

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2022

Connect Leisure Services
Connectrec.ca

403-324-6786 ~ 403-901-5676

				<p>09:00 Daily News 1 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch 01:00 Winter Walk 02:15 Christmas Gift Making 03:15 Cocoa and Christmas Carols</p>	<p>09:00 Daily News 2 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 Christmas Movie Match 06:30 Movie Night-Elf</p>	3
<p>4 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 No Program</p>	<p>5 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</p>	<p>6 09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Mindful Breathing Techniques 02:15 Mind Teasers 03:15 Journal Me 6:30 No Program</p>	<p>7 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Card Games 12:00 Lunch 01:00 Christmas Gift Making 03:00 Cocoa and Christmas Carols</p>	<p>8 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Card Games 12:00 Lunch 01:00 Christmas Gift Making 03:00 Cocoa and Christmas Carols</p>	<p>9 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 Christmas Kareokee 5:00 Flames and Burgers</p>	<p>10 Clubhouse Christmas Party Family and Friends invited</p>
<p>11 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 Supper at The Station</p>	<p>12 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 TELUS Sparks Sparkle Sparkle</p>	<p>13 09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Gratitude Game 02:15 Mind Teasers 03:15 Journal Me 6:30 Horseraces</p>	<p>14 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Christmas Bingo 12:00 Lunch 01:00 Gingerbread House Making 02:15 Christmas Around The World 03:30 Cocoa & Carols</p>	<p>15 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 Hot Cocoa & Games 06:30 No Program</p>	<p>16 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 Hot Cocoa & Games 06:30 No Program</p>	<p>17 Rosebud theater The Lion, the Witch and the Wardrobe Theatre Evening Performance only Cost- \$55.00.</p>
<p>18 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 Christmas Word Games 5:00 Christmas in Mexico</p>	<p>19 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</p>	<p>20 09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Coping Strategies Bingo 02:15 Christmas Trivia 03:15 Journal Me 8:30 Greenbar Karaoke</p>	<p>21 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Boom Whackers 12:00 Lunch 01:00 Christmas Gift Making 02:15 Meal Planning 03:15 Christmas Name That Tune</p>	<p>22 09:00 Daily News 09:30 Let's Dance 10:30 Reindeer Bait Snack 12:00 Lunch 01:00 Christmas Sock Exchange 02:15 Christmas Movie 03:45 Wrap Up Before The Holidays 06:30 No Program</p>	<p>23 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 New Year's Minute to Win it Games 6:30 New Years Party</p>	24
<p>Hanukkah Begins</p> <p>25</p>  <p>Christmas</p>	<p>26</p> <p>No Program</p>  <p>Boxing Day (Canada) Kwanzaa Begins</p>	<p>27 09:00 Daily News 09:30 Grocery Shopping 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Life Skills 02:00 Book Club 03:15 Board Games 6:30 Flames Night</p>	<p>28 09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 New Year's Resolutions 02:15 Mind Teasers 03:15 Journal Me 6:30 Zoo Lights</p>	<p>29 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Trip to the Green House 12:00 Lunch 01:00 Creative Art 02:00 Holiday Pictionary 03:15 Holiday Karaoke</p>	<p>30 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 New Year's Minute to Win it Games 6:30 New Years Party</p>	<p>31 New Year's Eve</p>