Fort Saskatchewan Day Support Program 2023



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| **SUN** | **MON** | See the source image**TUESDAY** | **WED** | **THURS** | **FRI** | **SAT** |
|  |  | **This Month’s Birthdays:**  **16th- Val**  **25th- Arife**  **27th- Rita** |  | **1 BBQ Luncheon at Pioneer House**  9:30 Coffee & Puzzles 1:30 Return to Program  10:30 Exercises 2:15 Games  11:15 Crossword 3:00 Snack  12:00 Lunch at Pioneer House 3:30 Home | **2** | **3** |
| **4**  **Seniors Week Begins!** | **5** | **6 “Senior’s Tea” Outing to Dow Centre**  9:30 Coffee & Puzzles 1:15 Start Leaving For  10:30 Exercises Seniors Tea  11:15 Summer Safety 3:30 Pick up from from  12:00 Lunch Dow centre | **7** | **8**  9:30 Coffee & Puzzles 1:30 Ring Toss  10:30 Exercises 2:15 Hangman  11:15 Sing Along  12:00 Lunch 3:00 Snack  1:00 Outdoor walk 3:30 Home | **9** | **10** |
| **11** | **12** | **13**  9:30 Coffee & Puzzles 1:30 Corn Hole  10:30 Exercises 2:15 Word Mining  11:15 Bug out rock art  12:00 Lunch 3:00 Snack  1:00 Outdoor Walk 3:30 Home | **14** | **15**  9:30 Coffee & Puzzles 1:30 Frisbee Toss  Free Summer Clip Art Pictures - Clipartix10:30 Exercises 2:15 Games  11:15 Summer safety  12:00 Lunch 3:00 Snack  1:00 Outdoor Walk 3:30 Home | **16** | **17** |
| **18**  See the source image | **19** | **20**  9:30 Coffee & Puzzles 1:30 Axe Throw  10:30 Exercises 2:15 Games  11:15 Ice cream making  12:00 Lunch 3:00 Snack  1:00 Outdoor Walk 3:30 Home | **21** | **22 June Birthday Celebrations!**  9:30 Coffee & Puzzles 1:30 Bowling With  10:30 Exercises Students  11:15 BINGO  12:00 Lunch 3:00 Snack  1:00 Leave For Bowling 3:30 Home | **23** | **24** |
| **25** | **26** | **27**  9:30 Coffee & Puzzles 1:30 Bocce  10:30 Exercises 2:15 Ontario Crossword  11:15 Cinnamon Bun Making  12:00 Lunch 3:00 Snack  1:00 Outdoor Walk 3:30 Home | **28** | **29 Caregiver Support Group @2 pm**  See the source image9:30 Coffee & Puzzles 1:30 Drumming  10:30 Exercises 2:15 Games  11:15 Red and White Rock art  12:00 Lunch 3:00 Snack  1:00 Outdoor Walk 3:30 Home | **30** |  |

“Growing old is mandatory, but growing up is optional!” -Walt Disney