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 Students11:15 Hangman 12:00 Lunch 3:00 Snack12:45 Rest & Digest 3:30 Home | **3** | **4** |
| **5** | **6** | **7 Birthdays- Lucas(8th), Dorothy (9th), & Dora (13th)**9:30 Coffee & Puzzles 1:30 Axe Throwing10:30 Exercises 2:15 Games11:15 Best of 7 12:00 Lunch & Celebrate 3:00 Snack12:45 Rest & Digest 3:30 Home | **8** |  **9** 9:30 Coffee & Puzzles 1:30 Noodle Hockey10:30 Exercises 2:00 FHS Students11:15 Remembrance Day Reflections 12:00 Lunch 3:00 Snack12:45 Rest & Digest 3:30 Home | **10** | **11** |
| **12** | **13** | **14**9:30 Coffee & Puzzles 1:30 Bowling10:30 Exercises 2:15 Games11:15 Fall Prevention 12:00 Lunch 3:00 Snack12:45 Rest & Relax 3:30 Home | **15** | **16 World Kindness Day (17th)** 9:30 Coffee & Puzzles 1:30 Bocce10:30 Exercises 2:00 FHS Students11:15 BINGO (Scrapbooking Kindness)12:00 Lunch 3:00 Snack12:45 Rest & Digest 3:30 Home | **17** | **18** |
| **19** | **20** | **21**9:30 Coffee & Puzzles 1:30 Outing to Walmart10:30 Exercises for Xmas Shopping11:15 Trivia 12:00 Lunch 12:45 Rest & Digest 3:30 Pick up at Walmart | **22** | **23** 9:30 Coffee & Puzzles 1:30 Corn Hole10:30 Exercises 2:00 FHS Studdents11:15 Keychain Making 12:00 Lunch 3:00 Snack12:45 Rest & Digest 3:30 Home | **24** | **25** |
| **26** | **27** | **28**9:30 Coffee & Puzzles 1:30 Spin Golf 10:30 Exercises 2:15 Games11:15 Sing-Along 12:00 Lunch 3:00 Snack12:45 Rest & Digest 3:30 Home | **29** | **30 Caregivers Support Group @ 2pm**9:30 Coffee & Puzzles 1:30 Active Relay10:30 Exercises 2:00 FHS Students11:15 Brain Games 12:00 Lunch 3:00 Snack12:45 Rest & Digest 3:30 Home |