

## Sample Activity Calendar

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<b>01</b>	<b>CANADA DAY</b>	<b>02</b>		<b>03</b>		<b>04</b>		<b>05</b>		<b>06</b>	<b>Alex 1-4</b>	<b>07</b>	
10:30	STW Band Performs			9:30	Chair Yoga	10:00	Hymns in Harmony	9:15	Carlingwood Mall	10:00	Professor Merkley	10:00	Coffee and Tea
11:30	Canada Day BBQ with Polished Brass Band Quintet			10:00	Knitting Club	10:00	United Church	10:30	Tai Chi with Hiromi	11:00	ALC 2 Exercise Class		
				2:00	Rootbeer Floats & Games	11:00	ALC 2/11:30 Exercise			11:30	Rhythm n' Moves		
		1:00	ALC 2 Sing-a-long with Alex		Outside on the Patio	12:15	Boat Cruise in Ottawa			1:00	Lunch at Victoria Trattoria	2:00	Afternoon Movie
3:00	Coffee and Tea	2:00	Afternoon Movie	3:00	Themed Happy Hour	2:00	See the Magic - Magician	2:00	Latin Chair Dancing	1:15	FitMinds	3:00	Coffee and Tea
7:15	Movie Night	2:00	Play Practice/ 3:00 Play Readings	3:00	Canadian Trivial Pursuit	3:00	Afternoon Bridge	3:00	Themed Happy Hour	2:15	Entertainment with Monti	7:15	Cards and Other Games
7:15	Cards and Other Games			7:15	Bridge	3:00	Walking Club	7:15	Cards and Other Games	3:00	Word Games	7:30	Bingo
8:00	Evening Refreshments	7:15	Movie Night	7:15	Bridge /7:30 Bingo	7:30	Java Music Club	7:15	Bridge /7:30 Bingo	7:15	SWC Bluesfest on the TV	8:00	Evening Refreshments
<b>08</b>		<b>09</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
10:00	Mosaiculture Gatineau/Lunch	9:00	Exercise	9:30	Chair Yoga	10:00	Hymns in Harmony	9:30	Young at Heart Group	10:00	Men's Discussion Group	10:00	Coffee and Tea
		9:30	ALC 2 Exercise	10:00	Knitting Club	10:00	Food Committee Meeting			11:00	ALC 2 Exercise Class		
		1:00	ALC 2 Sing-a-long with Alex	10:15	ALC 1 & 2 Picnic & Boat Tour	11:00	ALC 2/11:30 Exercise			11:30	Rhythm n' Moves		
		1:30	Liturgy of the Word	1:30	Java Music Club	12:30	Old Mill at Ashton for Lunch	1:00	Picnic at Baxter Conservation Area	1:15	Walmart Fernbank	2:00	Afternoon Movie
3:00	Coffee and Tea	2:00	Horse Races	2:00	History Class	2:00	Watermelon Spritzers Social	2:00	Residents Meeting	1:15	FitMinds	3:00	Coffee and Tea
7:15	SWC Bluesfest on the TV	2:00	Play Practice/ 3:00 Play Readings	3:00	Themed Happy Hour / Jeopardy	3:00	Afternoon Bridge	3:00	Themed Happy Hour	2:00	Entertainment: Rae Palmer	7:15	Cards and Other Games
7:15	Cards and Other Games	3:00	Wine & Cheese Social	5:00	BBQ Club	3:00	Walking Club with Alex	7:15	Cards and Other Games	3:00	Word Games	7:30	Bingo
8:00	Evening Refreshments	7:15	Movie and Crafts	7:15	Bridge /7:30 Bingo	7:30	Karaoke with Irene	7:15	Bridge /7:30 Bingo	7:15	SWC Bluesfest on the TV	8:00	Evening Refreshments
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
10:00	Coffee and Tea	9:00	Exercise/9:30 ALC 2	9:30	Chair Yoga	10:00	Hymns in Harmony	10:30	Tai Chi with Hiromi	10:00	Men's Discussion Group	10:00	Coffee and Tea
		9:30	Tour of the Governor General	10:00	Knitting Club	10:00	Healthy Smoothies	10:30	Knickers- Upper Canada Playhouse & Lunch in Morrisburg	11:00	ALC 2 Exercise Class		
