

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
|--------------------|--------|---------|--|--|---|--|--|----|
| <h1>June 2022</h1> | | | 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Planting Day 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Horseraces | 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/Lunch 01:00 Gym 02:15 Snack 02:30 Outdoor Games 03:45 Strumm'n & Drumm'n | 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 Bowling Night -Lets bowl | 4 Shavuot Begins | | |
| | | | 5 09:00 Daily News 09:30 Seated Yoga and Meditation 10:30 Creative Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Cyber Safety 03:30 Mind Teasers 5:00 Community walk to DQ | 6 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Body Percussions 02:00 Snack 02:30 Life Skills 03:30 Games on the Patio | 7 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Picnic Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Blender Bevies (non alcoholic) | 8 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Making Homemade Lemonade 12:00 Lunch Prep/Lunch 01:00 Gym 02:15 Snack 02:30 Outdoor Games 03:45 Strumm'n & Drumm'n | 9 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 Clubhouse Karaoke | 11 |
| | | | 12 09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Father's Day Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Cyber Safety 03:30 Mind Teasers 5:00 Supper at Mikes (Patio) | 13 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Boom Whackers 02:00 Snack 02:30 Life Skills 03:30 Games on the Patio | 14 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/Lunch 01:00 Gray's Park Hike 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Community Walk to 2 scoop ice cream shoppe | 15 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/Lunch 01:00 Frisbee Golf 02:15 Snack 02:30 Outdoor Games 03:45 Strumm'n & Drumm'n | 16 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 Clubhouse Campfire | 17 |
| | | | 19 Happy Father's Day!  Father's Day Juneteenth | 20 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Drumming 02:00 Snack 02:15 Life Skills 03:00 Celebrating Summer With Ice Cream Floats 5:00 No Program Summer Begins | 21 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 No Program | 22 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Making Homemade Ice Cream 12:00 Lunch Prep/Lunch 01:00 Frisbee Golf 02:15 Snack 02:30 Outdoor Games 03:45 Strumm'n & Drumm'n | 23 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 No Program | 24 |
| | | | 26 09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Cyber Safety 03:30 Mind Teasers 5:00 No Program | 27 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Picnic Lunch 01:00 Boom Whackers 02:00 Snack 02:30 Life Skills 03:30 Games on the Patio | 28 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/Lunch 01:00 Volunteer at SPCC 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Ice cream and Walk around Chestermere Lake | 29 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/Lunch 01:00 Outdoor Basketball 02:15 Snack 02:30 Outdoor Games 03:45 Strumm'n & Drumm'n | 30 Connect Leisure Services 403-324-6786 connectrec.ca | |

Clubhouse Location: 19 Parklane Dr. Strathmore AB