**Leduc Day Support Program 2023**

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| **SU** | **MONDAY** | **TU** | **WEDNESDAY** | **TH** | **FR** | **SA** |
| 4  **Seniors Week Begins!** | **5 Rodeo Theme Day! Wear your “Western Clothes”**  9:30 Sip, Chat, Puzzle 1:00 Walking Club  10:30 Exercises 1:30 Horseshoes  11:15 Horse Races 2:30 Western Trivia & Film  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | Cowboy Images - ClipArt Best6 | **7**  9:30 Sip, Chat, Puzzle 1:00 Walking Club  10:30 Exercises 1:30 Swatterball  11:15 Charades 2:15 Board Games  12:00 Picnic Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | 1/8 | 2/9 | 3/10 |
| 11 | **12**  9:30 Sip, Chat, Puzzle 1:00 Walking Club  10:30 Exercises 1:30 Harp Performance w/ Eva 11:15 Summer Safety 2:15 Bucketball  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | 13 | **14 Outing to Leduc Public Library**  9:30 Sip, Chat, Puzzle 1:00 Walking Club  10:30 Exercises 1:30 Walk to Library  11:15 Father’s Day Arts/Crafts w/ Kirsten  12:00 Lunch  12:45 Rest & Digest 3:30 Pick up from Library | 15 | 16 | 17 |
| See the source image18 | **19**  9:30 Sip, Chat, Puzzle 1:00 Walking Club  10:30 Exercises 1:30 Active Relay  11:15 Armchair Travel- Hawaii  12:00 Picnic Lunch 2:15 Tic Tac Trivia  12:45 Rest & Digest 3:30 Home | 20 | **21**  9:30 Sip, Chat, Puzzle 1:00 Walking Club  10:30 Exercises 1:30 Axe Throwing  11:15 Rock Painting 2:15 Karaoke  12:00 Lunch & Celebrate 3:00 Snack  12:45 Rest & Digest 3:30 Home | 22 | 23 | 24 |
| 25 | **26 Caregiver Support Group at 2:00pm**  9:30 Sip, Chat, Puzzle 1:00 Walking Club  10:30 Exercises 1:30 Ring Toss 11:15 Group Crossword 2:15 Memory Game  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | 27 | **28 Show & Share- Bring your meaningful photos/items!**  See the source image9:30 Sip, Chat, Puzzle 1:00 Walking Club  10:30 Exercises 1:30 Potluck Group  11:15 Reminiscence 2:45 Ladderball  12:00 Lunch 3:00 Snack  12:45 Rest & Digest 3:30 Home | 29 | 30 |

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

***-***[***Walt Disney***](https://catalystinspired.com/disney-quotes/)