

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Harbours Retirement Residence

20 Country Village Cove Northeast

Calgary, Alberta

587-287-3941

01		02	
8:30	Aquafit Shuttle	10:00	Coffee Chat
9:30	Strengths Class	10:30	Wii Bowling
10:00	Coffee Chat	1:30	Piano Recital
10:00	Local Banking Shuttle	7:00	Movie & Popcorn
2:00	Happy Hour "Craig West"	7:00	Bingo
7:30	Hymn Sing		

03		04 Blood Pressure Clinic		05 Appointment Day		06		07		08		09	
9:00	Horticulture Group	8:30	H.O.P.E Brown Bagging	8:30	Aquafit Shuttle	10:00	Coffee Chat	9:30	Standing Aerobics	8:30	Aquafit Shuttle	10:00	Coffee Chat
10:00	Coffee Chat	9:00	Blood Pressure Clinic	9:00	Kathies Footcare	10:00	Superstore Shuttle	10:00	Coffee Chat	9:30	Strengths Class	10:30	Wii Bowling
10:30	Social Current Events	9:30	Rhythm N' Moves	9:00	Ham Radio	10:30	Sobeys Shuttle	10:00	Bus Trip	10:00	Coffee Chat	7:00	Movie & Popcorn
1:30	Do It Yourself!	10:00	Coffee Chat	9:35	Tai Chi	2:30	FitMinds&WordSearches		"Cash Casino"	10:30	H.O.P.E A Stitch in Time	7:00	Bingo
7:00	Church Service	10:30	Monday Miles with Milo	10:00	Coffee Chat	3:00	Bingo	11:00	Catholic Mass Next Door	2:00	Happy Hour	7:30	Kathy Lapp Recital
		1:30	Java Music Club	2:00	Horseraces	7:00	Whist and Cribbage	2:30	Activities Meeting		"Dwayne Fettig"		
		7:00	Bingo	3:00	H.O.P.E A Stitch in Time	7:00	Bridge	7:00	Rummy	7:30	Hymn Sing		
		7:00	Whist and Cribbage	7:00	Fireside Chat								
10		11		12 Appointment Day		13		14		15		16	
10:00	Coffee Chat	8:30	H.O.P.E Brown Bagging	8:30	Aquafit Shuttle	10:00	Superstore Shuttle	9:30	Noodle Mania	8:30	Aquafit Shuttle	10:00	Coffee Chat
10:30	Colour Me Calm	9:30	Rhythm N' Moves	9:00	Ham Radio	10:30	Sobeys Shuttle	10:00	Coffee Chat	9:30	Strengths Class	10:30	Wii Bowling
1:30	Do It Yourself!	10:30	Monday Miles with Milo	9:30	Gentle Fitness	11:00 to 2:30	Vox Life	9:30	Bus Trip	10:00	Library Shuttle	1:00	Alia N' Tanjay
7:00	Church Service	1:30	Java Music Club	1:00	Teddy Bear Club		Vendor		Calgary Zoo	11:30	Father's Day BBQ		Outlet Store Shuttle
		2:30	Craft Corner	2:00	Choir Performance	1:30	Sing-a-Long	3:00	Activities Planning		Buy Your Tickets at Reception		Limited Seats Available
		3:00	Prayer Meeting		"Crystal Belles +2"	3:00	Bingo		Committee	2:00	Happy Hour	7:00	Movie & Popcorn
		7:00	Bingo	3:00	The Price is Right	7:00	Whist and Cribbage	7:00	Rook		"Greg Rumpel"	7:00	Bingo
		7:00	Whist and Cribbage	7:00	Fireside Chat	7:00	Bridge	7:00	Arm Chair Travel	7:30	Hymn Sing		
17 FATHER'S DAY		18		19 Appointment Day		20		21 Mint Dental		22		23	
10:00	Coffee Chat	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	10:00	Coffee in the Polo Lounge	9:15	Large Walmart	10:00	Coffee in the Polo Lounge
10:30	Crosswords	10:30	Family Physiox. Room	10:45	Yoga & Meditationx. Rm.	10:30	Family Physiox. Room	10:30	Gentle Exercisex. Rm	10:00	Coffee in the Polo Lounge	10:00	Games with Rutwik
11:30	Brunch	1:30	Rummoli- Games Room	1:30	Bingo- Games Room	12:30	Bridge Clubx. Room	1:30	St. Paul's Outing	10:30	Gentle Exercise	2:00	Bingohird Floor
	Buy Your Tickets at Reception	3:00	Tea and Triviaibrary	3:00	Tea in the Polo Lounge	3:00	Tea in the Polo Lounge	1:30	Bingo in Games Rm	1:20	Holy Trinity Visits	3:00	Tea in the Polo Lounge
1:30	Do It Yourself!	3:00	Tea in the Polo Lounge	3:30	Fitminds	3:30	Java Music Club	3:00	Musical Entertainment- Mike Fahey	1:30	Yahtzee	3:00	Movie in the Theatre Rm
7:00	Church Service	6:30	Knitting Club			7:00	Cribbage- Games Room		Happy Hour in the DR	3:00	Tea in the Polo Lounge	7:00	Movie in the Theatre Rm
		7:00	Cribbage						4:00	Arts & Crafts			
									7:00	Movie in the Theatre-	7:00	Cribbage	
24		25		26 Appointment Day		27		28		29		30	
10:00	Coffee Chat	8:30	H.O.P.E Brown Bagging	8:30	Aquafit Shuttle	10:00	Coffee Chat	9:30	Stretch & Relaxation	8:30	Aquafit Shuttle	10:00	Coffee Chat
10:30	Colour Me Calm	9:30	Rhythm N' Moves	9:00	Ham Radio	10:00	Superstore Shuttle	10:00	Coffee Chat	9:30	Strengths Class	10:30	Wii Bowling
1:30	Do It Yourself!	10:00	Calgary Fiddlers Canada	9:30	Gentle Fitness	10:30	Sobeys Shuttle	10:00	Shoppers Drug Mart Shuttle	10:00	Coffee Chat	7:00	Movie & Popcorn
7:00	Church Service		Day Performance	10:00	Coffee Chat	1:30	Sing-a-Long	2:00	Birthday Tea	10:00	Beauty Corner	7:00	Bingo
		1:30	Java Music Club	1:00	Teddy Bear Club	3:00	Bingo	3:00	Outdoor Resident Summer Olympics - Gazebo	10:30	H.O.P.E A Stitch in Time		
		3:00	Prayer Meeting	3:00	The Price is Right	7:00	Whist and Cribbage			2:00	Happy Hour		
		7:00	Bingo	7:00	Fireside Chat	7:00	Bridge	7:00	Rook		"Accent 2"		
		7:00	Whist and Cribbage							7:30	Hymn Sing		