

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Colonel Belcher Retirement Residence

1945 Veteran's Way NW

Calgary, Alberta

587-287-3937

01 FOOTCARE GUY		02	
9:00	Coffee & Chat	9:00	Coffee & Chat
9:45	Sit & Be Fit -E		
10:30	5 Second Rule	10:30	Catholic Mass
1:00	Wii Golf		
1:00	Walking Club	7:00	Scrabble
2:00	Gardening		
7:00	Billiards		
7:00	Movie & Popcorn		

03		04		05		06 NANCY'S FOOTCARE		07 MEDICAL APPOINTMENTS		08		09	
9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat
9:45	Sit & Be Fit	9:00	Coop Bus Outing	9:45	Balls & Balance	9:45	Rhythm n' Moves	9:45	Stretch & Relaxation	9:45	Sit & Be Fit	9:45	Balls & Balance
10:30	Random Trivia	10:30	Java Music Club	10:30	Scattergories	10:30	Casino Lunch Outing	10:00	Extra! Extra!	10:30	Taboo	10:30	Catholic Mass
1:00	Rummoli	1:00	Wii Golf	1:00	Studio Bell Outing	1:00	Sangria Making	10:30	Dice Games	1:00	Walking Club	10:30	Scattergories
2:30	Church Service	1:00	Stretch & Relaxation	1:15	Tai Chi w/ Adrian	1:00	Friendly Bridge	12:45	Shopping at Market Mall	1:00	Wii Golf	1:00	Card Bingo
7:00	Movie Night	2:00	Creative Art	2:00	Java Music Club	2:30	FitMinds	1:30	Wii Bowling	2:00	Ice-cream Floats	2:30	Popsicles on the Patio
		7:00	Bridge	3:00	Hymn Sing	7:00	Bingo	6:45	Crosspoint Church	7:00	Billiards	7:00	Scrabble
				7:00	Lorraine & Lorna Entertain			7:00	Crib	7:00	Movie & Popcorn		
10		11		12		13		14 VOXX LIFE VENDOR		15		16	
9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat
9:45	Sit & Be Fit	9:45	Stretch & Relaxation	9:45	Sit & Be Fit	9:45	Rhythm n' Moves	9:45	Balls & Balance	9:30	Walmart Supercentre	9:45	Stretch & Relaxation
10:30	Tec Support	10:30	Java Music Club	10:30	Hangman	1:00	Pictionary	10:00	Extra! Extra!	9:45	Sit & Be Fit	10:30	Catholic Mass
1:00	Rummoli	1:00	Wii Golf	10:30	Library Visits	1:00	Friendly Bridge	10:30	Dice Games	10:30	Free Bingo	10:30	Canvas Painting
2:15	Lions Club Trivia	1:00	Ice-cream Drive Braggcreek	1:00	Chair Yoga	2:30	FitMinds	1:00	Bocce Ball	1:00	Wii Golf	7:00	Scrabble
2:30	Church Service	2:00	Music Therapy	2:00	Java Music Club	7:00	Bingo	1:30	Wii Bowling	1:30	Horse Races		
7:00	Movie Night	7:00	Bridge	7:00	Friendly Cards & Dominoes			2:00	You be the Judge	3:00	Walking Club		
								7:00	Crib	7:00	Movie & Popcorn		
17 HAPPY FATHERS DAY		18 MANICURES		19 GINA'S MASSAGE		20		21 MEDICAL APPOINTMENTS		22		23	
9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat
9:45	Sit & Be Fit	9:00	Coop Bus Outing	9:45	Balls & Balance	9:45	Rhythm n' Moves	9:45	Stretch & Relaxation	9:45	Sit & Be Fit		
10:30	Random Trivia	10:30	Java Music Club	10:00	Picnic in Banff	10:30	Jewelry Making	10:00	Extra! Extra!	10:30	New Resident Orientation	10:30	Catholic Mass
1:00	Rummoli	1:00	Wii Golf	1:15	Tai Chi w/ Adrian	1:00	Friendly Bridge	12:45	Shopping at Northhill Mall	12:45	The Saskatoon Farm	11:30	Nutman
2:30	Church Service	1:00	Stretch & Relaxation	2:00	Java Music Club	1:30	CNIB Presentation	1:30	Wii Bowling	1:00	Wii Golf		
7:00	Movie Night	2:00	Fathers Day Social	3:00	Hymn Sing	2:30	FitMinds	2:00	Knitting/Crochetting Project	7:00	Billiards	7:00	Scrabble
		7:00	Bridge	7:00	Friendly Cards & Dominoes	7:00	Bingo	6:45	Crosspoint Church	7:00	Movie & Popcorn		
								7:00	Crib				
24		25		26		27		28 ELEGANT OPTIONS JEWELRY		29		30	
9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:00	Coffee & Chat	9:45	Balls & Balance	9:00	Coffee & Chat	9:00	Coffee & Chat
9:45	Sit & Be Fit	9:45	Rhythm n' Moves	9:30	Shopping at Superstore	9:45	Stretch & Relaxation	10:00	Extra! Extra!	9:45	Sit & Be Fit		
10:30	Reminiscing in the Garden	10:30	Java Music Club	10:30	Hangman	10:30	Junk Drawer Detective	10:30	Dice Games	10:30	Free Bingo	10:30	Catholic Mass
1:00	Rummoli	1:00	Inglewood Bird Sanctuary	1:00	Chair Yoga	1:00	Canada Day Celebration	1:00	Town Hall	1:00	Wii Golf		
2:15	Lions Club Trivia	1:00	Wii Golf	2:00	Birthday Tea with		With the Calgary Fiddlers	1:30	Ladder Golf	1:30	Horse Races		
2:30	Church Service	2:00	Music Therapy		William Bjorn	1:00	Friendly Bridge	1:30	Wii Bowling	3:00	Physiotherapy Presentation	7:00	Scrabble
7:00	Movie Night	7:00	Bridge	7:00	Friendly Cards & Dominoes	2:30	FitMinds	2:00	You be the Judge	7:00	Billiards		
						7:00	Bingo	7:00	Music Club	7:00	Movie & Popcorn		