

Sample Activity Calendar



LIVE NOW

by CHARTWELL

Chartwell Constantia Retirement Residence

784 Centre Street
Thornhill, Ontario
289-588-0973

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> </div> <div style="text-align: center;"> <h3>Chartwell Constantia Retirement Residence</h3> <p>784 Centre Street Thornhill, Ontario 289-588-0973</p> </div> </div>												01	10:00 Exercise: Chair Pilates	02	10:00 Cranium Crunches
		10:45 FitMinds: Interactive Program		1:30 Exercise: Gentle Fitness											
		1:30 Craft Corner with Rachel		2:00 Pet Therapy Visits											
		2:30 Ice Cream Social		2:30 Exercise: Body Balance											
		3:00 Active Games with Students		3:00 Comedy Corner: Movie											
		3:30 Kabbalat Shabbat Service		3:15 Scrabble Games											
		7:30 Israeli Movie Night		7:30 Saturday Movie Night											
		8:34 Light Shabbat Candles													
03	04	05	06	07	Election Day 2018		08	09							
10:00 Exercise: Fitness with Gale	9:45 Exercise: Gentle Fitness	9:45 Body Strengthening with Mandi	9:45 Exercise: Gentle Fitness	9:00 2018 Provincial Elections			10:00 Exercise: Chair Pilates	10:00 Cranium Crunches							
11:00 Sunday Sudoku	10:30 Exercise: Walker Fitness	10:30 Outing: Bank Run/ Walmart	10:30 Exercise: Walker Fitness				10:45 FitMinds: Interactive Program	1:30 Exercise: Gentle Fitness							
2:30 Special Musical Guests	10:30 HOPE Knitting Circle	10:45 Java Music - Sing Songs	10:45 Gardening Workshop	10:00 Exercise: Chair Yoga			2:00 Book Club Meeting	2:00 Pet Therapy Visits							
	1:30 Spelling Bee Challenge	1:30 Outing: Promenade Mall	2:30 Live Entertainment with	1:30 Outing: Fairview Mall			3:00 Garden Games	2:30 Exercise: Body Balance							
	2:00 Rabbi Cohen's Lecture Series	2:15 Afternoon Mahjong Games		2:00 Life & Times: Bio			3:30 Kabbalat Shabbat Service	3:00 Comedy Classics:							
3:30 Nibbles & Nosh: Fruit	2:30 Afternoon Bingo	2:30 Jeopardy Trivia Challenge	4:00 News & Views	4:00 Meditation in the Garden			with Rabbi Rosenfeld	Laurel & Hardy							
7:30 Family Movie Night	4:00 Sing-a-Long	4:00 Mindful Meditation	5:00 Tranquility Colouring	7:00 Poker/ Mahjong Games			7:30 Israeli Movie Night	3:15 Classic Board Games							
	7:30 Evening at the Opera	7:00 Poker Games	7:30 Bingo Night	7:30 Documentary Night			8:39 Light Shabbat Candles	7:30 Saturday Bingo							
10	11	12	13	14	National Smile Day		15	16							
10:00 Exercise: Yoga with Sema	9:45 Exercise: Gentle Fitness	9:45 Body Strengthening with Mandi	9:45 Exercise: Gentle Fitness	10:00 Exercise: Chair Yoga			10:00 Exercise: Chair Pilates	10:00 Cranium Crunches							
11:00 Sunday Sudoku	10:30 Exercise: Walker Fitness	9:30 Outing: Morning Errands	10:30 Exercise: Walker Fitness	10:45 Smile Challenge			10:45 FitMinds: Interactive Program	1:30 Exercise: Gentle Fitness							
1:30 Music Hour: Big Bands	10:30 HOPE Knitting Circle	10:45 Bird Watching Scavenger Hunt	2:30 Afternoon Bingo	1:30 Outing: Bird Watching			2:00 Guest Speaker	2:00 Pet Therapy Visits							
2:00 Afternoon Garden Party	1:30 Active Games: Washer Toss	12:00 Outing: Picnic in the Park	7:30 Special Event: Prom Night	Lunch Filipino Themed Lunch			Dr. Igor Wilderman	2:30 Exercise: Body Balance							
3:30 Trivia Sundays: Fact or Fiction	2:00 Craft Corner with Rachel	2:00 Guest Speaker: Stephanie Bell		4:15 Guided Meditation			Arthritis & Degenerative	3:00 Ted Talks: Aging							
