

Sherwood Park Adult Day Support Program 2020

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| **SUN** | **MONDAY** | **TUE** | **WEDNESDAY** | **THURSDAY** | **FRI** | **SAT** |
|  | Image result for winter clipart |  | **1**  **Image result for new years fireworks clipartPROGRAM CLOSED**  **HAPPY NEW YEAR!** | **2**  **PROGRAM CLOSED**  **HAPPY NEW YEAR!**  Image result for new years fireworks clipart | **3** | **4** |
| **5** | **6 Bob’s Birthday (Jan 1)**  9:30 Coffee &News 1:30 Exercises  10:30 Wake &Shake 2:15 Crossword  11:00 Group Game 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **7** | **8 Robert L’s Birthday (Jan 7)**  9:30 Coffee &News 1:30 Exercises  10:30 Wake &Shake 2:15 Sniff& Say  11:00Yatzee 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **9 Irene H’s and Martha’s Bday**  9:30 Coffee & News 1:30 Exercises  10:30 Wake &Shake 2:15 Puzzles  11:00Horse Racing 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **10** | **11** |
| **12** | **13**  9:30 Coffee &News 1:30 Exercises  10:30 Wake &Shake 2:15 Hangman  11:00 Puzzle Challenge 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **14** | **15**  9:30 Coffee &News 1:30 Exercises  10:15 Kinders 2:15 Bingo  11:15 Bowling 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **16**  9:30 Coffee and News 1:30 Exercises  10:30 Wake and Shake 2:15 Tic-Tac-Toe  11:00Group Games 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **17** | **18** |
| **19** | **20**  9:30 Coffee and News 1:30 Exercises  Image result for seniors exercise clipart10:30 Wake & Shake 2:15 App time  11:00Group Games 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00: Stories 3:30 Home | **21** | **22 Gerry’s Birthday (Jan 23)**  9:30 Coffee and News 1:30 Exercises  10:30 Wake & Shake 2:15 Hangman  11:15In It to Win It 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **23 Caregivers Meeting 2pm**  9:30 Coffee & News 1:30 Exercises  Image result for bingo clipart10:25Kinders 2:15 Bingo  11:15 Wake & Shake 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **24** | **25** |
| **26** | **27**  9:30 Coffee &News 1:30 Exercises  10:30 Wake &Shake 2:15 WITB?  11:00 Group Games 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **28** | **29**  9:30 Coffee &News 1:30 Exercises  10:15Kinders 2:15 App time  11:15 Ladder Ball 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **30**  9:30 Coffee &News 1:30 Exercises  10:30 Wake &Shake 2:15 App time  11:00 Group Games 2:45 Snack  12:15 Lunch 3:00 Trivia  1:00 Stories 3:30 Home | **31** |  |

Day Program 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 Ride780-417-2222

Staff: Wendy, Teresa, Erin, Arife, Nicole, Mirna; Volunteers: Missionaries, Joyce, Mackenzie