









MARCH 2020 1st NEIGHBORHOOD RECREATION CALENDAR




Recreation Therapist - Jen Rygus – 780-496-7100 ext 7111 OR jen.rygus@capitalcare.net
Therapy Assistants – Cassidy, Phebe, AND Emina (780) 496-7100 ext 7135

First Floor (1) Auditorium (AUD) Second Floor (2) FR – Friendship Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11:00 – ST. AGNES ROMAN CATHOLIC COMMUNION (AUD)	2 10:30 – BALLOON BADMINTON (1) 2:00 – TRIVIA (1) 3:30 – AT YOUR LEISURE (1) 3:30 – FRIENDSHIP HOUR (2)	3 10:30 – EXERCISE (1) 	4 10:30 – WORKOUT WEDNESDAYS 2:00 – HYMN SING (AUD) 3:30 – AT YOUR LEISURE (1) 6:30 – EVENING ENTERTAINMENT FEATURING BOB KELLY (1)	5 10:30 – BOWLING (AUD) 2:00 – SPASATIONS (1)	6 10:30 – FRIDAY FUN TOPICS (1) <u>NO HAPPY HOUR</u>	7 10:30 – EXERCISE (1) 2:00 – BINGO (AUD)
8 11:00 – ST. AGNES ROMAN CATHOLIC COMMUNION (AUD) 2:00 – ARMCHAIR TRAVEL (1)	9 10:30 – EXERCISE (1) 2:00 – WORD GAMES (1) 3:00 – CHURCH OF CHRIST BIBLE STUDY (AUD)	10 10:30 – BOWLING (AUD) 3:30 – AT YOUR LEISURE (1)	11 3:30 – HORSE RACES (1) 	12 10:30 – TAI CHI (1) 	13 10:30 – TOWN HALL MEETING (1) 2:30 – AUXILIARY ST. PATRICK'S HAPPY HOUR FEATURING GALLOW GLASS (AUD)	14 2:00 – PAINTING (1) 
15 10:00 – EXERCISE (1) 3:30 – AT YOUR LEISURE (1) 6:30 – CHURCH OF CHRIST WORSHIP SERVICE (AUD)	16 10:30 – BALLOON BADMINTON (1) 2:00 – GARDENING (1) 	17 10:30 – GRANDVIEW HEIGHTS SCHOOL VISIT (1) 2:00 – ST. PATRICK'S DAY CELEBRATION (AUD)  3:30 – AT YOUR LEISURE (1)	18 2:00 – YOGA WITH MICHELLE (AUD) 	19 10:30 – BOWLING (AUD) 	20 10:45 – ST. AGNES ROMAN CATHOLIC MASS (AUD) 2:30 – HAPPY HOUR FEATURING DWAYNE CANNAN (AUD)	21 NO SATURDAY PROGRAMS.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
NO SUNDAY PROGRAMS	2:00 – CRAFT (1) 	10:30 – EXERCISE (1) 2:00 – SING ALONG (1) 3:30 – AT YOUR LEISURE (1)	2:00 – MEN’S GROUP (1) 3:30 – AT YOUR LEISURE (1)	10 :00 – RIVERBEND UNITED CHURCH SERVICE (FR.ROOM) 10 :30 – BOWLING (AUD) 2 :00 – SPASATIONS (1)	10:30 – FRIDAY FUN TOPICS (1) 2:30 – HAPPY HOUR FEATURING JACK HENNIG (AUD)	2:00 – BINGO (AUD) 3:30 – AT YOUR LEISURE (1)
29	30	31				
10:00 – EXERCISE (1) 11:00 – ST. AGNES ROMAN CATHOLIC COMMUNION (AUD) 2:00 – COFFEE CHAT (1)	10:30 – BALLOON BADMINTON (1) 2:00 – BALLET WITH LYDIA (AUD) 3:30 – AT YOUR LEISURE (1)	10:30 – EXERCISE (1) 2:00 – MARCH BIRTHDAY PARTY (AUD)  3:30 – AT YOUR LEISURE (1)				