

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Activity Programs Take Place in the C/D Room Unless Otherwise Posted	Please check the white board next to the Manager's office daily for changes to the recreation calendar	For Bus Outings, Please Sign Up on Sign-Up Sheets on Clip Board by Laundry Room.	1 10:30 Stretch & Strength 11:15 Catholic Mass 1:00 Singalong 3:00 Lutheran Service	2 10:30 Exercises 1:00 Card Bingo 2:30 Ice Cream Social 3:30 Chair Dance 7:45 CPS Singers	3  1:00 Bingo 2:30 Shuffleboard
4 	5  6:30 Sequence	6 9:30 Big Brain 10:30 Stretch & Strength 1:00 Bingo 2:30 Crafts	7 10:30 Exercises 11:00 Blood Pressure Clinic 1:00 Horse Races 2:30 Floor Shuffleboard	8 10:30 Stretch & Strength 11:15 Catholic Mass 1:00 Grandparent's Day Tea & Afternoon Music 3:00 Lutheran Service	9 10:30 Exercises 1:00 Card Bingo 2:30 Happy Hour	10  1:00 Bingo 2:30 Shuffleboard
11 Happy Grandparent's Day 	12 *No Morning Programs 1:00 Wheel of Fortune 2:30 Cribbage Tournament	13  10:30 Bus Outing-River Cree Casino	14 10:30 Exercises 1:00 Horse Races 2:30 Mini Golf	15 10:30 Stretch & Strength 11:15 Catholic Mass 1:00 Hymn Sing 3:00 Lutheran Service	16 * No Morning Programs 1:00 Card Bingo 2:30 Ice Cream Social 3:30 Chair Dance	17  1:00 Bingo 2:30 Shuffleboard
18 	19 10:30 Exercises 1:00 Bus Outing-Fall Drive 2:30 Cribbage Afternoon	20 9:30 Resident Council Meeting 10:30 General Resident Meeting 12 Noon Picnic Lunch 1:30 Bingo 3:00 Travel Program	21 10:30 Exercises 11:15 Catholic Mass 1:00 Horse Races 2:30 Beanbag Baseball	22 10:30 Stretch & Strength 1:00 Nature Movie 3:00 Lutheran Service	23 *No Morning Programs 1:00 Card Bingo 2:30 Ice Cream Social	24  1:00 Bingo 2:30 Shuffleboard
25 	26 1:00 Health Presentation-Fall Prevention 2:30 Cribbage Afternoon 6:30 Crazy 8's	27 9:30 Fit Minds 10:30 Stretch & Strength 1:00 Bingo 2:30 Lutheran Service	28 * No Morning Programs 1:00 Horse Races 2:30 Shuffleboard Bowling	29 10:30 Stretch & Strength 1:00 Card Bingo 2:30 Ice Cream Social	30 10:30 Exercises 11:15 Catholic Mass 1:00 Monthly Birthday Party & Entertainment 3:00 Happy Hour	For More Information: Please contact Sandy, Activities Convenor at 780-962-6149, Ext. 203