

## Recreation Phone Number: 780-442-5734

Recreation Therapist: Shauna Kessler <a href="mailto:shauna.kessler@capitalcare.net">shauna.kessler@capitalcare.net</a>

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10:30(ish) La Boheme Dress rehearsal in the Great Room Enjoy your day!	3 9:00 – Eggs on the Grill McKenzie 10:15 – Drumming Group Athabasca House 10:45 - Neighborhood Time McKenzie/Pembina 11:00 – Reflection with Hymns Great Room 1:15 – Creative Art - Making Snow Man Hats Athabasca 3:00 – Talking about the Snowman - did you know? Saskatchewan	4 9:00 – Eggs on the Grill Athabasca 10:15 – In stitches sewing 2 <sup>nd</sup> Flr, Sask House Neighborhood Time 1:15 – Jackson McKenzie Entertainment with the day program Great Room *porter assist required 1:30 – Bell Choir Pembina JAVA Music Ladies Club 3:00 – Exercises Athabasca Household Chores	5 9:00 – Eggs on the Grill Pembina JAVA Music Men's Club 10:45 - Neighborhood Time Athabasca/Saskatchewan 11:00 – Interfaith Anglican Communion Service Great Room 1:15 – Java Music Group McKenzie 3:00 – Curling Saskatchewan	6 1:30 – Kipnes Choir Great Room 3:00 – Catholic Mass Great Room 3:30 – Music request & Social hour Pembina	7 9:00 – Eggs on the Grill Saskatchewan 11:00 Crossword Puzzle McKenzie Small Group Program 3:00 – Bowling Pembina
8 <u>2am</u> Spring Ahead time change	9 10:45 – Octoband Exercises Pembina 1:15 - Small Group	10 9:00 – Eggs on the Grill <i>McKenzie</i> 10:15 – Drumming Group <i>Athabasca House</i> 11:00 – Reflection with Hymns Great Room	11 9:00 – Eggs on the Grill Athabasca 10:15 – In stitches sewing 2 <sup>nd</sup> Flr, Sask House 11:00 – Trivia McKenzie 1:15 -Button Box Bill Entertainment with the day program Great Room *porter assist required	12 9:00 – Eggs on the Grill Pembina 10:30 – EPL Library Club Pembina Neighborhood Time 1:15 – Java Music Group Athabasca	13 9:00 – Eggs on the Grill Saskatchewan 11:00 – Duck Shoot Pembina 1:30 – Kipnes Choir Great Room 2:15 – Discussion Group	14 1:30 Wheelchair Hop
	Program <b>3:00 – Coffee Break</b> <i>Athabasca</i>	Neighborhood Time <b>3:00 - Gardening</b> <i>McKenzie</i>	<ul> <li>1:30 – Bell Choir Pembina</li> <li>JAVA Music Ladies Club</li> <li>3:00 – Exercises Athabasca</li> <li>Household Chores</li> </ul>	3:30 – Resident/Family Council Pembina House 6:30 – Cosmopolitan Jazz Big Band performance Great Room	<ul> <li>2:15 - Discussion Group McKenzie</li> <li>3:00 - Catholic Mass Great Room</li> <li>3:30 - Music with Daycare Athabasca</li> <li>6:15 - Bingo! Great Room</li> </ul>	Great Room

2nd Floor Calendar MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	St. Patrick's Day 17	18		20	21
	10:45 – Large Dice Yahtzee Athabasca	10:15 – Drumming Group Athabasca House	<b>10:15 – In stitches sewing</b> 2 <sup>nd</sup> Flr, Sask House	2:30 – Happy Hour St Patrick's Day themed Great Room	JAVA Music Men's Club	spring * • * *
		10:45 - Neighborhood Time Athabasca/Sask 11:00 – Reflection with	<b>11:00 – Trivia Time</b> <i>McKenzie</i>		1:30 – Kipnes Choir Great Room	
	1:15 - Small Group Program	Hymns Great Room	1:30 – Bell Choir Pembina		3:00 – Catholic Mass Great Room	
	, rogiani	1:30 – Creative Art - St Patrick's Day style McKenzie	JAVA Music Ladies Club		3:30 – Music with Daycare McKenzie	
	<b>3:00 – Coffee Break</b> Pembina	3:15 – Talking All about St Patrick's Day Pembina	<b>3:00 – Exercises</b> <i>Athabasca</i> Household Chores	6:00 – Curling Saskatchewan	4:30 – Kingsway Legion out trip <i>*RSVP</i>	
22	23	24	25	26	27	28
	10:45 – Gone Fishing Pembina	9:00 – Eggs on the Grill McKenzie 10:15 – Drumming Group	9:00 – Eggs on the Grill Athabasca 10:15 – In stitches sewing	9:00 – Eggs on the Grill Pembina	9:00 – Eggs on the Grill Saskatchewan JAVA Music Men's Club	10:45 Exercises Athabasca
	1:15 - Small Group	Athabasca House <b>11:00 – Reflection with</b> <b>Hymns</b> Great Room	2 <sup>nd</sup> Flr, Sask House 11:00 – Gardening McKenzie	Neighborhood Time 1:15 - Maritime Gospelaires	10:45 – Norwood Legion *RSVP	1:15
	Program	1:30 – Creative Name Art Athabasca	1:30 – Bell Choir Pembina	Entertainment with the day program Great Room <i>*porter assist required</i>	1:30 – Kipnes Choir Great Room	Gardening McKenzie
	<b>3:00 – Coffee Break</b> Saskatchewan	3:15 – What's in a Name	JAVA Music Ladies Club	1:15 – Java Music Group Saskatchewan	3:00 – Catholic Mass Great Room	3:00 Bowling
		Trivia? Saskatchewan	3:00 – Exercises Athabasca	3:00 – Bingo! Great Room	Neighborhood Time	Pembina
			Household Chores			*0 / /
29	30 11:00 – Drumming Fun with Wendy Athabasca	31 9:00 – Eggs on the Grill <i>McKenzie</i> 10:15 – Drumming Group		April Save the Dates		*Calendar subject to last minutes
		Athabasca House 11:00 – Reflection with		Thursday, April 9 <sup>th</sup> – 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		changes Please see
	1:15 - Small Group Program	Hymns Great Room <u>2:30</u> – Celebrating March				white boards in each house
	<b>3:00 – Coffee Break</b> McKenzie	<b>Birthday's</b> Great Rm Sponsored by: Kingsway Legion Ladies' Auxiliary				for most up to date information*