		1:00	ALC 2 Sing-a-long with Alex	2:00	Caesar on the Patio & Summer Games on the Patio	11:00	ALC 2/11:30 Exercise			11:30	Rhythm n' Moves		
2:00	Entertainment with Kay	1:30	Liturgy of the Word			1:00	/2:00 Bells Corners Shopping	3:00	Entertainment: Harvey Rule	1:15	Carlingwood Mall	2:00	Afternoon Movie
3:00	Coffee and Tea	2:00	Horse Races	2:00	Memory Fitness	2:00	July Birthday Party with Bob and Don Duo	3:00	Themed Happy Hour	1:15	FitMinds	3:00	Coffee and Tea
7:15	Movie Night	2:00	Play Practice/ 3:00 Play Readings	3:00	Ukulele Sing-a-long			7:15	Cards and Other Games	2:00	Entertainment: The Diplomats	7:15	Cards and Other Games
7:15	Cards and Other Games	3:00	Wine & Cheese Social	3:00	Themed Happy Hour	3:00	Afternoon Bridge	7:15	Bridge	3:00	Word Games	7:30	Bingo
8:00	Evening Refreshments	7:15	Movie and Crafts	7:15	Bridge /7:30 Bingo	7:30	Java Music Club	7:30	Bingo	7:15	Movie Night	8:00	Evening Refreshments
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
10:00	Coffee and Tea	9:00	Exercise/9:30 ALC 2	9:00	Lachute Flea Market & Chateau Montebello Day Trip	10:00	Hymns in Harmony	9:15	Picnic at New Edinburgh Park	10:00	Men's Discussion Group	10:00	Coffee and Tea
		9:30	Scenic Drive (All Residents)			10:00	Healthy Smoothies	9:30	Young at Heart Group	11:00	Handi House Walker Repair		
		1:00	ALC 2 Sing-a-long with Alex	9:30	Chair Yoga	11:00	ALC 2/11:30 Exercise	10:30	Art History Lecture with Mary Major	11:00	Rhythm n' Moves		
2:00	Entertainment: Mike Fahey	1:30	Liturgy of the Word	1:30	Java Music Club	1:00	/2:00 Bells Corners Shopping	2:00	Rhythm n' Moves	11:30	Exercise Class	2:00	Afternoon Movie
3:00	Coffee and Tea	2:00	Prize Bingo	2:00	History Class	2:00	Summer Fun Festival	3:00	Themed Happy Hour	1:15	Walmart Fernbank	3:00	Coffee and Tea
7:15	Movie Night	2:00	Play Practice/ 3:00 Play Readings	3:00	Ukulele Sing-a-long / Happy Hour		Invite the Whole Family!	7:15	Cards and Other Games	1:15	FitMinds	7:15	Cards and Other Games
7:15	Cards and Other Games	3:00	Wine & Cheese Social	5:00	BBQ Club	3:00	Afternoon Bridge	7:15	Bridge	2:00	Entertainment: Spencer Scharf	7:30	Bingo
8:00	Evening Refreshments	7:15	Movie and Crafts	7:15	Bridge /7:30 Bingo	7:30	Karaoke with Irene	7:30	Bingo	7:15	Movie Night	8:00	Evening Refreshments
<b>29</b>		<b>30</b>		<b>31</b>		<b>Chartwell Stillwater Creek Retirement Residence</b> <b>2018 Robertson Road</b> <b>Nepean, Ontario</b>  <b>613-366-6161</b>							
10:00	Coffee and Tea	9:00	Exercise	9:30	Chair Yoga								
		9:30	ALC 2 Exercise	9:30	Scenic Drive (All Residents)								
		1:00	ALC 2 Sing-a-long with Alex	10:00	Knitting Club								
2:00	Entertainment: Deb McCann	1:30	Liturgy of the Word	10:30	Anglican Church								
3:00	Coffee and Tea	2:00	Professor Cammy	1:30	Hand Massages & Relaxation								
7:15	Movie Night	2:00	Play Practice/ 3:00 Play Readings	3:00	Ukulele Sing Along								
7:15	Cards and Other Games	3:00	Wine & Cheese Social	3:00	Themed Happy Hour								
8:00	Evening Refreshments	7:15	Movie Night	7:15	Bridge /7:30 Bingo								



**LIVE NOW**  
 by **CHARTwell**