

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Martha's Landing Retirement Residence

**2109 Lakeshore Road
Burlington, Ontario
289-635-3192**

01		02	
10:30	Gentle Exercise		Cranium Crunches
11:00	Java Music Club by the Fireplace	10:45	Chocolate Bar Bingo with Randy
2:00	Bean Bag Toss In The Living Room	2:30	Social Hour Orange Crush Float
6:00	Friday Night Cinema: Singing In The Rain	6:30	Movie Night & Popcorn: Bride Wars

03		04		05		06		07		08		09	
	The Daily Chronicle Available at Front Desk	10:30	Gentle Exercise	10:00	Outing: Burlington Mall	10:30	Gentle Exercise	10:30	Shopping by Taxi: Seniors Day @ Shoppers	10:30	Gentle Exercise		Cranium Crunches Available at Front Desk
10:30	Shopping by Taxi	11:00	Today In History		Spin-to-win BINGO in the Activity Room	11:00	Bowling	10:30	You Be the Judge			10:45	Chocolate Bar Bingo with Randy
10:30	Knitting Club: Blanket Squares			11:00	Bus Outing: Lunch Emma's Back Porch	2:00	FitMinds	2:30	Happy Hour: With Derek Bryne	11:00	Java Music Club by the Fireplace	2:30	Social Hour: Ice Cream Social
2:00	Social Hour: Pineapple Ginger Sparkler	2:30	Town Hall Meeting in the Living Room	2:45	Fighting Gravity Exercise	6:30	Friendly Pet Visits with Perogie	2:30	Fighting Gravity Exercise	6:30	Friday Night Cinema: Darkest Hour	6:30	Movie Night & Popcorn: The American President
6:30	TV Series: I Love Lucy	6:30	Bridge	6:30	Euchre	6:30	Bridge	6:30	Euchre				
10		11		12		13		14		15		16	
	The Daily Chronicle Available at Front Desk	10:30	Gentle Exercise	10:00	Outing: Burlington Mall	10:30	Gentle Exercise	9:30	JJ's Esthetics	10:30	Gentle Exercise		Cranium Crunches Available at Front Desk
10:30	Knitting Club: Blanket Squares	11:00	Morning News & Views	10:30	Bingo	11:00	Word Scramble	10:30	Church Service: Eagles Wings	11:00	Java Music Club by the Fireplace	10:45	Chocolate Bar Bingo with Randy
		2:00	New Resident Social in the Living Room	1:30	Bus Outing: Niagara Fresh farm Market & Bakery	2:00	FitMinds In The Living Room	2:00	Share A Story			2:30	Social Hour: Lemonade Social
3:00	Social Hour: Root Beer Floats			2:45	Fighting Gravity Exercise	6:30	Friendly Pet Visits with Perogie	2:30	Fighting Gravity Exercise	6:30	Friday Night Cinema: Jackie	6:30	Movie Night & Popcorn: Two Weeks Notice
6:30	TV Series: I Love Lucy	6:30	Bridge	6:30	Euchre	6:30	Bridge	6:30	Euchre				
17		18		19		20		21		22		23	
	FATHER'S DAY The Daily Chronicle Available at Front Desk	10:30	Gentle Exercise	10:00	Outing: Burlington Mall	10:30	Gentle Exercise	10:30	Shopping by Taxi: Seniors Day @ Shoppers	10:00	Vendor on Site: Hardt Design		Cranium Crunches Available at Front Desk
10:30	Knitting Club: Blanket Squares	11:00	You Be The Judge	10:30	Spin-to-win BINGO in the Activity Room	11:00	Word Scramble	10:30	Today In History	10:30	Gentle Exercise	10:45	Chocolate Bar Bingo with Randy
10:30	Shopping by Taxi			1:30	Bus Outing: Royal Botanical Garden	2:00	FitMinds	11:00	Church Service: St. Lukes	11:00	Java Music Club by the Fireplace	2:30	Social Hour: Peach Bellini Mocktails
3:00	Social Hour: Fruit Punch Social	2:00	Food Service Meeting With Eva	2:45	Fighting Gravity Exercise	6:30	Friendly Pet Visits with Perogie	2:30	Fighting Gravity Exercise	1:30	Senior Center: Choir	6:30	Movie Night & Popcorn: The Wedding Singer
6:30	TV Series: I Love Lucy			3:45	Balance Exercise			3:30	Balance Exercise	6:30	Friday Night Cinema: Dunkirk	6:30	
		6:30	Scrabble	6:30	Euchre	6:30	Bridge	6:30	Euchre				
24		25		26		27		28		29		30	
	The Daily Chronicle Available at Front Desk	10:30	Gentle Exercise	10:00	Bus Outing: Library with Kim	10:30	Gentle Exercise	9:30	JJ's Esthetics	9:45	Bus Outing: Walmart		Cranium Crunches Available at Front Desk
10:30	Knitting Club: Blanket Squares	11:00	Morning News & Views	10:30	Spin-to-win BINGO	11:00	Word Scramble	10:30	FitMinds	10:30	Gentle Exercise	10:45	Chocolate Bar Bingo with Randy
3:00	Social Hour: Iced Tea	2:00	Activity Meeting In the Activity Room	1:30	Bus Outing: Shopping & No Frills	3:00	Virtual Tours Of China	2:00	Grandpal Program Meeting & Ambassadors Club	1:30	Scenic Drive and Ice Cream	2:30	Social Hour: Mimosa
6:30	TV Series: I Love Lucy			2:45	Fighting Gravity Exercise	6:30	Friendly Pet Visits with Perogie	2:30	Birthday Party Tristan Alexander	6:30	Friday Night Cinema: Arrival	6:30	Movie Night & Popcorn: Les Misérables
		6:30	Bridge	6:30	Euchre	6:30	Bridge	6:30	Euchre				