

## Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**LIVE NOW**  
by **CHARTWELL**

### Chartwell New Edinburgh Square Retirement Residence

**420 MacKay Street  
Ottawa, Ontario  
343-882-4758**

01		02	
9:00	Family Physio #1	9:30	Crossword
9:30	Family Physio #2	10:30	Gentle Exercise
10:00	Hot Topic	2:00	TV Series Pride
1:30	Wii Bowling		and Prejudice series (1)
3:00	Happy Hour	3:30	Messe Catholique
	Stanley Frank		
7:00	Movie Sweet & Lowdown	7:00	Classical Music Program Amy Beach

03		04		05		06		07		08		09	
9:30	Adults Colouring	9:00	Family Physio #1	9:30	Gentle Exercise	9:00	Family Physio #1	8:00	Provincial Elections	9:00	Family Physio #1	9:30	Crossword
1:30	Scrabble	9:30	Family Physio #2	10:30	Guess the News	9:30	Family Physio #2	9:00	Take a stroll in the park	9:30	Family Physio #2	10:30	Gentle Exercise
3:00	Movie The Explosive Era Of The Baby Boomers	9:30	Shopping Carlingwood	1:30	FitMinds	10:30	Lecture Middle East			10:00	Hot Topic	2:00	TV Series Pride
7:00	Cribbage	9:30	Hot Coffee & Reminiscing	3:00	Movie Time	11:30	BBQ serving U/1:30	10:30	Chair Yoga	1:30	Wii Bowling		and Prejudice series (2)
		10:30	JAVA music Club	7:00	Scrabble	1:30	Bean Bag Toss	2:00	Physiotherapy workshop with Mokhtar Akbari	3:00	Happy Hour	3:00	Short Stories
		1:30	Sing-A-Long			3:00	Lecture				Evan Runge	3:30	Messe Catholique
		3:00	Knit & Natter				New Polyphony	3:30	Card Game	7:00	Movie: The End of the Affair	7:00	Classical Music Program Charles Ives
		7:00	Chair Yoga /Maria			7:00	Bingo	7:00	Euchre				
10		11		12		13		14		15		16	
9:00	Adult Colouring	9:00	Family Physio #1	9:30	Gentle Exercise	9:00	Family Physio #1	8:30	Take a stroll in the park	9:00	Family Physio #1	9:30	Crossword
1:00	Violin & Viola Student Recital	9:30	Family Physio #2	10:30	Guess the News	9:30	Family Physio #2			9:30	Family Physio #2	10:30	Gentle Exercise
1:30	Scrabble	9:30	Shopping St. Laurent	12:30	Professor Cammy	11:30	BBQ serving until 1:30 PM	10:30	Chair Yoga	10:00	Hot Topic	2:00	TV Series Pride
7:00	Cribbage	9:30	Hot coffee & Reminiscing	1:30	FitMinds			12:00	MacKay United Church Concert	1:30	Wii Bowling		and Prejudice (series 3)
		10:30	JAVA music Club	1:30	Outing: Museum of Nature	1:30	Bean Bag Toss					3:00	Short Stories
		1:30	Sing A-Long			3:00	Lecture A Iconoclasts	3:00	Card Game	3:00	Happy Hour	3:00	Messe Catholique
		3:00	Knit & Natter	7:00	Scrabble	7:00	Bingo	7:00	Euchre		The Chords	7:00	Classical Music Program George Gershwin
		7:00	Chair Yoga /Maria							7:00	Movie WAG the DOG		
17 Father's Day		18		19		20		21		22		23	
9:30	Adult Colouring	9:00	Family Physio #1	9:30	Gentle Exercise	9:00	Family Physio #1	8:30	Walk in the park	9:00	Family Physio #1	9:30	Crossword
1:30	Scrabble	9:30	Family Physio #2	10:30	Guess the News	9:30	Family Physio #2	10:30	Chair Yoga	9:30	Family Physio #2	10:30	Gentle Exercise
3:00	Father's Day Special Peter Woods	9:30	Shopping Billing Bridge	1:30	FitMinds	11:30	BBQ serving until 1:30 PM	2:00	Town Hall meeting	10:00	Hot Topic	2:00	and Prejudice
4:30	Father's Day dinner 1st seating 4:30	9:30	Hot coffee & Reminiscing	3:00	RBC Investment			3:00	Card Game	1:30	Bean Bag		TV Series Pride (4)
5:30	2nd seating Father's Day 5:30 - 7:00	10:30	Dance Performance	3:00	Protestant Church Service	1:30	Bean Bag Toss	7:00	Euchre	3:00	Happy Hour	3:00	Short Stories
		1:30	Sing Along			3:00	Lecture California Avant-Guard				H & T Country Dual	3:30	Messe Catholique
		3:00	Knit & Natter	7:00	Scrabble					7:00	Movie My Big Fat Greek Wedding	7:00	Classical Music Program Aaron Copland
		7:00	Chair Yoga / Maria			7:00	Bingo						
24		25		26		27		28		29		30	
9:30	Adult Colouring	9:00	Family Physio #1	9:30	Gentle Exercise	9:00	Family Physio #1	8:30	Walk in the Park	9:00	Family Physio #1	9:30	Crossword
1:30	Scrabble	9:30	Family Physio #2	10:30	Guess the News	9:30	Family Physio #2	10:30	Chair Yoga	9:30	Family Physio #2	10:30	Gentle Exercise
3:00	Movie The Turbulent Sixties	9:30	Shopping Giant Tiger	1:30	FitMinds	11:30	BBQ serving until 1:30 PM	2:00	Food Service Meeting	10:00	Hot Topic	2:00	TV Series Pride
7:00	Cribbage	10:00	Ottawa public Library							1:30	Wii Bowling		and Prejudice (series 5)
		1:30	Sing a Long	3:00	Birthday Celebration Arlene Quinn	1:30	Bean Bag Toss	3:00	Ice Cream Social	3:00	New Resident welcome	3:30	Messe Catholique
		3:00	Knit & Natter			3:00	Lecture Rock around the clock	7:00	RCMP Musical Ride		Wine & Cheese	7:00	Classical Music Program Phillip Glass
		7:30	Live Entertainment Augustin H. Wright	7:00	Scrabble			7:00	Euchre	7:00	Movie: Mrs. Brown		