



January - Chartwell Retirement Residence

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
								DAILY ACTIVITIES					
										9:30 Rosary			
										10:00 Daily News and Coffee			
01 NEW YEARS		02		03		04		05		06		07	
		10:30 Scrabble		9:30 Daily Reflection		9:00 Strength and Balance		9:30 St. Paul's Church		10:00 Chair Yoga with Brittany		9:30 Rosary and Communion	
10:30 New Year Toast		11:00 Rhythm n' Moves		10:30 Crib		9:30 Shopping trip		10:15 Trivia		11:00 Cranium Crunch		10:30 Bean Bags with Ruhi	
1:00 Football & Pub				11:00 Programming Meeting		10:00 Jessie and Girls Visit		10:45 Kids Visit		1:30 Group Exercise		2:00 Movie: His Girl Friday	
2:00 Milton Berle Show		1:30 Giant Crossword		1:00 Aromatherapy		1:00 Genealogy Class		1:30 Group Exercise		2:00 BINGO			
4:00 Hymn Sign		2:00 Movie: Ghost Busters		1:30 Group Exercise		2:00 Music: Musical Memories		2:00 Balloon Games		3:00 Floral Design		3:00 Poetry Club	
7:30 Hockey Night		7:00 Euchre		3:30 Pet visit with Charlie		2:00 Munchie Social		3:00 Country Drive		7:00 Euchre		3:00 Pet Visit with Hadley	
				7:00 Karaoke Night		3:30 Reader's Theatre		7:00 Line Dancing					
08		09		10		11		12		13		14	
10:30 Gentle Stretching		9:00 Stretch and Relaxation		9:30 Rhythm n' Moves		9:00 Strength and Balance		9:00 Walking Club		9:30 Devotions		9:30 Rosary and Communion	
1:00 Football & Pub		10:15 Baking		10:30 Speaker: Charlotte Gray		10:00 Jessie and the Girls Visit		10:30 Food Meeting		10:00 Rhythm n' Moves		10:30 Bean Bags with Ruhi	
1:30 Art Gallery Outing		11:00 Super Quiz		11:45 Lunch Out: Tommy's		1:30 Drama Club		11:30 Birthday Lunch		11:00 Reading with the Students*		2:00 My Favourite Brunette	
2:00 Milton Berle Show		2:00 Java Music Club		1:00 Aromatherapy		3:00 Music: Moira on Piano		1:30 Group Exercise		1:20 Church Outing		3:00 Pet Visit with Hadley	
		3:30 Group Exercise		2:00 Music by Peter Foret		3:00 Welcome Tea		2:00 Crib		2:00 Fit Minds			
7:00 Hockey Night		3:30 Happy 1/2 Hour		3:00 Fit Minds		7:00 Minute to Win It		7:30 Hockey Night		3:00 Tea Time		7:00 Dance the Night Away	
		7:00 Euchre											
15		16		17		18		19 Beat the January Blues		20		21	
8:00 Men's Breakfast		9:00 Stretch and Relaxation		10:15 Rhythm n' Moves		9:00 Strength and Balance		10:00 St. Isadore's Church		10:15 Laugh and chat		10:00 Manicures with Laura	
1:00 Football & Pub		9:30 Current Events		11:00 Giant Crossword		9:30 Shopping Wal Mart		10:15 Beat the January Blues		11:00 Fish and Chips Legion		10:30 Bean Bags with Ruhi	
2:00 Milton Berle Show		10:15 Baking		1:00 Aromatherapy		10:00 Jessie and the Girls Visit		11:00 Zumba with Diane		1:30 Group Exercise		2:00 Movie: Virginia's Run	
		11:00 Word Games		2:00 Townhall Meeting		1:30 Drama Club		1:30 Group Exercise		1:30 Hearing Services		3:00 Poetry Club	
4:00 Hymn Sing		2:00 Java Music Club		3:00 Fit Minds		3:00 Milk Bags for Haiti		2:00 Music: Blues North		2:00 BINGO			
7:00 Hockey Night		3:30 Knitting for Charity		3:30 Ottawa Public Library		3:00 Music: by Noel		7:00 Euchre Tournament		3:00 Floral Design		7:00 Sens Hockey	
		3:30 Group Exercise		7:30 Theatre: Old Love		3:30 Happy 1/2 Hour				7:00 Wine and Cheese			
22		23		24		25		26 Port Of Call India		27 Donut Day		28	
10:30 Gentle Stretching		9:00 Stretch and Relaxation		10:15 Rhythm n' Moves		9:30 Strength and Balance		10:00 Parish of March		10:15 Donuts From Tim Horton's		9:30 Rosary and Communion	
		10:15 Baking		11:00 Let's Celebrate Canada		9:30 Shopping Mall		10:15 Indian Chai Tea		11:00 Giant Crossword		10:30 Bean Bags with Ruhi	
2:00 Classical Concert		11:00 Trivia		1:00 Aromatherapy		10:00 Jessie and the Girls Visit		11:00 Fun Facts about India		1:30 Group Exercise		2:00 Movie: Road to Bali	
4:00 High Tea		2:00 Java Music Club		2:00 Fit Minds		1:30 Drama Club		1:30 Group Exercise		2:00 Birthday Bash		3:00 Pet Visit with Hadley	
		3:30 Group Exercise		2:00 Stain Glass Workshop		3:30 Hot Chocolate and Treats		2:00 Arm Chair Travel to India		2:00 Music: Arlene			
7:00 Hockey Night		3:30 Knitting for Charity		3:00 Coffee at Second Cup		3:30 Reading Club		3:00 Indian Fashions		7:00 Euchre		7:00 Opera Night	
		7:00 Euchre		7:00 Name That Tune		7:00 Robbie Burns Tribute		7:30 Movie: Life if Pi					
29		30		31		Chartwell Retirement Residence 0 0 0							
10:30 Scrabble		9:00 Stretch and Relaxation		10:15 Rhythm n' Moves									
2:00 Museum of Nature		10:15 Baking		11:00 Canadian Inventions									
4:00 Hymn Sing		11:00 Mad Science		1:00 Aromatherapy									
7:00 Hockey Night		2:00 Java Music Club		2:00 Fit Minds									
		3:30 Knitting for Charity		3:00 Crib									
		3:30 Group Exercise		7:30 Hockey Night									
		7:00 Euchre											