

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Empress Kanata Memory Care

170 McGibbon Drive

Kanata, Ontario

613-366-0726

01		02	
9:45	Morning Walk	9:45	Morning Walk
10:30	Baking	10:30	Horoscopes
		11:00	Happy Neuron
2:30	Nordic Pole Walking	2:00	Tai Chi
		3:30	Hands Up
4:00	Afternoon Tea	4:00	Afternoon Tea
6:00	Bingo	6:00	Giant Crossword
7:00	Remenisce on the Patio	7:00	Movie Night

03		04		05		06		07		08		09	
9:30	Arthritis Society Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk
	~Registration. Walk starts	10:30	Baking	10:30	Tai Chi	10:30	Sanding Birdhouses	10:30	In the News	10:30	Baking	10:30	Match the China
11:00	BBQ & Entertainment			11:00	FitMinds Activities	11:00	Happy Neuron	11:00	Rhythm n' Moves			11:00	What's in the Bag?
2:30	Flower Arranging							2:30	Java Music Club	1:30	Chair Yoga		
3:30	Timeslips	2:30	Afternoon Social	2:30	Gentle Exercise	2:30	Nordic Pole Walking	3:00	Bingo	2:30	Guided Meditation	2:30	D-Day Commemoration
4:00	Happy Hour	3:30	Make D-Day Invitations	3:30	D-Day Decorating	3:30	Scavenger Hunt	3:30	Matching Game	3:30	Afternoon Tea	3:30	Sketching Class
6:00	Bingo	6:00	Family Feud	6:00	Nails in the Spa	6:00	Classic TV	6:00	Hand Massage in Spa	6:00	Bonjour Game	6:00	Dominoes
7:00	Classic TV	7:00	Travelogue	7:00	Story Circle on Patio			7:00	Singing on the Patio	7:00	Remenisce on the Patio	7:00	Movie Night
10		11		12		13		14		15		16	
10:00	TV Church Service	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk
11:00	Fun & Fit	10:30	Baking	10:30	Tai Chi	10:30	Matching Game	10:30	In the News	10:30	Baking	10:30	Horoscopes
				11:00	FitMinds Activities	11:30	Lunch Trip	11:00	Drumming Circle	11:00	Spot the Difference	11:00	Water the Plants
2:00	Afternoon Stroll			1:30	Gardening			1:30	Java Music Club	2:00	Father's Day Celebration	2:00	Tai Chi
3:30	Timeslips	2:30	Afternoon Social	2:30	Gentle Exercise	2:30	Nordic Pole Walking	3:00	Bingo		& Entertainment	3:30	Watercolours Class
4:00	Happy Hour	3:30	Aroma Sampling	3:30	Art Attack	3:30	Make Banana Splits	3:30	Rhythm n' Moves	3:30	Afternoon Tea	4:00	Afternoon Tea
6:00	Poetry Corner & Social	6:00	Board Games	6:00	Relax/Hand Massage	6:00	Remenisce Commercials	6:00	Classic Comedy	6:00	Bingo	6:00	Word Search & Mazes
7:00	Movie Night	7:00	Travelogue	7:00	Story Circle on Patio			7:00	Singing on the Patio	7:00	Remenisce on the Patio	7:00	Movie Night
17		18		19		20		21		22		23	
FATHER'S DAY		9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk
10:00	TV Church Service	10:30	Baking	10:30	Tai Chi	10:30	Sanding Birdhouses	10:30	In the News	10:30	Things I Like	10:30	Horoscopes
11:00	Fun & Fit			11:00	FitMinds Activities	11:00	Happy Neuron	11:00	Rhythm n' Moves	11:00	Spot the Difference	11:00	Happy Neuron
1:30	Prepare for Social			1:30	Gardening			2:30	Line Dancing Party			2:00	Tai Chi
2:30	Father's Day Social			2:30	Gentle Exercise	2:30	Nordic Pole Walking	3:00	Bingo	3:00	Karaoke		
3:30	Timeslips	2:30	Afternoon Social	3:30	Stained Glass Windows	3:30	Scavenger Hunt	3:30	Finishing Lines	4:00	Afternoon Tea	4:00	Afternoon Tea
4:00	Happy Hour	3:30	Make D-Day Invitations	6:00	Chicken Soup Story	6:00	Classic TV	6:00	Cast Your Vote for Movie	6:00	Dominoes	6:00	Music Circle
6:00	Bingo	7:00	Travelogue	7:00	Story Circle on Patio			7:00	Remember Movies	7:00	Winner of Movie Vote	7:00	Movie Night
7:00	Classic TV												
24		25		26		27		28		29		30	
10:00	TV Church Service	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk	9:45	Morning Walk
11:00	Fun & Fit	10:30	Baking	10:30	Tai Chi	10:30	Pack Up for the Picnic	10:30	In the News	10:30	Baking	10:30	Horoscopes
				11:00	FitMinds Activities	11:30	Picnic in the Park	11:00	Rhythm n' Moves			11:00	Happy Neuron
2:00	Brain Fitness			1:30	Afternoon Drive	2:30	Gentle Exercise	2:30	Java Music Club	2:30	Nordic Pole Walking	2:00	Tai Chi
3:30	Timeslips	2:30	Afternoon Social	2:30	Gentle Exercise	3:00	Anglican Church	3:00	Montessori			3:30	Arts & Crafts Class
4:00	Happy Hour	3:30	Remenisce	3:30	Cookie Bake Off	4:00	Cocktails on the Patio	4:00	Timeslips	4:00	Afternoon Tea	4:00	Afternoon Tea
6:00	Poetry Corner & Social	6:00	Tic Tac Toe	6:00	Classic TV	6:00	Finishing Lines	6:00	Night at the Races	6:00	What Did It Cost Quiz	6:00	Music Circle
7:00	Movie Night	7:00	Travelogue	7:00	Story Circle on Patio					7:00	Remenisce on the Patio	7:00	Movie Night