

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social
10:20 Bingo	10:20 Bingo	10:20 Word Connect	10:20 Winter Craft	10:20 Word Connect
11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness
11:30 Canadian Trivia	11:30 Finish the line	11:30 Pictionary	11:30 Opposites	11:30 Memory Match
11:50 LUNCH	11:50 LUNCH	11:50 LUNCH	11:50 LUNCH	11:50 LUNCH
12:30 Mind Joggers	12:30 Scattergories	12:30 Bingo	12:30 Bingo	12:30 Canadian Trivia
1:00 Croquet	1:00 Ballloon Racquetball	1:00 Entertainment: The Brits	1:00 Basketball	1:00 Sing-along
10	11	12	13	14
10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social
10:20 Word Games	10:20 Baking	10:20 Word in a Word	10:20 Valentines Craft	10:20 Valentines craft
11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness
11:30 Memory Match	11:30 Pictionary	11:30 Mind Joggers	11:30 Detective	11:30 Reminisce Valentines
11:50 LUNCH	11:50 LUNCH	11:50 LUNCH	11:50 LUNCH	11:50 LUNCH
12:30 Scattergories	12:30 Detective	12:30 Trivia	12:30 Reminisce Valentines	12:30 Valentines Bingo
1:00 Entertainment	1:00 Ring Toss	1:00 Documentary	1:00 Bocce Ball	1:00 Kindergarten Visit
17	18	19	20	21
10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social
10:20 Word Connect	10:20 Picture Bingo	10:20 The Game of Things	10:20 Jave Time	10:20 Bingo
11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness
11:30 Finish the Line	11:30 Reminiscing	11:30 Would you rather?	11:30 Painting/coloring	11:30 Joke Time
11:50 LUNCH	11:50 LUNCH	11:50 LUNCH	11:50 LUNCH	11:50 LUNCH
12:30 Card Bingo	12:30 Coloring	12:30 True or false	12:30 Hand/nail care	12:30 UNO
1:00 Bocce Ball	1:00 Beach volleyball	1:00 Frisbee golf	1:00 Horseshoes	1:00 Ladderball
24	25	26	27	28
10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social	10:00 Coffee and Social
10:20 Spelling Bee	10:20 Music Bingo	10:20 Mind Joggers	10:20 Baking	10:20 Java Time
11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness	11:00 Fun and Fitness
11:30 The Game of things	11:30 The Game of Things	11:30 Suit up Cards	11:30 Shake loose a memory	11:30 Guess the Word
11:50 LUNCH	11:50 LUNCH	11:50 LUNCH	11:50 LUNCH	11:50 LUNCH
12:30 Reminiscing	12:30 Mind Joggers	12:30 Scattergories	12:30 Dice Bingo	12:30 Would you rather?
1:00 Ladderball	1:00 Zumba Fitness	1:00 Washer Toss	1:00 Entertainment: Jackson	1:00 Croquet
0			Mackenzie	

CHOICE Norwood 10404 111 Avenue, Edmonton, AB, T5G 3A2 Office Phone Number: (780)944-8662 www.capitalcare.net

Birthdays

Grant V.

Ann R.

Walter G.



** Please Note ** Calendar may change at times

If you have any questions regarding recreation programs, please Ashton Huber (Recreation Therapist) at 780-944-8676