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

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| **SUN** | **MONDAY** | **TUE** | **WEDNESDAY** | **THURSDAY** | **FRI** | **SAT** |
| **1** | **2**  **No Program**  **Labor Day**  **Brian B-Day** | **3** | **4**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Bowling  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Crossword  2:45 Snack 3:00 Trivia 3:30 Home | **5**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Arm Chair Travel  12:00 Lunch 1:00 Education  1:15 Exercises 2:00 Hang Man  2:45 Snack 3:00 Trivia 3:30 Home | **6** | **7** |
| **8** | **9**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Memory Challenge  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Bingo  2:45 Snack 3:00 Trivia 3:30 Home | **10** | **11**  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 2:00Tic-Tac- Toe Trivia  2:45 Snack 3:00 Trivia 3:30 Home | **Caregivers Meeting 2:00 12**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Family Feud  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Latter Ball  2:45 Snack 3:00 Trivia 3:30 Home | **13** | **14** |
| **15** | **16**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Horse Racing  12:00 Lunch 1:00 Education  1:15 Exercises 2:00 Hang Man  2:45 Snack 3:00 Trivia 3:30 Home | **17** | **18**  9:30 Coffee and News 10:00 Kinders 11:00 Base Ball  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 What’s In the Bag  2:45 Snack 3:00 Trivia 3:30 Home | **19**  9:30 Coffee and News 10:30 Kinders 11:00 Sing-A-Long  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Bingo  2:45 Snack 3:00 Trivia 3:30 Home | **20** | **21** |
| **22** | **23**  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 Sniff and Say  2:45 Snack 3:00 Trivia 3:30 Home | **24** | **25**  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 | **26**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Yard Yahtzee  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Card Bingo  2:45 Snack 3:00 Trivia 3:30 Home | **27** | **28** |
| **29** | **30**  9:30 Coffee and News 10:30 Wake and Shake 11:00 Craft  12:00 Lunch 1:00 Stories  1:15 Exercises 2:00 Sing-A-Long  2:45 Snack 3:00 Trivia 3:30 Home |  | | | | |

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

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

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