

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Activity Programs Take Place in the C/D Room Unless Otherwise Posted</p>	<p>1 9:30 Big Brain 10:30 Stretch & Strength 1:00 Bingo 2:30 Resident Choir</p>	<p>2 10:30 Exercises 1:00 Horse Races 2:30 Floor Shuffleboard</p>	<p>3 10:30 Stretch & Strength 11:15 Catholic Mass 1:00 Afternoon Movie 3:00 Lutheran Service</p>	<p>4 10:30 Exercises 1:00 Card Bingo 2:30 Ice Cream Social 3:30 Chair Dance 7:45 CPS Singers</p>	<p>5 </p> <p>1:00 Bingo 2:30 Shuffleboard</p>
<p>6</p>	<p>7 * No Morning Programs 10:00 Bus Outing-Shopping Trip & Lunch-St. Albert Centre 2:30 Cribbage Afternoon</p>	<p>8 9:30 Resident Council Meeting 10:30 General Resident Meeting 1:00 Food Reflections Meeting 2:30 Health Presentation-Fraud Prevention/Scams</p>	<p>9 10:30 Exercises 1:00 Horse Races 2:30 Bowling</p>	<p>10 10:30 Remembrance Day Service 1:00 Singalong 3:00 Lutheran Service</p>	<p>11</p>	<p>12 </p> <p>1:00 Bingo 2:30 Shuffleboard</p>
<p>13</p>	<p>14 * No Morning Programs 1:00 Pet Visit 2:30 Cribbage Afternoon 6:30 Yahtzee</p>	<p>15 9:30 Fit Minds 10:30 Stretch & Strength 1:00 Bingo 2:30 Resident Choir</p>	<p>16 10:30 Exercises 1:00 Horse Races 2:30 Shuffleboard Bowling</p>	<p>17 10:30 Stretch & Strength 11:15 Catholic Mass 1:00 Afternoon Music 3:00 Lutheran Service</p>	<p>18 10:30 Exercises 1:00 Card Bingo 2:30 Happy Hour</p>	<p>19 </p> <p>1:00 Bingo 2:30 Shuffleboard</p>
<p>20</p>	<p>21 * No Morning Programs 12:30 Bus Outing-Shopping Trip & Coffee-Walmart 2:30 Cribbage Afternoon 6:30 Crazy 8's</p>	<p>22</p> <p>9:30 Christmas Decorating</p>	<p>23 10:30 Exercises 1:00 Horse Races 2:30 Crafts</p>	<p>24 10:30 Stretch & Strength 11:15 Catholic Mass 1:00 Wheel of Fortune 3:00 Lutheran Service 5:00 Bings Chinese Food</p>	<p>25 10:30 Exercises 1:00 Card Bingo 2:30 Ice Cream Social 3:30 Chair Dance</p>	<p>26</p> <p>2:00 Parkland Bell Choir Christmas Concert</p>
<p>27</p>	<p>28 10:30 Exercises 2:30 Cribbage Afternoon 6:30 Crazy 8's</p>	<p>29 9:30 Fit Minds 10:30 Stretch & Strength 1:00 Monthly Birthday Party & Entertainment 2:30 Resident Choir</p>	<p>30 10:30 Exercises 1:00 Horse Races 2:30 Beanbag Baseball</p>	<p>Please check the white board next to the Manager's office daily for changes to the recreation calendar</p>	<p>For Bus Outings, Please Sign Up on Sign-Up Sheets on Clip Board by Laundry Room.</p>	<p>For More Information: Please contact Sandy, Activities Convenor at 780-962-6149, Ext. 203</p>