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 Along  2:45 Snack 3:00 Trivia 3:30 Home | **2**  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 Bingo  2:45 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 Plant  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Memory Game  2:45 Snack 3:00 Trivia 3:30 Home | **10** | **11** |
| **12** | **13**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Group Games  12:00 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 Bingo  2:45 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 Words  12:00 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