Sherwood Park Adult Day Support Program \_\_\_May\_\_ 2019

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| **SUN** | **MONDAY** | **TUE** | **WEDNESDAY** | **THURSDAY** | **FRI** | **SAT** |
|  | **1**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 Hang- Sing Along2:45 Snack 3:00 Trivia 3:30 Home | **2**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 Bingo2:45 Snack 3:00 Trivia 3:30 Home | **3**  | **4** |
| **5** | **6** 9:30 Coffee and News 10:30 Wake and Shake 11:00 Group Games 12:00 Lunch 1:00 Education 1:15 Exercises 2:00 Puzzle Challenge 2:45 Snack 3:00 Trivia 3:30 Home  | **7** | **8** 9:30 Coffee and News 10:00 Kinder’s Visits 11:15 Latter Ball 12:00 Lunch 1:00 Stories 1:15 Exercises 2:15 Book Mobile 2:45 Snack 3:00 Trivia 3:30 Home | **9** 9:30 Coffee and News 10:30 Wake and Shake 11:00 Mothers Day Plant12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Memory Game2:45 Snack 3:00 Trivia 3:30 Home | **10** | **11** |
| **12** | **13**9:30 Coffee and News 10:30 Wake and Shake 11:00 Group Games12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Yardzee 2:45 Snack 3:00 Trivia 3:30 Home | **14** | **15**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 Bingo2:45 Snack 3:00 Trivia 3:30 Home |  **Care Givers Meeting 16**9:30 Coffee and News 10:30 Wake and Shake 11:00 Letters To Words12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Sing-A-Long 2:45 Snack 3:00 Trivia 3:30 Home | **17** | **18** |
| **19** |  **No Program 20** | **21** | **22**9:30 Coffee and News 10:30 Wake and Shake 11:00 Bowling 12:00 Lunch 1:00 Education 1:15 Exercises 2:00 Crossword 2:45 Snack 3:00 Trivia 3:30 Home | **23**9:30 Coffee and News 10:00 Kinder’s Visits 11:15 Stretch 12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Lawn Darts 2:45 Snack 3:00 Trivia 3:30 Home | **24** | **25** |
| **26** | **27**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 Bocce Ball 2:45 Snack 3:00 Trivia 3:30 Home | **28** | **29**9:30 Coffee and News 10:30 Wake and Shake 11:00 Base Ball 12:00 Lunch 1:00 Stories 1:15 Exercises 2:00 Smell Ya’ 2:45 Snack 3:00 Trivia 3:30 Home | **30**9:30 Coffee and News 10:30 Wake and Shake 11:00 Family Feud 12:00 Lunch 1:00 Education 1:15 Exercises 2:00What’s in the Bag 2:45 Snack 3:00 Trivia 3:30 Home | **31** |  |

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