





Recreation Phone Number: 780-442-5734

Recreation Therapist: Shauna Kessler shauna.kessler@capitalcare.net

Therapy Assistants & in house #'s: or Kristy:5790 Wendy:5788 Ethel:5789; Shauna 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	9:45 - Neighborhood Time Nelson/Fraser 11:15 - Trivia Time Living Room Java Time 2:45 - Creative Art Household Chores	9:45 - Neighborhood Time Thompson/Columbia 11:00 - Reflection with Hymns Great Room Music Therapy Bunny Care JAVA Time 1:30 - Baking Thompson 2:45 - Coffee Break Thompson 3:30 - Pen Pal Replies	10:00-Word Games Living Rm 10:15 - In stitches sewing 2nd Flr, Sask House 11:00 - Hymn Sing Living Rm 1:15 - Jackson McKenzie Entertainment with the day program Great Room *porter assist required 2:45 - Sing A Long with John 3:15 - Junk Drawer Detective JAVA Music Ladies Club	JAVA Music Men's Club 11:00 – Interfaith Anglican Communion Service Great Room 1:15 – Balloon Badminton JAVA Time 2:45 - Manicures 3:15 – Green Thumbs Gardening 6:00 – Sitcom Classics Neighborhood Time	10:00 – Music with Daycare Bunny Care 1:30 – Kipnes Choir Great Room 2:30 – Peaceful Spirit Flutes Music Living Room 3:00 – Catholic Mass Great Room	7
2am Spring Ahead time change	9 9:45 – Neighborhood Time Thompson/Columbia 11:15 – Name Trivia Living Room Java Time 2:45 – Name Art Household Chores	9:45 - Neighborhood Time *all neighborhoods 11:00 - Reflection with Hymns Great Room Music Therapy Bunny Care JAVA Time 1:30 - Baking Fraser 2:45 - Coffee Break Fraser 3:30 - Pen Pal Replies	11 10:00-Word Games Living Rm 10:15 - In stitches sewing 2nd Flr, Sask House 11:00 - Hymn Sing Living Rm 1:15 -Button Box Bill Entertainment with the day program Great Room *porter assist required 2:45 - Sing A Long with John 3:15 - Reminiscing JAVA Music Ladies Club Neighborhood Time	12 10:00 - Bowling Living Rm 1:15 - Talking about Niagara Falls Living Rm 2:45 - Green Thumbs Gardening 3:30 - Resident/Family Council Pembina House 6:30 - Cosmospolitan Jazz Big Band performance Great Room	13 1:1 Time 10:00 – Music with Daycare 11:15 – Stretch & Toss Bunny Care 1:30– Kipnes Choir Great Room 3:15 – Curling 3:00 – Catholic Mass Great Room 6:15 – Bingo! Great Room	10:00 – Fun with Words Living Rm Neighborhood Time 1:30 Wheelchair Hop Great Room 3:15 Duck Shoot

1st Floor Calendar

MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	9:45 – Neighborhood Time Nelson/Fraser	St. Patrick's Day 17 9:45 – Neighborhood Time *all neighborhoods 11:00 – Reflection with	18 10:00–Word Games Living Rm 10:15 – In stitches sewing 2 nd Flr, Sask House	Welcome Spring! 19 10:00 - Shuffleboard	JAVA Music Club & 1:1 Time 10:00 – Music with Daycare	21 10:00 Stretch &
	11:15 – Trivia Time Living Room Java Time 2:45 – Marble Shamrock Art Household Chores	Hymns Great Room Music Therapy Bunny Care 1:30 - Baking Nelson 2:45 - Coffee Break Nelson 3:30 - Woodworking	11:00 – Hymn Sing Living Rm 2:45 – Sing A Long with John 3:15 – Bean Bag Toss JAVA Music Ladies Club	2:30 – Happy Hour St Patrick's Day themed! Great Room	1:30- Kipnes Choir Great Room 3:00 - Catholic Mass Great Room 3:15 - Spring painting 4:30 - Kingsway Legion	Toss 1:30 You tell the Story
22	23	24	Neighborhood Time 25	26	Outing 27	28
29	9:45 - Neighborhood Time Thompson/Columbia 11:15 - Trivia Time Living Room Java Time 2:45 - Creative Art Household Chores	9:45 - Neighborhood Time *all neighborhoods 11:00 - Reflection with Hymns Great Room Bunny Care JAVA Time 1:30 - Baking Columbia 2:45 - Coffee Break Columbia 3:30 - Woodworking JAVA Time	10:00–Word Games Living Rm 10:15 – In stitches sewing 2nd Flr, Sask House 11:00 – Hymn Sing Living Rm 2:45 – Sing A Long with John 3:15 – Reminiscing JAVA Music Ladies Club Neighborhood Time	10:00 – Bowling Living Rm 1:15 – Maritime Gospelaires Entertainment with the day program Great Room *porter assist required 1:30 – Birthday Committee 2:45 – Bingo! Great Room 3:00 – Memory Tray 6:00 – Western Classics Neighborhood Time	JAVA Music Club 10:00 - Music with Daycare 10:45 - Norwood Legion *RSVP Bunny Care 1:30- Kipnes Choir Great Room 3:00 - Catholic Mass Great Room 3:30 - Music request & social hour 6:30 - Curling	*Calendar
29	9:45 – Neighborhood Time Nelson/Fraser 11:15 – Trivia Time Living Room Java Time 2:45 – Creative Art Household Chores	9:45 – Neighborhood Time *all neighborhoods 11:00 – Reflection with Hymns Bunny Care 2:30 – Celebrating March Birthday's Great Rm Sponsored by: Kingsway Legion Ladies' Auxiliary		April Save the Dates Thursday, April 9 th – Easter Social! In the Neighborhoods Thursday, April 16 –Happy Hour! 2:30pm Saturday, April 25 – Capital City Big Band, 2:00pm, Tuesday, April 28 – Birthday Party, 2:30pm, Great Room		subject to last minutes changes Please see white board in living room for most up to date information*