



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:30 Hymn Sing (A.R) 1:45 Bingo (G) 6:15 Yahtzee (R.R)	2 10:30 Art Club (A.R) 1:30 Theatre Club (A.R)
Location Legend (B), (G), (R) – Blue Pod, Green Pod, Red Pod (C) – Chapel (1-1) - One-on-one programs (H-H) - Heritage Hall (R.R) - Recreation Room (A.R) – Alberta Room (F.G) – Family Garden						
3 2:00 Ukr./ Eng Cath Liturgy (C) 	4 No Recreation Programs Today! 	5 10:00 Fun and Fit (G) 11:00 Trivia 2:00 Anglican Service (A.R) 3:15 Card Bingo (C.P)	6 10:30 Ukrainian Orthodox Liturgy (C) 2:00 Live Entertainment with St. Nicholas Mandolin Group (H.H) 6:15 Table Games (R.R)	7 10:00 Curling (A.R) 2:00 Live Entertainment with Georgina & Bianca (A.R) 3:30 Fresh Air Strolls (1-1)	8 10:30 Hymn Sing (A.R) 1:45 Bingo (B) 3:30 Friendly Visits (1-1) 6:15 Yahtzee (R.R)	9 10:30 Art Club (A.R) 1:30 Theatre Club (A.R)
10 2:00 Ukr./ Eng Cath Liturgy (C) 	11 10:00 Fun & Fit (G) 11:00 Trivia (G) 1:45 Bingo (R) 3:30 Friendly Visits (1-1) 6:15 Yahzee	12 10:00 Armchair Travel (R.R) 2:00 Roman Catholic Mass (C) 3:30 Yahtzee (C.P)	13 10:00 Baking (R.R) 2:00 Movie Matinee (H.H) 6:15 Music Bingo (R.R)	14 10:00 Balloon Volleyball (G) 1:15 Sherwood Park Bowling 3:30 Fresh Air Strolls (1-1) 3:30 Resident Council Meeting (R.R)	15 10:30 Hymn Sing (A.R) 1:45 Bingo (R) 3:30 Friendly Visits (1-1) 6:15 Yahtzee (R.R)	16 10:30 Art Club (A.R) 1:30 Theatre Club (A.R)
11 2:00 Ukr./ Eng Cath Liturgy (C) 	18 10:00 Fun & Fit (G) 11:00 Trivia (G) 1:45 Bingo (R) 3:30 Friendly Visits (1-1) 6:15 Yahzee	19 10:00 Curling (A.R) 2:00 Baptist Service (A.R) 3:15 Card Bingo (R.R)	20 10:00 Fall Trivia & Coffee (R.R) 1:00 Edmonton Valley Zoo 6:15 Table Games (R.R)	21 10:00 Horse Racing (G) 2:00 Monthly Birthday Party with Young at Heart (H.H) 3:30 Fresh Air Strolls (1-1)	22 10:30 Hymn Sing (A.R) 1:45 Bingo (G) 3:30 Friendly Visits (1-1) 6:15 Yahtzee (R.R)	23 10:30 Art Club (A.R) 1:30 Theatre Club (A.R)
24 2:00 Ukr./ Eng Cath Liturgy (C) 	25 10:00 Fun & Fit (G) 11:00 Trivia (G) 1:45 Bingo (R) 3:30 Friendly Visits (1-1) 6:15 Yahzee	26 10:00 Armchair Travel (R.R) 2:00 Roman Catholic Mass (C) 3:30 Yahtzee (R.R)	27 10:00 Crosswords & Coffee (R.R) 11:30 Walmart Shopping with Lunch at Burger King 6:15 Card Bingo (R.R)	28 10:00 Bowling (G) 2:00 Live Entertainment with Jeff Ramsey (A.R) 3:30 Fresh Air Strolls	29 10:30 Hymn Sing (A.R) 1:30 Happy Hour (A.R) 3:30 Friendly Visits (1-1) 6:15 Yahtzee (R.R)	30 National Day for Truth and Reconciliation No Recreation Programs Today!

