

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Rockcliffe Retirement Residence

**100 Island Lodge Road
Ottawa, Ontario
343-883-9901**

01

9:00	Fitness Class
9:30	Fitness Class
10:15	Capuccino & Current Events w/ Doughnuts
2:00	Cooperative Trivia

02

10:00	Tai Chi
2:30	Scrabble
3:00	Afternoon Ted Talk * The history of our world in 18 minutes
7:30	Saturday Night Blockbuster * I, Tonya

03

3:00	Sunday Tea
3:00	Classical Piano Concert w/ Alex Soloway
7:30	Sunday Night Classic * Finian's Rainbow

04

9:00	Fitness Class
9:30	Fitness Class
10:30	Hand Massage and Aromatherapy
10:45	Giant Crossword
2:00	Chair Yoga
3:00	Book Club

05

9/9:30	Balance Class
10:00	Chair Zumba
10:30	Zumba Gold
11:00	Anglican Service
2:00	Open Bridge
3:00	Smoothies on the Patio

06

9:00	Stretch & relaxation
9:30	Stretch & relaxation
10:15	EIO George
10:15	Outing; Royal Canadian Mint
2:30	French themed Trivia
4:30	Happy Hour w/ French 75's
7:30	Stretch & Relaxation Class

07

9:30	Latin Chair Dance
10:15	Walking Group
11:00	FitMinds
2:00	Jackpot Bingo
3:15	Entertainment by Brian Simms on the Patio

08

9:00	Fitness Class
9:30	Fitness Class
10:15	Capuccino & Current Events
12:00	Outing; Casino
2:00	Cooperative Trivia

09

10:00	Tai Chi
2:30	Scrabble
12:00	Tailoring w/ Ali Dako Sign up at Front Desk
3:00	Afternoon Ted Talk * Brain Magic
7:30	Saturday Night Blockbuster * Dunkirk

10

3:00	Sunday Tea
3:00	Afternoon Opera * Beethoven Triple Concerto
7:30	Sunday Night Classic * The Apartment

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9:00	Fitness Class
9:30	Fitness Class
10:30	Latin Chair Dance
10:45	Giant Crossword
2:00	Chair Yoga
4:00	Art History w/ Mary Major Uffizi Gallery

12

9/9:30	Balance Class
10:00	Chair Zumba
10:30	Zumba Gold
10:30	Manicures & Mimosas
2:00	Open Bridge
3:15	Chair Yoga

13

9:00	Stretch & relaxation
9:30	Stretch & relaxation
10:00	Outing; Byward Market
2:30	Cooperative Trivia
4:30	Happy Hour w/ Mint Mojitos
7:30	Stretch & Relaxation Class

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9:30	Latin Chair Dance
10:15	Walking Group
11:00	FitMinds
2:00	Jackpot Bingo
3:15	Resident Talk Series

15

9:00	Fitness Class
9:30	Fitness Class
10:15	Capuccino & Current Events
12:00	Fathers Day BBQ Lunch w/ Entertainment

16

10:00	Tai Chi
2:30	Scrabble
3:00	Afternoon Ted Talk * Do Schools Kill Creativity
7:30	Saturday Night Blockbuster * Inception

17

FATHER'S DAY

3:00	Sunday Tea
3:00	Afternoon Opera *Chopin Piano Music
7:30	Sunday Night Classic * Chitty Chitty Bang Bang

18

9:00	Fitness Class
9:30	Fitness Class
10:30	Hand Massage & Aromatherapy
10:45	Giant Crossword
2:00	Chair Yoga
3:00	Book Club

19

9/9:30	Balance Class
10:00	Chair Zumba/Gold
11:00	Garden Games
	Bocce Ball
2:00	Open Bridge
3:00	Smoothies on the Patio

20

9:00	Stretch & relaxation
9:30	Stretch & relaxation
11:15	Lunch Outing; Black Dog Bistro
	Manotick
2:30	Cooperative Trivia
3:00	Catholic Mass
4:30	Happy Hour
7:30	Stretch & Relaxation Class

21

9:30	Latin Chair Dance
11:00	FitMinds
2:00	English Garden Party

22

9:00	Fitness Class
9:30	Fitness Class
10:15	Capuccino & Current Events
12:00	Outing; Casino
2:00	Cooperative Trivia

23

10:00	Tai Chi
2:30	Scrabble
3:00	Afternoon Ted Talk * Underwater Astonishments
7:30	Saturday Night Blockbuster * Loving Vincent

24

3:00	Sunday Tea
3:00	Afternoon Opera Mozart Symphony C Major "Jupiter"
7:30	Sunday Night Classic * The Maltese Falcon

25

9:00	Fitness Class
9:30	Fitness Class
10:30	Latin Chair Dance
10:45	Giant Crossword
2:00	Chair Yoga
3:30	Program Meeting

26

9/9:30	Balance Class
10:00	Chair Zumba
10:30	Zumba Gold
10:30	Manicures & Mimosas
2:00	Open Bridge
3:15	Chair Yoga

27

9:00	Stretch & relaxation
9:30	Stretch & relaxation
2:30	Cooperative Trivia
4:30	Happy Hour
6:00	Outing: Cirque Du Soleil Corteo

28

9:30	Latin Chair Dance
10:00	Pams Travelling Shop
11:00	FitMinds
2:00	Jackpot Bingo
4:30	Glitz & Spritz Wine & Cheese
6:30	Outing; RCMP Musical Ride

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9:00	Fitness Class
9:30	Fitness Class
10:15	Capuccino & Current Events
2:00	Cooperative Trivia

30

10:00	Tai Chi
2:30	Scrabble
3:00	Afternoon Ted Talk A Master Architect asks now what?
7:30	Saturday Night Blockbuster * The Social Network