

Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



LIVE NOW
by **CHARTWELL**

Chartwell Southwind Retirement Residence

**1645 Paris Street
Sudbury, Ontario
705-885-9643**

01

9:00	Errand Morning
9:00	& 9:30 Physio
9:30	Pool with Jonah
10:00	31 Card Game
10:00	Poker with Jonah
2:00	Hobby Sharing
3:00	Chit Chat in the Dining Room
6:45	Crokinole

02

10:00	31 Card Game
10:15	Tabletop Bowling
2:00	Bingo (\$3 Each)
3:30	Lemonade Social

03		04		05		06		07 Elections Canada		08		09	
		9:15	Chess with Jonah	9:30	Walk Group with Jonah	10:00	FitMinds	9:00	Chess with Jonah	9:00	Errand Morning		
10:00	31 Card Game	9:00	& 9:30 Physio	10:30	Meet Local Politicians	10:00	31 Card Game	9:30	Gentle Stretch&Relaxation	9:00	& 9:30 Physio	10:00	31 Card Game
10:15	Bocce	10:00	Southwind Downs	11:00	NZ Argento Clothing	11:15	Stories for the Soul	10:00	31 Card Game	10:00	Pool with Jonah	10:15	Walking Group
		10:30	Men's Club	11:15	Stories for the Soul	11:45	Lunch: Perkins	10:00	Dice Game with Jonah	10:30	Music Appreciation		
1:00	Communion	1:15	Physio	1:15	Physio	1:15	Physio	11:15	Stories for the Soul	11:15	Stories for the Soul	2:00	Bingo (\$3 Each)
1:45	Bola Ball	2:00	Southend Walmart	2:00	Bingo (\$3 Each)	2:00	Happy Hour	1:30	Java Music Club	2:00	Catholic Mass	3:30	Lemonade Social
3:00	Dominoes	2:00	Movie Matinee	3:30	Dominoes		Live Music by "Just Dave"	3:00	Cribbage	3:00	Chit Chat in the Dining Room		
		6:45	Rummoli	6:45	Free Mini-Manicures	6:45	Shut the Box	6:45	Bingo (\$2 Each)	6:45	Crokinole		
10		11		12		13		14		15		16	
		9:15	Chess with Jonah	9:30	Walk Group with Jonah	9:00	& 9:30 Physio	9:00	Chess with Jonah	9:00	Errand Morning		
10:00	31 Card Game	10:30	Target Practice	10:00	31 Card Game	10:00	31 Card Game	9:30	Gentle Stretch&Relaxation	9:00	& 9:30 Physio	10:00	31 Card Game
10:15	Tabletop Bowling	11:15	Stories for the Soul	10:30	Mental Aerobics	10:00	FitMinds	10:00	Dice Game with Jonah	10:30	Music Appreciation	10:15	Tabletop Bowling
		1:15	Physio	11:15	Stories for the Soul	11:15	Stories for the Soul	11:15	Stories for the Soul	11:15	Stories for the Soul		
1:00	Communion	2:00	New Sudbury Shopping	1:15	Physio	1:15	Physio	1:30	Java Music Club	1:00	Magical Paws Pet Visit	2:00	Popsicles on Patio
1:45	Cribbage	2:00	Guest Speaker: Fire Safety	2:00	Bingo (\$3 Each)	2:00	Live Music By	2:00	Casino	2:00	Hobby Sharing	3:00	Live Music By
3:00	Dominoes	3:30	Men's Club	3:30	Dominoes		Sudbury Symphony	3:00	Cribbage	3:00	Chit Chat in the Dining Room		No Strings Attached
		6:45	Rummoli	6:45	Free Mini-Manicures	6:45	Shut the Box	6:45	Bingo (\$2 Each)	6:45	Crokinole		Community Orchestra
17 FATHER'S DAY		18		19		20		21		22		23	
10:00	31 Card Game	9:00	& 9:30 Physio	9:30	Walk Group with Jonah	9:00	& 9:30 Physio	9:30	Gentle Stretch&Relaxation	9:00	Errand Morning		
10:15	Bocce	10:00	Southwind Downs	10:30	Mental Aerobics	10:00	FitMinds	11:15	Stories for the Soul	9:00	& 9:30 Physio	10:00	31 Card Game
		11:15	Stories for the Soul	11:15	Stories for the Soul	10:00	31 Card Game	2:00	Walk on Boardwalk	10:00	31 Card Game	10:15	Walking Group
1:00	Communion	1:15	Physio	1:15	Physio	11:15	Stories for the Soul	2:00	Guest Speaker	10:00	Java Music Club		
2:00	Bingo (\$3 Each)	2:00	Baking	1:45	Mary Kaye Makeover	1:15	Physio		Greater Sudbury Police	11:15	Stories for the Soul	2:00	Bingo (\$3 Each)
3:30	Beer on the Patio	2:00	Four Corners Shopping	2:00	Bingo (\$3 Each)	2:00	H.O.P.E. Meeting		Personal Safety	2:00	Hobby Sharing	3:30	Lemonade Social
4:45	Family and Friends	3:30	Men's Club	3:30	Canadian Hearing Society	3:00	Ambassadors/WW Mtg	3:30	Cribbage	3:00	Chit Chat in the Dining Room		
	Steak BBQ	6:45	Rummoli	6:45	Free Mini-Manicures	7:00	Piano Recital: Erik Pukara	6:45	Bingo (\$2 Each)	6:45	Crokinole		
24		25		26		27		28		29		30	
		9:00	& 9:30 Physio	10:00	31 Card Game	9:00	& 9:30 Physio	9:30	Gentle Stretch&Relaxation	9:00	Errand Morning		
10:00	31 Card Game	10:00	Walking Group	10:30	Mental Aerobics	10:00	FitMinds	10:00	31 Card Game	9:00	& 9:30 Physio	10:00	31 Card Game
10:15	Shuffleboard	11:15	Stories for the Soul	11:15	Stories for the Soul	10:00	31 Card Game	10:00	Killarney for	10:00	31 Card Game	10:15	Tabletop Bowling
		1:15	Physio			11:15	Stories for the Soul		Fish and Chips	10:30	Music Appreciation		
1:00	Communion	1:30	Bridge Afternoon	1:15	Physio	1:15	Physio			11:15	Stories for the Soul	2:00	Bingo (\$3 Each)
1:45	Bola Ball		Invite Your Friends!	2:00	Bingo (\$3 Each)	2:00	Monthly Birthday Party	2:00	Movie Matinee	2:00	Hobby Sharing	3:30	Lemonade Social
3:00	Dominoes	3:30	Men's Club	3:30	Dominoes		Music by Ron Hogue	3:00	Cribbage	3:00	Coffee & Calendars		
		6:45	Rummoli	6:45	Free Mini-Manicures	6:45	Shut the Box	6:45	Bingo (\$2 Each)	6:45	Crokinole		