


Sample Activity Calendar

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
 <div style="text-align: center;"> <h3>Chartwell Fountains of Mission Retirement Residence</h3> <p>222 25th Avenue SW Calgary, Alberta</p> <p>587-287-3945</p> </div>										01	02		
										10:00	Stretch & Relaxtion (WC)	10:00	Crossword Puzzle Pick Up
										10:30	Artful Aging (AR)	10:00	Visit from Katie & Noelle (L)
										2:00	Volunteer Appreciation Tea		
											For Students, Tuck Shop	10:30	Words in Words (L)
											Volunteers & Ambassadors(L)	2:30	Cover The Number (L)
										3:15	Wii Bowling (T)	7:00	BINGO (L)
										5:00	Name That...	2:00	2:00am Daylight Savings Time
										7:00	BINGO (L)		Turn Your Clocks Back 1hr
03	04	05	06	07	08	09							
10:00	Word Puzzle Club Pick Up	9:15	Advanced Fitness (WC)	9:00	Bus for Appointments 9-12	8:45	Advanced Fitness (WC)	9:30	Tai Chi (WC)	10:00	Remembrance Day Ceremony (L)	10:00	Crossword Puzzle Pick Up
		10:15	Easy Does It (WC)	9:30	Recycling Club (WC)	10:15	Easy Does It (WC)	10:00	CO-OP Outing			10:00	Visit from Katie & Noelle (L)
10:30	What Am I? (L)	10:30	Alia & Tan Jay Clothing	9:30	Pause for a Podcast (PD)	10:45	Guided Meditation (WC)	11:00	Men's Club (T)				
1:00	Vegas Trivia! (L)		Vendor 10:30-12:30	10:30	Feel Good News (L)	11:00	Lunchbox Theatre Outing	1:00	Activity with Julie & Kim	1:00	Scenic Drive see the Field of Crosses Outing	10:30	Words in Words (L)
2:00	Secret Topic & Chat (L)			2:00	Vegas Afternoon! (L)			2:30	Jazz Works Quartet (L)				
		12:30	Casino Outing		A little bit of Vegas Fun & Games!	2:00	Musical Afternoon with "Accent II" (L)		with Pub & Snacks!	3:15	Wii Bowling (T)	2:30	Cover The Number (L)
6:30	Van From Vegas! Dueling Pianos Entertainer w/ Pub	2:00	Java Music Club (PD)	3:30	Catholic Mass (C)	3:30	Relaxing Ink (AR)	6:30	Thursday Night Movie (L)	5:00	Name That...		
		3:30	Knitting Club (L)						James Bond!	7:00	BINGO (L)	7:00	BINGO (L)
10	11	12	13	14	15	16							
10:00	Word Puzzle Club Pick Up	9:30	Remembrance Day Trivia	9:30	Recycling Club (WC)	9:15	Advanced Fitness (WC)	9:30	Tai Chi (WC)	10:00	Stretch & Relaxtion (WC)	10:00	Crossword Puzzle Pick Up
		10:00	Remembrance Day Parade Shown on the Big Screen (L)	11:00	Resident Council Meeting	10:15	Easy Does It (WC)	10:00	Highland Souvenirs Vendor (10:00AM-1:00PM)	10:30	Fountains Meeting (L)	10:00	Visit from Katie & Noelle (L)
10:30	What Am I? (L)			11:00	Feel Good News Pick Up	10:45	Guided Meditation (WC)						
				11:45	Calgary Public Library (L)	11:00	ZUMBA (WC)	10:30	Rhythm n' Moves (WC)	2:00	S.K.I.P	10:30	Words in Words (L)
2:00	Secret Topic & Chat (L)	2:00	"The Memory Project" (L)	1:00	Fit Minds (L)	1:00	Speaker Series (L) "The Famous Five" Emily Murphy Speaker Presentation	1:30	Christ Church Service (C)	3:15	Wii Bowling (T)	2:30	Cover The Number (L)
3:00	Movie Matinee (L)		Remembrance Day Movie	2:00	Java Music Club (PD)			2:00	Activity with Julie & Kim	5:00	Name That...		