5:00 Tranquility Colourig	3:00 Music in the Garden			7:00 Poker/ Mahjong Games			Disease: Managing for Seniors.	3:15 Scrabble Games							
7:30 Bingo Night	4:00 Afternoon Trivia	4:00 Mindful Meditation		7:30 Special Musical Guests			3:30 Kabbalat Shabbat Service	7:30 Saturday Movie Night							
	7:30 Evening at the Opera	7:00 Poker Games					8:43 Light Shabbat Candles								
17	FATHER'S DAY		18	19	Ports of Call: Themed Dinner		20	21	22	Ports of Call: Guest Speaker		23			
		9:00 Eye Care Express	9:45 Body Strengthening with Mandi	9:45 Exercise: Gentle Fitness			10:00 Exercise: Chair Yoga	10:00 Exercise: Chair Pilates	10:00 Exercise: Chair Pilates	10:00 Cranium Crunches					
10:00 Exercise: Fitness with Gale	9:45 Exercise: Gentle Fitness	11:30 Outing:Port Hope Theatre	10:30 Exercise: Walker Fitness	10:30 Exercise: Walker Fitness			10:45 Gardening Workshop	10:45 FitMinds: Interactive Program	10:45 FitMinds: Interactive Program	1:30 Exercise: Gentle Fitness					
Lunch Father's Day Lunch	10:30 Exercise: Walker Fitness	10:45 Java Music - Sing Songs	10:45 Did you Know Trivia: India	10:45 Did you Know Trivia: India			1:30 Outing: Centerpoint Mall	2:00 Guest Speaker: Lianne Harris	2:00 Guest Speaker: Lianne Harris	2:00 Pet Therapy Visits					
2:30 Father's Day Celebrations	10:30 HOPE Knitting Circle	1:30 Active Games: Golf	2:30 Live Entertainment with	2:30 Live Entertainment with			2:30 Welcome to Summer			2:30 Exercise: Body Balance					
	1:30 Sing-a-Long	2:15 Afternoon Mahjong Games								2:30 Travelogues: India					
	2:00 Rabbi Cohen's Lecture Series	4:00 Mindful Meditation	4:00 News & Views	4:00 News & Views						3:00 Comedy Classics: I love Lucy					
7:30 Bingo Night	3:00 Afternoon Social w/ Christina		5:00 Music Hour: Sounds of India	5:00 Music Hour: Sounds of India						3:15 Domino Games					
	7:30 Evening at the Opera	Dinner Indian Inspired Dinner	7:30 Bingo Night	7:30 Bingo Night						7:30 Saturday Bingo					
24	25	26	27	28	29	30									
10:00 Exercise: Yoga with Sema	9:45 Exercise: Gentle Fitness	9:45 Body Strengthening with Mandi	9:45 Exercise: Gentle Fitness	10:00 Exercise: Chair Yoga	10:00 Exercise: Chair Pilates	10:00 Cranium Crunches									
11:00 Sunday Sudoku	10:30 Exercise: Walker Fitness	10:30 Outing: Woodbine Casino	10:30 Exercise: Walker Fitness	10:45 Gardening Workshop	10:45 FitMinds: Interactive Program	1:30 Exercise: Gentle Fitness									
1:30 Family Visits	10:30 HOPE Knitting Circle	10:45 Food Committee Meeting	10:45 Rhythm n' Moves	1:30 Outing: Shoppers Drug Mart	2:00 Music in the Garden	2:00 Pet Therapy Visits									
2:00 Sunday Movie Matinee	10:45 Resident Council Meeting	2:00 Men's Club: Herring Tasting	2:30 June Birthday Celebrations	2:00 Guest Speaker: Andrea Jackson	2:30 Popsicle Social	2:30 Exercise: Body Balance									
3:30 Giant Tic-Tac-Toe	2:00 Rabbi Cohen's Lecture Series	2:15 Afternoon Mahjong Games			3:30 Kabbalat Shabbat Service	3:00 Comedy Classics: I love Lucy									
4:00 Guess Their Age Trivia	2:00 Craft Corner with Christina	4:00 Mindful Meditation	4:00 Reminisce with Me: Music	4:00 Meditation in the Garden	with Rabbi Rosenfeld	3:15 Scrabble Games									
5:00 Tranquility Colourig	3:00 Music in the Garden	7:30 Special Guests Mickey Lewin	5:00 Tranquility Colouring	7:00 Poker/ Mahjong Games	7:30 Israeli Movie Night	7:30 Saturday Movie Night									
7:30 Bingo Night	7:30 Evening at the Opera	& The Shira Singers	7:30 Bingo Night	7:30 Documentary Night	8:45 Light Shabbat Candles										