EXAMPLE Social Calendar

Records your social life for better reflection, planning, and balance.

Date or day of the week	Activity	Location	Participants	Duration	Notes
loth June	Movie night	Mark's House	Mark, Montse, Līsa, Ruth	3 hours	Great fun! Watched "The commitments"
12th June	Book club	Local Library	Grace, Pat, Lula, Amelie, Mary	2 hours	Discussed "How to survive the good-life" by Mimmo Linguine
13th June	Hiking Trip	Maple Pass Mountain Trail	Roma, Alba, Joan, Līsa	6 hours	Amazīng vīews! (buy Shona a b'day gīft)
15th June	Lunch	Emīlīo's Italīan Restaurant	Shona, Jeff, Pam, Brīan, Russ, clorīna	2 hours	celebrated Shona's birthday
18th June	Yoga	Brunswick community centre	Ruth, Jackie	1 hours	New instructor this week.
20th July	Game Night	vivian's house	Līsa, vīv, val, Dīonne, Rj	4 hours	Played Trīvīal Pursuīt. Vīv won agaīn! (I thīnk she cheats. Lol)
zznd Aug	Rummīkub afternoon	Park Slope cafe	Mīchael, Brīan, Līza, Sam, Pam	2 hours	Introduced Samuel to the game

Social Calendar

Date or day of the week	Activity	Location	Participants	Duration	Notes