

MARCH 2020 2ND NEIGHBORHOOD RECREATION CALENDAR



Recreation Therapist - Jen Rygus – 780-496-7100 ext 7111 OR jen.rygus@capitalcare.net


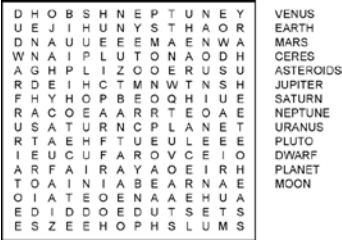


First Floor (1)

Auditorium (AUD)

Second Floor (2)


FR – Friendship Room

Therapy Assistants – Cassidy, Phebe, AND Emina (780) 496-7100 ext 7135

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11 :00 – ST. AGNES ROMAN CATHOLIC COMMUNION (AUD)	2 10:30 – TARGET TOSS (2) 2:00 – OPEN HOUSE CARDS (2) 3:30 – FRIENDSHIP HOUR (2) 6:00 – VISITS (2)	3 2 :00 – SPASATIONS (2) 	4 10 :30 – WORKOUT WEDNESDAYS 2 :00 – HYMN SING (AUD) 3 :30 – FRIENDSHIP HOUR (2)	5 10 :30 – TRIVIA (2) 2 :00 – BAKING (2) 3 :30 – FRIENDSHIP HOUR (2)	6 NO HAPPY HOUR	7 2 :00 – BINGO (AUD) 3 :30 – FRIENDSHIP HOUR (2)
8 10:00 – TAI CHI (2) 11:00 – ST. AGNES ROMAN CATHOLIC COMMUNION (AUD) 3:30 – FRIENDSHIP HOUR (2)	9 10:30 – BALLOON BADMINTON (2) 3:00 – CHURCH OF CHRIST BIBLE STUDY (AUD) 3:30 – FRIENDSHIP HOUR (2)	10 2:00 – WORD GAMES (2) 	11 10:30 – WORKOUT WEDNESDAYS (2) 2:00 – SING ALONG (2)	12 2:00 – SPASATIONS (2)	13 2:30 – AUXILIARY ST. PATRICK'S HAPPY HOUR FEATURING GALLOW GLASS (AUD) 	14 10 :30 – SIT N DANCE (2) 3 :30 – FRIENDSHIP HOUR (2)
15 2:00 – TEA & SING (2) 6:30 – CHURCH OF CHRIST WORSHIP SERVICE (AUD)	16 10:30 – TARGET TOSS (2) 3:30 – FRIENDSHIP HOUR (2) 6:00 – VISITS (2)	17 2:00 – ST. PATRICK'S DAY CELEBRATION (AUD) 	18 10:30 – WORKOUT WEDNESDAYS (2) 2:00 – YOGA WITH MICHELLE (AUD) 3:30 – FRIENDSHIP HOUR (2)	19 2:00 – SPASATIONS (2)	20 10:30 – FRIDAY FUN TOPICS (2) 10:45 – ST.AGNES ROMAN CATHOLIC MASS (AUD) 2:30 – HAPPY HOUR FEATURING DWAYNE CANNAN (AUD)	21 NO SATURDAY PROGRAMS.

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22 NO SUNDAY PROGRAMS	23 10:30 – BALLOON BADMINTON (2) 3:30 – FRIENDSHIP HOUR (2) 6:00 – VISITS (2)	24 2:00 – NAME THAT TUNE (2) 3:30 – FRIENDSHIP HOUR (2) 6:30 – DICE IS NICE (2) 	25 10:30 – WORKOUT WEDNESDAYS (2) 2:00 – SING ALONG (2) 3:30 – FRIENDSHIP HOUR (2) 6:30 EXPRESSIONS & COLOUR (2)	26 10 :00 – RIVERBEND UNITED CHURCH SERVICE (FR.ROOM) 2 :00 – HORSE RACES (2) 3 :30 – FRIENDSHIP HOUR (2) 6 :30 – JEOPARDY (2)	27 2:30 – HAPPY HOUR FEATURING JACK HENNIG (AUD)	28 10:30 – SIT N DANCE (2) 2:00 – BINGO (AUD)
29 11:00 – ST. AGNES ROMAN CATHOLIC COMMUNION (AUD) 3:30 – FRIENDSHIP HOUR (2)	30 10:30 – TAI CHI (2) 2:00 – BALLET WITH LYDIA (AUD) 2:00 – TENDING THE GARDEN (2) 3:30 – FRIENDSHIP HOUR (2) 6:30 – SOOTHING THE SENSES (2)	31 2:00 – MARCH BIRTHDAY PARTY (AUD) 6:30 – EXPRESSIONS AND COLOUR (2)				