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 Bag2:45 Snack 3:00 Trivia 3:30 Home | **19**9:30 Coffee and News 10:30 Kinders 11:00 Sing-A-Long12:00 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 Challenge2:45 Snack 3:00 Trivia 3:30 Home | **26**9:30 Coffee and News 10:30 Wake and Shake 11:00 Yard Yahtzee12:00 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-Long2:45 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