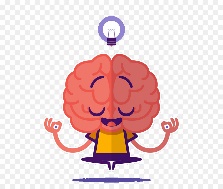
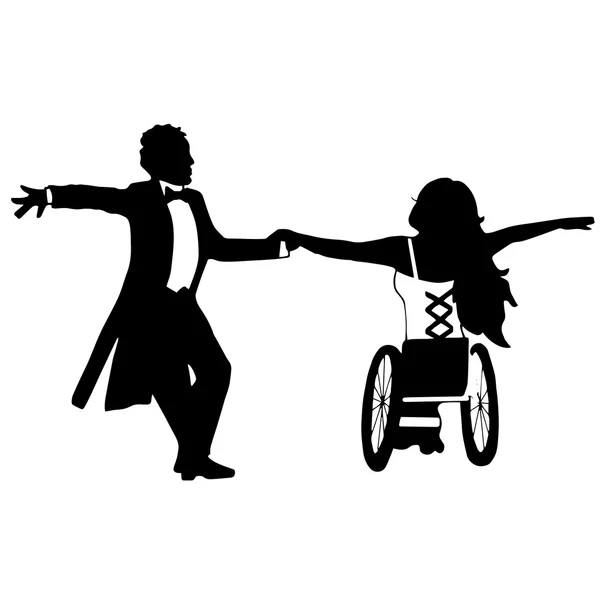
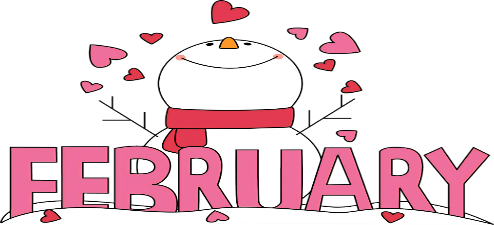
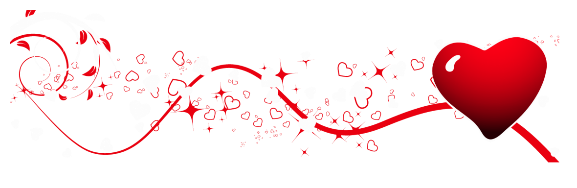
A picture containing background pattern

Description automatically generated******Leduc Day Support Program 2023**

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| --- | --- | --- | --- | --- | --- | --- |
| **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 Colouring  10:30 Exercises 1:30 Active Relay  11:15 Black History 2:15 Coverall  12:00 Lunch 3:00 Snack  12:30 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 Puzzles  10:30 Exercises 1:30 The Potluck Group  11:15 Create w/ Annette 2:30 Bocce  12:00 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 Horoscopes  10:30 Exercises 1:30 Noodle Hockey  11:15 Wordscapes 2:15 Card Bingo  12:00 Lunch 3:00 Snack  12:30 Mindfulness 3:30 Home | 28 | **International Recreation Therapy Month**  **&**  **Black History Month** | | | | |