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 Program10:30 Exercises 2:15 Games11:15 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 For10:30 Exercises Seniors Tea 11:15 Summer Safety 3:30 Pick up from from12:00 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 Snack1:00 Outdoor walk 3:30 Home | **9** | **10** |
| **11** | **12** | **13**9:30 Coffee & Puzzles 1:30 Corn Hole 10:30 Exercises 2:15 Word Mining11:15 Bug out rock art 12:00 Lunch 3:00 Snack1:00 Outdoor Walk 3:30 Home | **14** | **15** 9:30 Coffee & Puzzles 1:30 Frisbee TossFree Summer Clip Art Pictures - Clipartix10:30 Exercises 2:15 Games11:15 Summer safety 12:00 Lunch 3:00 Snack1:00 Outdoor Walk 3:30 Home | **16** | **17** |
| **18**See the source image | **19** | **20**9:30 Coffee & Puzzles 1:30 Axe Throw10:30 Exercises 2:15 Games11:15 Ice cream making 12:00 Lunch 3:00 Snack1:00 Outdoor Walk 3:30 Home | **21** | **22 June Birthday Celebrations!**9:30 Coffee & Puzzles 1:30 Bowling With 10:30 Exercises Students11:15 BINGO 12:00 Lunch 3:00 Snack1:00 Leave For Bowling 3:30 Home | **23** | **24** |
| **25** | **26** | **27**9:30 Coffee & Puzzles 1:30 Bocce 10:30 Exercises 2:15 Ontario Crossword11:15 Cinnamon Bun Making 12:00 Lunch 3:00 Snack1:00 Outdoor Walk 3:30 Home | **28** | **29 Caregiver Support Group @2 pm**See the source image9:30 Coffee & Puzzles 1:30 Drumming10:30 Exercises 2:15 Games11:15 Red and White Rock art 12:00 Lunch 3:00 Snack1:00 Outdoor Walk 3:30 Home | **30** |  |

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