Fort Saskatchewan Day Support Program 2023

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| **SUN** | **MON** | **TUESDAY** | **WED** |  | **THURS** | | **FRI** | **SAT** | |
|  | | | **1** | **2**  9:30 Coffee & Puzzles 1:30 Bucketball 10:30 Exercises 2:00 FHS Students  11:15 Hangman  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | **3** | **4** | | |
| **5** | **6** | **7 Birthdays- Lucas(8th), Dorothy (9th), & Dora (13th)**  9:30 Coffee & Puzzles 1:30 Axe Throwing  10:30 Exercises 2:15 Games  11:15 Best of 7  12:00 Lunch & Celebrate 3:00 Snack  12:45 Rest & Digest 3:30 Home | **8** | **9**  9:30 Coffee & Puzzles 1:30 Noodle Hockey  10:30 Exercises 2:00 FHS Students  11:15 Remembrance Day Reflections  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | **10** | **11** | | |
| **12** | **13** | **14**  9:30 Coffee & Puzzles 1:30 Bowling  10:30 Exercises 2:15 Games  11:15 Fall Prevention  12:00 Lunch 3:00 Snack  12:45 Rest & Relax 3:30 Home | **15** | **16 World Kindness Day (17th)**  9:30 Coffee & Puzzles 1:30 Bocce  10:30 Exercises 2:00 FHS Students  11:15 BINGO (Scrapbooking Kindness)  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | **17** | **18** | | |
| **19** | **20** | **21**  9:30 Coffee & Puzzles 1:30 Outing to Walmart  10:30 Exercises for Xmas Shopping  11:15 Trivia  12:00 Lunch  12:45 Rest & Digest 3:30 Pick up at Walmart | **22** | **23**  9:30 Coffee & Puzzles 1:30 Corn Hole  10:30 Exercises 2:00 FHS Studdents  11:15 Keychain Making  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | **24** | **25** | | |
| **26** | **27** | **28**  9:30 Coffee & Puzzles 1:30 Spin Golf  10:30 Exercises 2:15 Games  11:15 Sing-Along  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | **29** | **30 Caregivers Support Group @ 2pm**  9:30 Coffee & Puzzles 1:30 Active Relay  10:30 Exercises 2:00 FHS Students  11:15 Brain Games  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home |