**Leduc Day Support Program 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 Club10:30 Exercises 1:30 Potluck Group11:15 Reminiscence 2:45 Ladderball12:00 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/)