

Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

<p align="center">Connect Leisure Services</p> <p align="center">Connectrec.ca</p> <p align="center">(403) 324-6786 or (403)-901-5676</p>	<p>09:00 Daily News 1 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</p>	<p>09:00 Daily News 2 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Galaxy Jars 02:15 Mind Teasers 03:15 Journal Me 6:30 Cricut craft night</p>	<p>09:00 Daily News 3 09:30 Zumba 10:15 Snack 10:30 Decorate your Own Calendar 12:00 Lunch 01:00 Wood Working 02:15 Friendly Feud 03:15 Get to Know You Activity</p>	<p>09:00 Daily News 4 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 November Trivia 06:30 Movie Night</p>	<p align="center">Stampeders Pizza night 3:30</p>	
<p align="center">6</p>  <p>Daylight Savings Time Ends</p>	<p>09:00 Daily News 7 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 5:30 Build your own burger</p>	<p>09:00 Daily News 8 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 7:00 Parent Night Meeting</p>	<p>09:00 Daily News 9 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 5 Senses Mindfulness 02:15 Mind Teasers 03:15 Journal Me 8:30 Card Making</p>	<p>09:00 Daily News 10 09:30 Zumba 10:15 Snack 10:30 Remeberance Day Activity 12:00 Lunch 01:00 Creating for Market 02:15 Meal Planning 03:15 Riddle Me This</p>	<p align="center">11</p> <p align="center">Remembrance Day</p>  <p align="center">No Programs</p> <p align="center">Veterans Day Remembrance Day (Canada)</p>	<p align="center">12</p>
<p align="center">13</p>	<p>09:00 Daily News 14 09:30 Yoga and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Word Puzzles 5:30 Food from around the world-France</p>	<p>09:00 Daily News 15 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 Go through x-mas Decorations</p>	<p>09:00 Daily News 16 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Green Thumb: Terrariums 02:15 Mind Teasers 03:15 Journal Me 6:30 Loco for Cocoa</p>	<p>09:00 Daily News 17 09:30 Zumba 10:15 Snack 10:30 Fall Mad Libs 12:00 Lunch 01:00 Creating for Market 02:15 Decorate for Christmas</p>	<p>09:00 Daily News 18 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 Prep for Market 06:30 Clubhouse Karaoke</p>	<p align="center">19</p> <p align="center">Clubhouse Christmas Market</p> 
<p align="center">20</p> <p>CFL Grey Cup Party 4:00</p>	<p>09:00 Daily News 21 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 5:30 Supper at Mikes</p>	<p>09:00 Daily News 22 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</p>	<p>09:00 Daily News 23 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Yoga Bingo 02:15 Mind Teasers 03:15 Journal Me 6:30 Horseraces</p>	<p>09:00 Daily News 24 09:30 Zumba 10:15 Snack 10:30 Gratitude Game 12:00 Lunch 01:00 Creating for Market/Ornament Making 03:15 Name That Tune <small>Thanksgiving Day (US)</small></p>	<p>09:00 Daily News 25 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 Hot Cocoa & Games 06:30 Name That Tune</p>	<p align="center">26</p> <p align="center">Flames Pizza Night 4:00</p>
<p>Let's Bowl!</p> <p align="center">27</p>	<p>09:00 Daily News 28 09:30 Yoga and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Word Puzzles 5:30 Crazy for Quesadillas</p>	<p align="center">29</p> <p>10:15 Field Trip</p> <p>Lunchbox Theatre "Home For the Holidays"</p>	<p>09:00 Daily News 30 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 Greenbar Karaoke</p>	<p align="center">November 2022</p>		

Clubhouse Address: 19 Park Lane Dr Strathmore AB