		3:30	Knitting Club (L)	3:00	Afternoon Activity w/ Julie	3:30	Relaxing Ink (AR)	3:00	Pinot & Polish (L)	7:00	BINGO (L)	7:00	BINGO (L)
5:00	Billiards (L)	6:30	Bridge	3:30	Catholic Mass (C)			6:30	Thursday Night Movie (L)				
17	18	19	20	21	22	23							
10:00	Crossword Puzzle Pick Up	9:15	Advanced Fitness (WC)	9:00	Bus for Appointments 9-12	9:15	Advanced Fitness (WC)	9:30	Tai Chi (WC)	9:00	Steffi D. Designs Jewellery (9:00AM-1:00PM)	10:00	Crossword Puzzle Pick Up
		10:15	Easy Does It (WC)	9:30	Recycling Club (WC)	10:15	Easy Does It (WC)	10:30	Rhythm n' Moves (WC)	10:00	Visit from Katie & Noelle (L)	10:00	Visit from Katie & Noelle (L)
10:30	What Am I? (L)			9:00	Pause for a Podcast (PD)	10:45	Guided Meditation (WC)	1:00	South Centre Mall Outing	9:30	Spruce Meadows X-mas Outing \$10.00 per entry	10:30	Words in Words (L)
		1:00	Scenic Drive with Apple Cider!	10:00	Feel Good News (L)	1:00	THE DETECTIVES CLUB 2.0 A New Murder Mystery for us to solve! (1:00 -we solve the case)			2:00	S.K.I.P		
2:00	Secret Topic & Chat (L)			11:00	Yoga with Robyn (WC)			1:30	Knox & Scarboro United Service (C)	3:15	Wii Bowling (T)	2:30	Cover The Number (L)
3:00	Movie Matinee (L)	2:00	Java Music Club (PD)	2:00	Musical Afternoon with Daiga & Anna! (L)			2:00	Activity with Julie & Kim	5:00	Name That...		
		3:30	Knitting Club (L)	3:00	Afternoon Activity w/ Julie	2:30	Abstract Art with Mary (AR)	6:30	Thursday Night Movie (L)	7:00	BINGO (L)	7:00	BINGO (L)
5:00	Billiards (L)	6:30	Bridge	3:30	Catholic Mass (C)								
24	25	26	27	28	29	30							
10:00	Word Puzzle Club Pick Up	9:15	Advanced Fitness (WC)	9:30	Recycling Club (WC)	9:15	Advanced Fitness (WC)	9:30	Tai Chi (WC)	10:00	Stretch & Relaxtion (WC)	10:00	Crossword Puzzle Pick Up
		10:15	Easy Does It (WC)	9:30	Pause for a Podcast (PD)	10:15	Easy Does It (WC)			10:30	Artful Aging (AR)		
10:30	What Am I? (L)			10:00	Feel Good News (L)	10:45	Guided Meditation (WC)	10:30	Rhythm n' Moves (WC)			10:00	Visit from Katie & Noelle (L)
		1:30	Meeting with Chef Lee (WC)	11:00	Yoga with Robyn (WC)	11:00	ZUMBA (WC)			2:00	S.K.I.P		
2:00	Secret Topic & Chat (L)			1:00	Fit Minds (L)	2:00	Activities Meeting (WC)	2:00	Birthday Party & Pub with Aven Grace!			10:30	Words in Words (L)
3:00	Movie Matinee (L)	2:00	Java Music Club (PD)	2:00	Rhythm n' Moves (WC)					3:15	Wii Bowling (T)	2:30	Cover The Number (L)
		3:30	Knitting Club (L)	3:30	Afternoon Walk with Julie	3:30	Relaxing Ink (AR)			5:00	Name That...		
5:00	Billiards (L)	6:30	Bridge	3:30	Catholic Mass (C)	6:30	Dog Therapy with Macaroon	6:30	Thursday Night Movie (L)	7:00	BINGO (L)	7:00	BINGO (L)