******Leduc Day Support Program 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SU** | **MONDAY** | **TU** | **WEDNESDAY** | **TH** | **FR** | **SA** |
| **Therapeutic Recreation is the use of leisure activities to promote the health, emotional wellbeing, skills, and abilities of people with illnesses or disabilities. Therapeutic recreation includes drama, music, arts and crafts, sports, dance and movement, as well as games.**  | **1**  9:30 Sip, Chat, Puzzle 1:00 Colouring10:30 Exercises 1:30 Active Relay 11:15 Black History 2:15 Coverall12:00 Lunch 3:00 Snack12:30 Walking Club 3:30 Home | 2 | 3 | 4 |
| 5 | **6** 9:30 Sip, Chat, Puzzle 1:00 Puzzles 10:30 Exercises 1:30 Rollerball  11:15 Craft w/ Kirsten 2:15 Memory Lane 12:00 Lunch 3:00 Snack 12:30 Rest & Digest 3:30 Home | 7 | **8 Happy Birthday, Mary! (10th)**9:30 Sip, Chat, Puzzle 1:00 Horoscopes  10:30 Exercises 1:30 Swatterball 11:15 Tax Education 2:15 Hangman 12:00 Lunch 3:00 Snack 12:30 Walking Club 3:30 Home | 9 | 10 | 11 |
| 12 | **13 Let’s Celebrate LOVE - Wear RED or PINK**9:30 Sip, Chat, Puzzle 1:00 Silver Screen Love 10:30 Heart Exercises 1:30 Lovesongs w/ Sharon 11:15 Armchair Travel - France 2:30 Bucketball 12:00 Lunch 3:00 Snack 12:30 Walking Club 3:30 Home | 68 Free Valentines Day Clipart - Cliparting.com14 | **15 National Flag Of Canada Day**Canada Flag PNG Clip Art 9:30 Sip, Chat, Puzzle 1:00 Love Stories 10:30 Exercises 1:30 Muffin Tin Toss 11:15 Valentine’s BINGO 2:30 Romantic Trivia 12:00 Lunch 3:00 Snack 12:30 Rest & Digest 3:30 Home | 16 | 17 | 18 |
| 19 | **20 Family Day – No Program** **Try a game with a family member today!****Ideas: Cribbage, Crazy Eights, Word Search, Puzzle** | 21 | **22** 9:30 Sip, Chat, Puzzle 1:00 Puzzles10:30 Exercises 1:30 The Potluck Group11:15 Create w/ Annette 2:30 Bocce12:00 Lunch 3:00 Snack 12:30 Walking Club 3:30 Home | 23 | 24 | 25 |
| 26 | **27 Caregiver Support Group @ 2:00pm**9:30 Sip, Chat, Puzzle 1:00 Horoscopes10:30 Exercises 1:30 Noodle Hockey11:15 Wordscapes 2:15 Card Bingo12:00 Lunch 3:00 Snack12:30 Mindfulness 3:30 Home | 28 | **International Recreation Therapy Month****&****Black History Month** |