Sherwood Park Adult Day Support Program July 2019

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| **SUN** | **MONDAY** | **TUE** | **WEDNESDAY** | **THURSDAY** | **FRI** | **SAT** |
|  | **Program Closed for Canada Day 1** | **2** | **3**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Baseball  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Word Scramble  2:45 Snack 3:00 Trivia 3:30 Home | **4**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Arm Chair Travel  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 What in the Bag  2:45 Snack 3:00 Trivia 3:30 Home | **5** | **6** |
| **7** | **8**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Bird Feeder Craft  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Sing-a-Long  2:45 Snack 3:00 Trivia 3:30 Home | **9** | **Sheila M.’ s Birthday 10**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Bowling  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Book Mobile  2:45 Snack 3:00 Trivia 3:30 Home | **Caregivers meeting 2:00pm 11**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Canada Bingo  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 In It To Win It  2:45 Snack 3:00 Trivia 3:30 Home | **12** | **13** |
| **14** | **15**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Group Games  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Tic Tac Toe Trivia  2:45 Snack 3:00 Trivia 3:30 Home | **16** | **17**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Bocce Ball  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Bingo  2:45 Snack 3:00 Trivia 3:30 Home | **18**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Hangman  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Bucket Trivia  2:45 Snack 3:00 Trivia 3:30 Home | **19**  **Freda’s**  **B-Day** | **20** |
| **21** | **22**  9:30 Coffee and News 10:30 Wake and Shake 11:00 In It To Win It  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Puzzle Challenge  2:45 Snack 3:00 Trivia 3:30 Home | **23** | **24**  **9:00 Leaving for Peaceful Valley**  **3:30 – 4:00 Back from Peaceful Valley** | **25**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Crossword  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Memory Game  2:45 Snack 3:00 Trivia 3:30 Home | **26** | **27** |
| **28** | **29**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Horse Racing  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Canada Bingo  2:45 Snack 3:00 Trivia 3:30 Home | **30** | **31**  9:30 Coffee and News 10:30 Wake and Shake 11:00 In It To Win It  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Book Mobile  2:45 Snack 3:00 Trivia 3:30 Home |  | | |

Phone at Silver Birch Court **780-417-1977**, Erin 780-886-3337,

Mobility Bus 780-449-9680, Driving Mrs. Daisy 780-777-0828 Care for a Ride 780-417-2222

Staff: Wendy, Teresa, Erin, Arife, Adele, Mirna; Volunteers: Missionaries, Joyce, Mackenzie, Parul