

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Heritage Glen Retirement Residence

**6515 Glen Erin Drive
Mississauga, Ontario
289-652-4205**

01		02	
9:00	Foot Care Nurse	10:00	Outdoor Shuffleboard
10:00	Rhythm N' Moves	10:15	Scrabble
1:00	FitMinds	1:00	Bridge
1:30	Bus Trip: Therapeutic	1:30	pFIT bike exercise
	Horse Farm Visit	2:00	Movie Matinee: The Greatest Showman
2:00	Bridge		
7:00	Poker	7:15	Euchre

03		04		05 Bus to Appointments		06		07		08		09	
10:00	Meadowvale Community	10:00	Pet Therapy Bauer	10:00	Outdoor Shuffleboard	10:00	Rosary & Mass		ELECTION DAY: Vote!			10:00	Outdoor Shuffleboard
	Walk through the park!	11:00	Laughter Wellness	11:00	Spiritual Reflections	10:00	Vendor: Mobile Shop	10:00	Outdoor Shuffleboard	10:00	Rhythm N' Moves	10:15	Scrabble
11:30	Poker	12:30	Ice Cream Sundae Social	11:30	Poker	11:45	Yoga with Noreen	11:30	Poker	1:00	FitMinds	1:00	Bridge
1:00	Billiards	1:00	Bone Fit Advanced	1:00	Reflexology Info. Talk!	1/2pm	Pump It/LifeMark Yoga	1:00	Craft N' Knitting	2:00	Bridge	1:30	pFIT bike exercise
2:00	Sing-a-long songs with Joe Thomson	2:00	Bone Fit Beginner	1/2pm	LifeMark Stand/Sit Exercise	2:00	Happy Hour Pub with Malachy Kearns !	1/2pm	Bone Fit Adv./Beginner	2:00	Peel Pioneer MEN'S CLUB Meeting	2:00	Movie Matinee: Singing in the Rain!
2:00	Crossword Pick Up	3:00	Bus Trip: Giant Tiger	2:30	Skip-Bo & Trivia Tues.	3:00	Pet Therapy Rocko	3:00	Scrabble	7:00	Poker	7:15	Euchre
3:00	Wii Bowling!			7:00	Hymn Sing	7:00	Cribbage	7:15	BINGO!				
				7:15	BINGO!								
10		11		12 Bus to Appointments		13		14		15		16	
		11:00	Chiropracist-Dr.Dedes	10:00	Outdoor Shuffleboard	10:00	Rosary & Communion	10:00	Outdoor Shuffleboard	10:00	Rhythm N' Moves	10:00	Outdoor Shuffleboard
11:30	Poker	11:00	Aroma-Meditation	11:00	Spiritual Reflections	10:00	Vendor: Silver Nugget	10:00	Anglican Service	10:00	Plowman's Park GrandPal	10:15	Scrabble
1:00	Billiards	1:00	Reflexology Treatments	11:30	Poker	11:00	Paperplane Competition	11:30	Poker		buddies visit us!	1:00	Bridge
2:00	Sudoku	1:00	Bone Fit Advanced	1:00	Cooking Class by Chef!	1/2pm	Pump It/LifeMark Yoga	1:00	Craft N' Knitting	10:30	Access Abilities	1:30	pFIT bike exercise
	Pick Up	2:00	Bone Fit Beginner	1:00	LifeMark Stand Exercise	2:00	Happy Hour Pub with Tristan Alexander !	1/2pm	Bone Fit Adv./Beginner		Walker Tune Up	2:00	Movie Matinee: Mrs. Doubtfire !
3:00	Wii Golf!	2:00	Cookies and Canvas	2:00	LifeMark Sit Exercise			3:00	Java Music Club	1:00	FitMinds		
		3:00	Bus Trip: WalMart	2:30	Skip-Bo & Trivia Tues.	3:00	Pet Therapy Rocko	3:00	Scrabble	2:00	Bridge	7:15	Euchre
				7:15	BINGO!	7:00	Cribbage	7:15	BINGO!	7:00	Poker		
17 FATHER'S DAY		18		19 Bus to Appointments		20		21 Summer Solstice!		22		23	
11:30	Poker	11:00	Aroma-Meditation	10:00	Outdoor Shuffleboard	10:00	Rosary & Communion	10:00	Outdoor Shuffleboard			10:00	Outdoor Shuffleboard
1:00	Billiards	12:30	Walk and lemonade stop at Lake Aquataine!	11:00	Spiritual Reflections	10:00	Vendor: Gem Spa	11:00	Homemade popsicles	10:00	Rhythm N' Moves	10:15	Scrabble
2:00	Wordsearch			11:30	Poker	11:45	Yoga with Noreen	11:30	Poker	1:00	FitMinds	1:00	Bridge
	Pick Up	1:00	Bus Trip: Bulk Barn	1:00	LifeMark Stand Exercise	1/2pm	Pump It/LifeMark Yoga	1:00	Craft N' Knitting	2:00	Bridge	1:30	pFIT bike exercise
2:00	Songs by Sarah	1:00	Bone Fit Advanced	2:00	LifeMark Sit Exercise		Happy Hour Pub with Tim Clarke !	1/2pm	Bone Fit Adv./Beginner	2:00	Summer Welcome Tea to NEW Residents!	2:00	Movie Matinee: Dirty Rotten Scoundrels
3:00	Wii Fishing!	2:00	Bone Fit Beginner	2:30	Skip-Bo & Trivia Tues.	3:00	Pet Therapy Rocko	3:00	Java Music Club	7:00	Poker	7:15	Euchre
5:00	Father's Day Dinner&Show by Andrew and Louise	2:00	Chocolates and Canvas	7:00	Hymn Sing	7:00	Cribbage	3:00	Scrabble				
				7:15	BINGO!			7:15	BINGO!				
24		25		26 Bus to Appointments		27		28		29		30	
		10:30	Bus Trip: Mohawk Casino	10:00	Resident Meeting	10:00	Rosary & Communion	10:00	Outdoor Shuffleboard	10:00	Rhythm N' Moves	10:00	Outdoor Shuffleboard
11:30	Poker	11:00	Aroma-Meditation	10:00	Outdoor Shuffleboard	10:00	Vendor: Cozy Corners	11:30	Poker	11:00	Book Club with Anne	10:15	Scrabble
1:00	Billiards	1:00	Bone Fit Advanced	11:00	Spiritual Reflections	1/2pm	Pump It/LifeMark Yoga	1:00	Bean Bag Toss!	1:00	FitMinds	1:00	Bridge
2:00	Crossword	2:00	Bone Fit Beginner	11:30	Poker	2:00	Happy Birthday pub with David Skolnick !	1:00	Bone Fit Advanced	1:00	Historic Bus Tour Outing of Cooksville, Mississauga	1:30	pFIT bike exercise
	Pick Up	2:00	Candies and Canvas	1:00	LifeMark Stand Exercise			2:00	Bone Fit Beginner	2:00	Bridge	2:00	Movie Matinee: Pope Francis Documentary
2:00	Songs by Sarah	2:30	Shoppers Home Health	2:00	LifeMark Sit Exercise	3:00	Pet Therapy Rocko	3:00	Java Music Club				
3:00	Wii Bowling!		Info. Session	2:30	Skip-Bo & Trivia Tues.	7:00	Cribbage	3:00	Scrabble			7:15	Euchre
		3:00	Piano by Chelsea!	7:15	BINGO!			7:15	BINGO!	7:00	Poker		