

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Harwood Retirement Residence

240 Old Harwood Avenue

Ajax, Ontario

289-608-8363

01 BBQ FRIDAY		02	
9:30	Gardening with the Managers on the Front Porch	10:15	Brain Games with Sue
		2:15	Bingo
10:00	Residents' Activity Meeting	3:30	Walks Around the Building with Aine
11:05	Falls Prevention Exercises		
2:30	Cranium Crunches	7:15	Pub Night
3:30	Bean Bag Baseball		Music by the Shamrockers
7:15	Movie Night	7:15	Movie Night
			Pool Open 1-8 p.m.

03		04		05 BUS OUTING		06 8:30 Foot Care Clinic (S)		07 HEALTH & WELLNESS FAIR		08 BBQ FRIDAY		09	
		10:00	Youtube & You Series	9:15	Falls Prevention Exercises	10:00	Resident Survey Session	10:00	Health & WellInness Fair	10:00	Dear Photograph		
9:45	Communion	10:00	Resident Survey Session	10:30	Java Music Club	10:00	Rhythm n' Moves		in the Lounge		*Bring pictures to share*	10:15	Brain Games with Sue
		11:05	Exercises	12:00	SO- Lunch at the Mandarin	11:00	Vendor: Noreen's Creations	11:05	Exercises	10:00	Resident Survey Session	11:00	Therapeutic Paws
2:15	Bingo	2:00	Euchre	1:30	Mandala Art	12:00	D-Day WWII Veterans Lunch	2:00	Bean Bag Baseball	11:05	Falls Prevention Exercises	2:15	Bingo
		3:00	Chair Yoga	2:00	Carpet Bowling	2:00	Stay Connected Technology	2:30	Books on Wheels	2:30	Happy Hour	3:30	FitMinds
3:30	Sing-Along for Wellness with Kathy	3:30	Golf	3:30	Scattergories		Session (Sign-Up)	3:15	Bingo	3:30	Line Dancing	7:15	Movie Night
	Pool Open 1-8 p.m.	7:15	Bingo	6:45	Therapeutic Paws	3:30	Music By Paul Butler	3:30	Voting Station	3:30	Food4Thought		
				7:15	Card Game 99	7:15	Movie Night	7:15	Euchre	7:15	Movie Night		Pool Open 1-8 p.m.
10		11 BUS OUTING		12		13 8:30 Foot Care Clinic (S)		14		15 BBQ FRIDAY		16	
9:45	Communion	10:00	UO - Pickering Town Centre	9:15	Falls Prevention Exercises	10:00	Resident Survey Session	8:00	Breakfast Club Sign-Up	10:00	Resident Survey Session	10:15	Brain Games with Sue
		10:00	Resident Survey Session	10:30	Java Music Club	10:00	Rhythm n' Moves	10:00	Knitting Circle	10:00	FitMinds	1:00	Reflexology Clinic
10:30	Nordic Pole Walking	11:05	Exercises	1:30	Mandala Art	2:00	Carpet Bowling	10:00	All Denomination Service	11:05	Falls Prevention Exercises	2:15	Bingo
		2:00	Euchre	2:00	Residents & Probus	3:00	Chair Yoga	11:05	Exercises	2:30	Happy Hour	3:30	Trivia & Treats
2:15	Bingo	2:15	Nordic Pole Walking		Euchre & Scrabble	5:00	Harwood's Third	2:00	Bean Bag Baseball		Music by Doug Morgan	7:15	Movie Night
		3:00	E.A Fairmn Public School	3:00	Scrapbooking Club		Anniversary Party	3:15	Bingo	5:00	Father's Day Dinner	7:30	Pub Night
3:30	Baking with Aine		The Little Mermaid	7:15	Lianne's Historical Lecture: India: 10,000 Year Journey	5:30	Music By Dr. J	7:15	Euchre	7:00	Blue Jays Game		Music by Jim O'Grady
	Pool Open 1-8 p.m.	7:15	Bingo			7:15	Movie Night			7:15	Bridge		Pool Open 1-8 p.m.
17 FATHER'S DAY		18		19 BUS OUTING		20		21 National Indigenous People Day		22 BBQ FRIDAY		23 1:00 Reflexology Clinic	
9:45	Communion	10:00	New Resident Meet & Greet: Tea Social	9:15	Falls Prevention Exercises	10:00	Anglican Service	10:00	Vendor: Bling It On	8:30	SO- Cora's Breakfast	10:15	Brain Games with Sue
				10:00	Blood Pressure Clinic	11:00	Rhythm n' Moves	10:00	Knitting Circle	10:00	Carpet Bowling	11:00	Therapeutic Paws
2:15	Bingo	11:05	Exercises	10:30	Java Music Club	2:30	Residents' Food Meeting	11:05	Exercises	11:05	Falls Prevention Exercises	2:15	Bingo
		2:00	Euchre	1:30	Mandala Art	3:30	FitMinds	12:15	SO- Fiddler on the Roof	2:15	Aqua-Fit	3:30	Summer Craft
3:30	Father's Day Entertainment Music by Mike L.	3:00	Residents' Birthday Party Music by Joe Thomson	2:30	Residents' Meeting Followed by Wine & Cheese	7:15	Performance by the Durham Wind Ensemble	2:00	Nordic Pole Walking	2:30	Happy Hour	7:15	Sing-Along for Wellness with Kathy
		7:15	Bingo	6:45	Therapeutic Paws	7:15	Movie Night	2:00	Movie Matinee & Popcorn	3:30	Scrapbooking Club	7:15	Movie Night
	Pool Open 1-8 p.m.			7:15	Card Game 99			3:15	Bingo	7:15	Bridge	7:15	Movie Night
								7:15	Euchre	7:15	Movie Night		Pool Open 1-8 p.m.
24		25		26		27 BUS OUTING		28 BUS OUTING		29		30	
9:45	Communion	10:00	Carpet Bowling	9:15	Falls Prevention Exercises	10:00	Golf	10:00	Hearing Clinic	10:00	Scattergories	10:15	Brain Games with Sue
		11:05	Exercises	10:30	Java Music Club	10:00	Catholic Mass	10:30	Rosary	11:05	Falls Prevention Exercises	11:00	Therapeutic Paws
10:30	Nordic Pole Walking	2:00	Euchre	1:30	Mandala Art	11:00	Rhythm n' Moves	11:05	Exercises	12:00	Canada Day BBQ Lunch	1:00	Reflexology Clinic
		2:15	Ice Cream Sandwiches on the Front Porch	2:00	Residents & Probus	2:30	Duckets Auction	2:00	UO- Walmart (Sign-Up)		ONE SEATING (DR) or (CY)	2:15	Bingo
2:15	Bingo				Euchre & Scrabble	3:30	H.O.P.E: Milk Mat Making with Juliet	2:00	Bean Bag Baseball	1:00	Entertainment	3:30	Arts & Crafts with Erica
		3:00	Chair Yoga	3:30	Music by Fran Townend			3:15	Bingo	2:15	Aqua-Fit	7:15	Movie Night
3:30	Trivia: King Henry VIII	3:30	FitMinds	6:45	Therapeutic Paws	7:15	Discussion Group	7:15	Euchre	7:15	Bridge		
	Pool Open 1-8 p.m.	7:15	Bingo	7:15	Card Game 99	7:15	Movie Night			7:15	Movie Night		Pool Open 1-8 p.m.