00	Coffee Cart Café/Bistro			6:30	Billiards BR		
								3:15	Therapy Dog Visit						
13 MOTHER'S DAY		14		15		16		17		18		19			
9:30	Scrabble	9:30	Crafts	9:30	Gentle Fitness	9:30	Stretch & Relaxation	9:00	Massage Therapy	10:00	Tai Chi	9:30	Rummy		
10:00	Cards & Games	1:30	Bridge Club	10:00	Java Music Club		Rhythm n' Moves	9:30	FitMinds	10:00	Knitting Club	10:00	Cards & Games		
2:30	Mother's Day Tea	2:00	Resident Meeting	10:00	Cards & Games	10:00	Cards & Games	10:00	Cards & Games	10:00	Cards & Games	10:00	News & Views		
3:00	Coffee Cart	2:30	Donut Shop	3:00	Strength & Balance	10:00	Vernon Christian School	10:30	Massage Therapy	1:30	Bridge Club	2:30	Royal Wedding High Tea		
6:30	Crib Club		Alzheimer Society Fundraiser	with Kristy		11:30	BBQ Back Patio	2:00	Happy Hour	3:00	Coffee Cart Café/Bistro	3:00	Coffee Cart Café/Bistro		
6:30	Movie	3:00	Coffee Cart Café/Bistro	3:00	Coffee Cart Café/Bistro	1:45	Bingo		Cliff Watson	3:00	Gentle Fitness	6:30	Billiards BR		
				6:30	Ports of Call Mexico with Silver Sage	3:00	Computer Workshop	3:00	Coffee Cart Café/Bistro						
						6:30	Facinator Hat Making								
20		21 VICTORIA DAY		22		23		24		25		26			
9:30	Scrabble	10:00	Cards & Games	9:30	Gentle Fitness	10:00	Cards & Games	9:00	Massage Therapy	10:00	Tai Chi	9:30	Rummy		
10:00	Cards & Games	1:30	Bridge Club	10:00	Cards & Games	1:45	Bingo	9:30	FitMinds	10:00	Knitting Club	10:00	Cards & Games		
2:00	Card Bingo	3:00	Coffee Cart Café/Bistro	10:00	Java Music Club	3:00	Computer Workshop	10:00	Cards & Games	10:00	Cards & Games	10:00	News & Views		
3:00	Coffee Cart Café/Bistro			2:30	Resident Birthday Party	6:30	Sing-A-Long with Roland	10:30	Massage Therapy	10:00	Walker Clinic Back Patio	2:00	Matinee		
6:30	Crib Club			3:00	Strength & Balance		Marshmallow Roast	2:00	Happy Hour	1:30	Bridge Club	2:00	Card Bingo		
6:30	Movie			with Kristy		50/50 Draw		Silver Sage	3:00	Coffee Cart Café/Bistro	3:00	Coffee Cart Café/Bistro			
								3:00	Coffee Cart Café/Bistro	3:00	Gentle Fitness	6:30	Billiards BR		
								3:15	Therapy Dog Visit						
27		28		29		30		31		Carrington Place Retirement Residence 4651-23rd Street Vernon, British Columbia 1-866-237-1512					
9:30	Scrabble	10:00	Cards & Games	9:30	Gentle Fitness	9:00	Hot Breakfast	9:00	Massage Therapy						
10:00	Cards & Games	10:30	Anglican Service	10:00	Java Music Club	9:30	Stretch & Relaxation	9:30	FitMinds						
2:00	Matinee	1:30	Bridge Club	10:00	Cards & Games	10:00	Cards & Games	10:00	Cards & Games						
3:00	Coffee Cart Café/Bistro	3:00	Coffee Cart Café/Bistro	2:00	Happy Hour Back Patio	1:45	Bingo	10:30	Massage Therapy						
6:30	Crib Club	3:00	Stretch & Relaxation		L & J Country Music	3:00	Coffee Cart Café/Bistro	2:00	Happy Hour						
6:30	Movie	6:45	Sing-A-Long with Denise		Western Day				Sentimental Journey						
				3:00	Coffee Cart Café/Bistro										
				3:00	Strength & Balance										