Recreation Programs are subject to last minute changes. Please contact Brooke, Recreation Manager at (780) 473-5621 ext. 3409



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SATURDAY

Location Legend

(B), (G), (R) – Blue Pod, Green Pod, Red Pod
 (C) – Chapel
 (1-1) - One-on-one programs
 (H-H) - Heritage Hall
 (R.R) - Recreation Room
 (A.R) – Alberta Room
 (F.G) – Family Garden



3 2:00 Ukr./ Eng Cath Liturgy (C) 	4 No Recreation Programs Today! LABOUR DAY	5 10:00 Activity Cart (1-1) 2:00 Anglican Service (A.R) 3:30 Friendly Visits (1-1) 6:15 Sensory Room (1-1)	6 10:30 Ukrainian Orthodox Liturgy (C) 2:00 Live Entertainment with St. Nicholas Mandolin Group (H.H)	7 10:00 Balloon Volleyball 2:00 Live Entertainment with Georgina & Bianca (A.R) 6:15 Friendly Visits (1-1)	8 10:30 Hymn Sing (A.R) 1:45 Card Bingo (R) 3:30 Fresh Air Strolls (1-1)	9 10:30 Art Club (A.R) 1:30 Theatre Club (A.R)
10 2:00 Ukr./ Eng Cath Liturgy (C) 	11 10:00 Fun & Fit (1 st Floor G) 11:00 Trivia (1 st Floor G) 1:45 Bingo (R) 3:30 Friendly Visits (1-1)	12 10:00 Animal Visits (1-1) 2:00 Roman Catholic Mass(C) 3:30 Friendly Visits (1-1) 6:15 Sensory Room (1-1)	13 10:00 Horse Racing (A.R) 2:00 Movie Matinee (H.H)	14 10:00 Fun & Fit (A.R) 1:15 Sherwood Park Bowling 6:15 Friendly Visits (1-1)	15 10:30 Hymn Sing (A.R) 1:45 Card Bingo (R) 3:30 Fresh Air Strolls (1-1)	16 10:30 Art Club (A.R) 1:30 Theatre Club (A.R)
17 2:00 Ukr./ Eng Cath Liturgy (C) 	18 10:00 Fun & Fit (1 st Floor G) 11:00 Trivia (1 st Floor G) 1:45 Bingo (R) 3:30 Friendly Visits (1-1)	19 10:00 Activity Cart (1-1) 2:00 Baptist Service (A.R) 3:30 Friendly Visits (1-1) 6:15 Sensory Room (1-1)	20 10:00 Bowling (A.R) 12:45 Edmonton Valley Zoo	21 10:00 Curling (A.R) 2:00 Monthly Birthday Party with Young at Heart 6:15 Friendly Visits (1-1)	22 10:30 Hymn Sing (A.R) 1:45 Card Bingo (R) 3:30 Fresh Air Strolls (1-1)	23 10:30 Art Club (A.R) 1:30 Theatre Club (A.R)
24 2:00 Ukr./ Eng Cath Liturgy (C) 	25 10:00 Fun & Fit (1 st Floor G) 11:00 Trivia (1 st Floor G) 1:45 Bingo (R) 3:30 Friendly Visits (1-1)	26 10:00 Animal Visits (1-1) 2:00 Roman Catholic Mass(C) 3:30 Friendly Visits (1-1) 6:15 Sensory Room (1-1)	27 10:00 Activity Cart (1-1) 11:30 Walmart Shopping with Lunch at Burger King	28 10:00 Fun & Fit (A.R) 2:00 Live Entertainment with Jeff Ramsey (A.R) 6:15 Friendly Visits (1-1)	29 10:30 Hymn Sing (A.R) 1:30 Happy Hour (A.R) 3:30 Fresh Air Strolls (1-1)	30 National Day for Truth and Reconciliation No Recreation Programs Today!

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