Sherwood Park Adult Day Support Program 2019

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| **SUN** | **MONDAY** | **TUE** | **WEDNESDAY** | **THURSDAY** | **FRI** | **SAT** |
|  | Image result for fall leaves CLIPART |  |  | Related image | **1** | **2** |
| **3** | **4 Happy Birthday Wendy (Nov 3)!**  9:30 Coffee &News 1:30 Exercises  10:30 Wake &Shake 1:30 Cody X-Word  11:00 Games 2:15 Snack  12:15 Lunch 2:45 Trivia  1:00 Stories 3:30 Home | **5** | **6**  9:30 Coffee &News 1:30 Exercises  10:00 Kinders 2:15 Hangman  11:00:Bowling 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | Image result for seated exercise CLIPART**7**  9:30 Coffee &News 1:00 Stories  10:30 wake & Shake 1:30 Exercises  11:00 Armchair Travel 2:15 BINGO  & Rem Day Reminisce 2:45 Snack/Trivia  12:15 Lunch 3:30 Home | **8** | **9** |
| **Image result for poppy clipart10** | **11**  Remembrance Day  Program Closed | **12** | **13**  9:30 Coffee &News 1:30 Exercises  10:30 Wake &Shake 2:15 Bookmobile  11:00Yahtzee 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **14 Happy Birthday Dawn! CG MTG**  9:30 Coffee & News 1:30 Exercises  10:30 Wake &Shake 2:15 App Time  11:00: Memory Challenge 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **15** | **16** |
| **17** | **18 Happy Birthday Gilles!**  Image result for bingo CLIPART9:30 Coffee &News 1:30 Exercises  10:30 Wake &Shake 2:15 BINGO  11:00Group Games 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **19** | **20**  9:30 Coffee &News 1:30 Exercises  10:30 Wake &Shake 2:15 Sing Song  11:00Horse racing 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **21**  9:30 Coffee and News 1:30 Exercises  10:00Kinders 2:15 Puzzle Challenge  11:00: Ladder Ball 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **22** | **23** |
| **24** | **25**  9:30 Coffee and News 1:30 Exercises  10:30 Wake and Shake 2:15 TicTacToe T  11:00 Group Games 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00: Stories 3:30 Home | **26** | **27**  9:30 Coffee and News 1:30 Exercises  10:00 Kinders 2:15 App Time  11:00 In It To Win It 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **28**  Image result for ipad CLIPART9:30 Coffee & News 1:30 Exercises  10:30 Wake & Shake 2:15 App Time  11:00: Hangman 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **29** | **30** |

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

Mobility Bus 780-449-9680, Driving Mrs. Daisy 780-777-0828 Care for a Ride780-417-2222

Staff: Wendy, Teresa, Daisha, Arife, Nicole, Mirna, Sharon, Kayla; Volunteers: Missionaries, Joyce, Mackenzie