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 Baseball12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Word Scramble2:45 Snack 3:00 Trivia 3:30 Home | **4**9:30 Coffee and News 10:30 Wake and Shake 11:00 Arm Chair Travel12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 What in the Bag2:45 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 Craft12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Sing-a-Long2:45 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 Bowling12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Book Mobile2:45 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 Bingo12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 In It To Win It2:45 Snack 3:00 Trivia 3:30 Home | **12** | **13** |
| **14** | **15**9:30 Coffee and News 10:30 Wake and Shake 11:00 Group Games12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Tic Tac Toe Trivia2:45 Snack 3:00 Trivia 3:30 Home | **16** | **17**9:30 Coffee and News 10:30 Wake and Shake 11:00 Bocce Ball12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Bingo2:45 Snack 3:00 Trivia 3:30 Home | **18**9:30 Coffee and News 10:30 Wake and Shake 11:00 Hangman12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Bucket Trivia2:45 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 It12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Puzzle Challenge2:45 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 Crossword12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Memory Game2:45 Snack 3:00 Trivia 3:30 Home | **26** | **27** |
| **28** | **29**9:30 Coffee and News 10:30 Wake and Shake 11:00 Horse Racing12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Canada Bingo2:45 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 It12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Book Mobile2:45 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