

## Sample Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

### Chartwell Westmount Retirement Residence

**190 David Bergey Drive  
Kitchener, Ontario  
226-336-8944**

01		02	
9:30	Group Fitness	10:00	Cribbage Club
10:30	Seated Fitness	2:00	Adult Colouring
10:30	Java Music Club	2:00	Crosswords & Coffee Social
1:30	Wine and Cheese Party	2:30	Scrabble
2:30	Live Entertainment by: The Staccatos	3:30	UNO
6:45	Bridge Club	6:45	Saturday Night Movie

03		04		05		06		07		08		09	
		9:30	Group Fitness	9:30	Creative Aging- The Power of Music-City Hall Event	9:30	Group Fitness	9:30	Sunrise Shopping Trip	9:30	Group Fitness		
9:30	Equipment Workout	10:30	Seated Fitness			10:30	Seated Fitness	10:30	Rhythm n' Moves	10:30	Seated Fitness	10:00	Cribbage Club
10:30	Communion Service	10:30	Good Morning Mimosas & Life Enrichment Meeting	10:30	Town Hall	10:30	Ted Talks	1:30	Crafts and Songs with John Sweeney School	10:30	Java Music Club	10:30	Rhythm n' Moves
2:30	Beautiful Piano Tunes By: Alexandra	1:00	Casino Outing	2:00	Hymn Sing	1:30	Solo	2:30	Residents' Meeting with Food Committee	2:00	Pub Hour & Popcorn	1:00	Java Music Club
3:30	Cards	2:30	Bingo	2:30	Communion Service	2:30	Pub Hour & Pretzels	2:30	Resident's Meeting with Food Committee	2:30	Live Entertainment by: Derek Byrnes	2:30	Rootbeer Floats & Moments that Matter
4:00	Rummy	3:30	H.O.P.E Knit & Chat Group	3:30	FitMinds	3:00	Game of Things	3:30	Horse Races	3:30	Billiards	3:30	UNO
6:45	Movie Night	6:00	Poker/500	6:00	Skip-Bo	6:15	Euchre Card Group	6:45	Bingo	6:45	Bridge Club	6:45	Saturday Night Movie
6:45	Movie Night	6:00	Poker/500	6:45	Bridge Club								
10		11		12		13		14		15		16	
		9:30	Group Fitness			9:30	FitMinds	9:30	Farmer's Market Outing	9:30	Group Fitness		
9:30	Equipment Workout	10:00	Wheel Of Fortune	9:30	Morning Walk (Outside)	9:30	Group Fitness	10:30	Rhythm n' Moves	10:30	Seated Fitness	10:00	Cribbage Club
10:30	Communion Service	10:30	Seated Fitness	10:30	Ted Talks ED	10:30	Seated Fitness	1:30	John Sweeney School Choir	10:30	Java Music Club	11:30	Family BBQ Lunch with Live Entertainment by:
2:30	Bingo	1:30	Country Drive and Drinks at the Pub Outing	2:00	Summer Patio Party with Cocktails & Mocktails	10:30	Ted Talks	1:45	Food Committee Meets With Food Manager	2:00	Cheese & Cracker/Pub Hour		Paul Hock: Dining Room
3:30	Rummy					1:30	Solo	2:00	H.O.P.E Strong Start	2:30	Live Entertainment by: Bob Maclean	3:00	Adult Colouring
6:45	Movie Night	2:30	Bingo	2:30	Live Music by: Two of a Kind	2:30	Pub Hour & Chips	2:00	H.O.P.E Strong Start	3:30	Rummy	6:45	Saturday Night Movie
		3:30	H.O.P.E Knit & Chat Group	3:00	Therapy Dog	3:00	Trivial Pursuit	3:30	Horse Races	6:45	Bridge Club		
		6:00	Poker/500	6:45	Bridge Club	6:15	Euchre Card Group	6:45	Bingo				
17 FATHER'S DAY		18		19		20		21		22		23	
		9:30	Group Fitness	9:00	Grand River Boat Cruise & Lunch Outing	9:30	Superstore Shopping Trip			9:30	Group Fitness	10:00	Cribbage Club
9:30	Equipment Workout	10:30	Seated Fitness			9:30	Group Fitness	9:30	Outside Group Walk	10:30	Seated Fitness	10:30	Rhythm n' Moves
10:30	Communion Service	10:30	Good Morning Mimosas	10:30	Food For Thought	10:30	Seated Fitness	10:30	Rhythm n' Moves	10:30	Java Music Club	1:00	Java Music Club
2:00	Father's Day Pub Hour	1:30	Max's Golf Centre Trip	1:00	Puzzles & Music	10:30	Ted Talks	1:00	Music Class	2:00	Pub Hour & Popcorn	2:30	Rootbeer Floats & FitMinds
2:30	Beautiful Piano Tunes By: Alexandra	1:30	UNO	2:00	Hymn Sing	1:30	Solo	2:00	Signing Birthday Cards	2:30	Live Entertainment by: Dave Shakespear	6:30	Popsicles on the Patio
3:30	Rummy	2:30	Bingo	2:30	Therapy Dog	2:30	Pub Hour & Cookies	2:30	Birthday Party	3:30	Billiards	6:45	Saturday Night Movie
6:45	Movie Night	3:30	H.O.P.E Knit & Chat Group	3:30	UNO	3:00	Charades	3:30	UNO	6:45	Bridge Club		
		6:00	Poker/500	6:45	Bridge Club	6:15	Euchre Card Group	7:00	Chapel Service				
24		25		26		27		28		29		30	
		9:30	Group Fitness			9:30	Group Fitness	9:30	Shoppers Drug Mart Outing	9:30	Group Fitness		
9:30	Equipment Workout	10:00	Wheel Of Fortune	10:00	Bus Trip to Port Dover And a Fish and Chips Lunch	10:30	Seated Fitness	10:00	FitMinds	10:30	Seated Fitness	10:00	Cribbage Club
10:30	Communion Service	10:30	Seated Fitness			10:30	Ted Talks	10:30	Rhythm n' Moves	10:30	Java Music Club	2:00	Adult Colouring
2:30	Bingo	1:30	Canvas & Coffee	2:00	Matinee Movie	2:30	Afternoon Pie Tasting with Tea & Coffee	11:00	Lunch Euchre Tournament: Sign-up at Front Desk	2:00	Pub Hour & Popcorn	2:30	Scrabble
3:30	Cards	1:30	Drive and Pub Stop Outing	2:30	Therapy Dog					2:30	Live Entertainment by: Paul Horton	3:30	UNO
6:45	Movie Night	2:30	Bingo	3:30	UNO	4:00	Sing A-long	2:00	Manicures	6:30	UNO	6:30	Popsicles on the Patio
		3:30	H.O.P.E Knit & Chat Group	6:45	Bridge Club	6:30	Pub Hour & Games	3:30	Horse Races	6:45	Bridge Club	6:45	Saturday Night Movie
		6:00	Poker/500/Scrabble			6:15	Euchre Card Group	6:45	Bingo				