

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Eau Claire Care Residence

301 7th Street Southwest

Calgary, Alberta

587-287-3943

01

9:30 Balloon Badminton

10:30 Trivia & Word Games

1:00 Advanced Bridge Club

1:00 Gardening Group

3:00 Bocce Ball

6:00 Dances & Donuts

feat. "Ballet Classique"

02

9:30 Wii Bowling

10:30 Saturday News & Coffee

1:30 Punch On The Patio

3:00 Bingo

6:30 Movie Night

03		04 National Seniors Week		05 National Seniors Week		06 National Seniors Week		07 National Seniors Week		08 National Seniors Week		09	
		8:30	Brown Bag Lunches	9:30	Balloon Badminton	9:30	Chair Exercise	9:30	Outdoor Walking Club	9:30	Balloon Badminton	9:30	Wii Bowling
10:30	Balloon Badminton	9:30	Week in Review	10:30	Java Music Club	10:30	FitMinds	10:30	Christian Bible Study	10:30	Gardening Group	10:30	Saturday News & Coffee
		9:45	Rhythm n' Moves	11:30	BBQ Lunch on the Patio			10:45	Grandfriends Visit	12:45	Bus Outing:		
1:30	Grace Calvary Church Visit	10:45	Trivia & Word Games		**Sign up at Front Desk**	1:00	Seniors Week Celebration				MacKay's Ice Cream	1:30	Punch On The Patio
		12:45	Bus Outing: Studio Bell	1:00	Standing Exercises		Carnival Games	12:45	Shopping Trip:		in Cochrane (\$5)	3:00	Bingo
			National Music Centre	1:30	Tuckshop Open	3:00	Banana Split Bar		Deerfoot Meadows	3:00	Nail Manicures		
7:30	Intercal Music Performance	2:30	Happy Hour	3:00	Bingo	6:30	Movie Night	6:30	Patio Social	6:30	Pub Night W/	6:30	Movie Night
		6:30	Prize Bingo	6:30	Jeopardy with Karen						Greg Rumpel Ent.		
10		11		12		13		14		15		16	
		8:30	Brown Bag Lunches	9:30	Tai Chi with Adrian	9:30	Chair Exercise	9:30	Outdoor Walking Club	9:30	Balloon Badminton	9:30	Wii Bowling
		9:30	Week in Review	10:30	Java Music Club	10:30	FitMinds	10:30	Christian Bible Study	10:30	Gardening Group	10:45	Yum Cha Club
10:30	Balloon Badminton	9:45	Rhythm n' Moves	1:00	Standing Exercises					11:00	Bus Outing:		
		10:45	Trivia & Word Games	1:30	Tuckshop Open	1:00	River Walk	12:45	Shopping Trip:		Picnic at Bowness	1:30	Punch On The Patio
2:00	Kwizniac	1:00	Outdoor Walks	1:30	Fall Prevention Talk	2:00	New Resident		Northhill Mall		*RSVP Front Desk*	3:00	Bingo
		2:30	Happy Hour	3:00	Bingo		Welcome Tea			1:00	Advanced Bridge Club		
				6:15	Catholic Mass/Communion		w/ Classical Connection	3:00	Prize Bingo	3:00	Watermelon Social	6:30	Movie Night
		6:30	Prize Bingo	6:30	Jeopardy with Karen	6:30	Movie Night	6:30	Patio Social	6:30	One to One Visits		
17 FATHER'S DAY		18		19		20		21		22		23	
		9:30	Week in Review	9:30	Balloon Badminton	9:30	Chair Exercise	9:30	Outdoor Walking Club	9:30	Balloon Badminton	9:30	Wii Bowling
		9:45	Rhythm n' Moves	10:30	Java Music Club	10:30	FitMinds	10:00	Resident Council Meeting	10:30	Gardening Group	10:30	Saturday News & Coffee
10:30	Fishing Trip Exercises	10:45	Trivia & Word Games					10:30	Christian Bible Study				
		1:00	Outdoor Walks	1:00	Standing Exercises	1:00	River Walk	10:45	Grandfriends Visit	12:45	Shopping Trip:	1:30	Punch On The Patio
2:00	Father's Day Floats	1:30	Ambassador Club Meeting	1:30	Tuckshop Open	2:00	Birthday Tea	12:45	Bus Outing:		Westbrook Mall	3:00	Bingo
	Rootbeer, Orange, and Cream Soda	2:30	Happy Hour	3:00	Bingo		w/ Bobby Gosse Ent.		Reader Rock Gardens	3:00	Nail Manicures		
		6:30	Prize Bingo	6:30	Jeopardy with Karen	6:30	Movie Night	3:00	Prize Bingo	6:30	Pub Night W/	6:30	Movie Night
								6:30	Patio Social		Robb Mann Ent.		
24		25		26		27		28		29		30	
		9:30	Week in Review	9:30	Balloon Badminton	9:30	Chair Exercise	9:30	Yoga with Gina	9:30	Balloon Badminton	9:30	Wii Bowling
		9:45	Rhythm n' Moves	10:30	Java Music Club	10:30	Music with Leah	10:30	Christian Bible Study	10:30	Canada Day Trivia	10:45	Yum Cha Club
10:30	Balloon Badminton	10:45	FitMinds								& Fun Facts		
				1:00	Standing Exercises	1:00	River Walk	1:00	Outing: Walk to Prince's	11:30	BBQ Lunch on the Patio	1:30	Punch On The Patio
2:00	Hangman	1:00	Outdoor Walks	1:30	Tuckshop Open	1:30	Canada Day Craft		Island for Ice Cream \$5 *RSVP*		*RSVP Front Desk*	3:00	Bingo
		2:30	Happy Hour	3:00	Bingo	3:00	Watermelon Social	3:00	Prize Bingo	1:00	River Walk		
				6:15	Catholic Mass/Communion					3:00	Canada Day Celebration &	6:30	Movie Night
		6:30	Prize Bingo	6:30	Tea & Trivia & Timbits	6:30	Movie Night	6:30	Patio Social		Afternoon Pub		