

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Lord Lansdowne Retirement Residence

**920 Bank Street
Ottawa, Ontario
613-688-1884**

01		02	
9:30	Rythm & Moves	10:30	Trivia
9:30	Scenic Drive	2:15	Movie
10:00	Walking Club	3:00	Ice Cream Social
2:00	Stamps OXFAM Canada	3:00	Music with Christine
2:45	Happy Hour	7:00	Chicken Soup Readings
3:00	Music with Johnny	7:15	Movie
7:15	Knitting Club		

03		04		05		06 SUMMER KICKOFF BBQ		07		08		09	
10:00	Church Service Video	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Rythm & Moves	10:30	Trivia
10:30	Hymn Sing	10:00	News & Views	10:00	Chimes Choir	10:00	Trivia	10:00	Paddy & Kids	9:30	Scenic Drive	2:15	Movie
2:15	Movie	10:00	Fire Alarm Testing	10:30	Gym Orientation	11:15	Picnic Lunch Watson's Mill	11:30	Shoppers Drug Mart	10:00	Walking Club	3:00	This Day in History
2:30	This Day in History	11:00	Walking Club	2:45	Happy Hour	12:30	Music with Velvet Touch	2:15	FitMinds	2:00	Stamps OXFAM Canada	3:00	Ice Cream Social
7:15	Movie	1:30	Shopping at Walmart	3:00	Music with Rogers	2:00	Summer Kickoff BBQ	3:30	Hand Exercises	2:45	Happy Hour	7:00	Chicken Soup Readings
		2:00	FitMinds	4:30	Manicures	2:00	Chair Dancing			3:00	Music with André	7:15	Movie
		3:15	Chair Yoga	5:45	Flower Arranging	3:30	Hot Wax Hands			7:15	Knitting Club		
		5:15	Jigsaw Puzzles				Stories & Poems						
10		11		12		13		14		15		16	
10:00	Church Service Video	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Rythm & Moves	10:30	Trivia
10:30	Hymn Sing	10:00	News & Views	10:00	Chimes Choir	10:00	Trivia	10:00	Picture Puzzle	9:30	Scenic Drive	2:15	Movie
2:15	Movie	11:00	Walking Club	2:45	Happy Hour	11:15	Canal Boat Cruise	2:15	FitMinds	10:00	Walking Club	2:30	Sing Along
2:30	This Day in History	1:30	Shopping at Billings	3:00	Ice Cream Social	3:30	Hot Wax Hands	3:30	Hand Exercises	2:00	Stamps OXFAM Canada	3:00	Ice Cream Social
7:15	Movie	2:00	FitMinds	4:30	Manicures	7:00	Stories & Poems			2:45	Happy Hour	7:00	Chicken Soup Readings
		3:15	Chair Yoga	5:45	Flower Arranging					3:00	Music with Joel	7:15	Movie
		5:15	Jigsaw Puzzles	7:00	Music with Stanley					7:15	Knitting Club		
17 FATHER'S DAY		18		19		20		21		22		23 STRAWBERRY SOCIAL	
10:00	Church Service Video	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Rythm & Moves	10:30	Trivia
10:30	Hymn Sing	10:00	News & Views	10:00	Chimes Choir	10:00	Trivia	10:00	Picture Puzzle	9:30	Scenic Drive	2:15	Movie
11:00	Father's Day BBQ Lunch	12:00	Lunch & Bridge	2:45	Happy Hour	11:00	Lunch & Play @ Upper Canada	10:30	Gym Orientation	10:00	Walking Club	2:30	Music with Roxy
2:15	Movie	1:30	Shop Carlingwood	3:00	Hymn Sing with Dennis	2:00	Chair Dancing	11:30	Shoppers Drug Mart	2:00	Stamps OXFAM Canada		STRAWBERRY SOCIAL
2:30	This Day in History	2:00	FitMinds	4:30	Manicures	3:30	Hot Wax Hands	2:15	FitMinds	2:45	Happy Hour	3:00	Ice Cream Social
3:00	Music with Rod Cook	3:15	Chair Yoga	5:45	Flower Arranging	7:00	Stories & Poems	3:30	Hand Exercises	3:00	Music with Mike	7:00	Chicken Soup Readings
5:00	Fishing at Brown's Inlet	5:15	Jigsaw Puzzles							7:15	Knitting Club	7:15	Movie
7:15	Movie												
24		25		26		27		28		29		30	
10:00	Church Service Video	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Fun & Fitness	9:30	Rythm & Moves	10:30	Trivia
10:30	Hymn Sing	10:00	News & Views	10:00	Chimes Choir	10:00	Trivia	10:00	Picture Puzzle	9:30	Scenic Drive	2:15	Movie
2:15	Movie	11:00	Walking Club	2:45	Happy Hour	3:30	Hot Wax Hands	2:15	FitMinds	10:00	Walking Club	2:30	Sing Along
2:30	This Day in History	1:30	Shopping at Bayshore	3:00	Music with Robin	6:15	Sunset Musical Ride	3:00	Film History Series	2:00	Stamps OXFAM Canada	3:00	Ice Cream Social
7:15	Movie	2:00	FitMinds	4:30	Manicures	7:00	Stories & Poems	4:00	Hand Exercises	2:45	Happy Hour	3:00	Music with Jeff
		3:15	Chair Yoga	5:45	Flower Arranging					3:00	Music with Wayne	7:00	Chicken Soup Readings
		5:15	Jigsaw Puzzles								& JUNE BIRTHDAY PARTY	7:15	Movie
										7:15	Knitting Club		