

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2022

Day program
1 Year
Anniversary

							1				
							Day program 1 Year Anniversary				
2	09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Word Puzzles 5:00 Clubhouse BBQ	3	09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Life Skills 02:00 Book Club 03:15 Board Games <small>Yom Kippur Begins</small>	4	09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Grey's Park Hike 12:00 Lunch 01:00 Wood Working 02:15 Mind Teasers 03:15 Journal Me 6:30 Horseraces	5	09:00 Daily News 11:00 Field Trip* Inglewood Bird Sanctuary	6	09:00 Daily News 09:30 Let's Dance 10:30 Musical Games 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:00 Thanksgiving Activity 06:30 No Program	7	8
9	Happy Thanksgiving! No Programs <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small> Sukkot Begins	10	09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Life Skills 02:00 Book Club 03:15 Board Games	11	09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Indigenous People's Day Craft 02:15 Mind Teasers 03:15 Journal Me 6:30 Greenbar Karaoke	12	9:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Fall Walk Around Kinsman Lake 12:00 Lunch 01:00 Wood Working 02:15 Meal Planning 03:15 Drumming 7:00 Pumpkins After Dark	13	09:00 Daily News 10:00 Field Trip* Police Interpretive Centre 06:30 Movie Night	14	15
16	09:00 Daily News 09:30 Yoga and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Word Puzzles 5:00 Strathmore Roadhouse <small>Simchat Torah Begins</small>	17	09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Life Skills 02:00 Book Club 03:15 Board Games	18	09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Wood Working 02:15 Mind Teasers 03:15 Journal Me 6:30 Fall Blender Bevies	19	09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Fall Walk Around Kinsman Lake 12:00 Lunch 01:00 Wood Working 02:15 Meal Planning 03:15 Boom whackers	20	09:00 Daily News 11:00 Filed Trip* Cobb's Adventure Park 06:30 Loco for Cocoa	21	22
23	09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Word Puzzles 5:00 Food From around the world- Sweden <small>Diwali (Hindi)</small>	24	09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Life Skills 02:00 Book Club 03:15 Board Games	25	09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Volunteer at SPCC 03:15 Journal Me 6:30 Card Making	26	09:00 Daily News 10:00 Field Trip* Studio Bell	27	09:00 Daily News 09:30 Let's Dance 10:30 Musical Games 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Name That Tune 06:30 Clubhouse Karaoke	28	29
30	Let's Bowl 1:00	31	<p>Connect Leisure Services connectrec.ca 403-324-6786</p> <p>*Field trips are weather dependent</p>								

Clubhouse Address: 19 Park Lane Dr Strathmore AB