

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday															
<h1>Connect Leisure Services</h1> <p>connectrec.ca 403-901-5676 ~ 403-324-6786</p>			09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Coping Strategy: Safe Place 02:15 Mind Teasers 03:15 Drum for Fun 6:30 Game Night	09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Ground Hog Predictions 12:00 Lunch 01:00 Green Thumb 02:15 Drama Skit 03:30 Journal Me Groundhog Day	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 Jeopardy 06:30 Making Music	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 Burgers and Flames	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	09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Aromatherapy Dough 02:15 Mind Teasers 03:15 Finish the Lyrics 6:30 Loco for Cocoa Valentine gifts	09:00 Daily News 09:30 Zumba 10:15 Snack 12:00 Lunch 01:00 Green Thumb 02:15 Trip to New Orleans 03:30 Journal Me 5:00 Flames Pizza Night	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 Love Song Name That Tune 06:30 Movie Night	09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch – Heart Shaped Pizza's 01:00 Life Skills 02:00 Book Club 03:15 Valentine Friendly Feud Valentine's Day	09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Coping Strategy: Circle of Control 02:15 Mind Teasers 03:15 Karaoke Fun 6:30 Woodworking- Building Birdhouses	09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Poem Writing 12:00 Lunch at Aspen Crossing 03:00 Journal Me and Games	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 Wheel of Fortune 06:30 No Program	19 Pre-game fun at 4:00 Super Bowl kickoff at 4:30	20 Family Day No Programs  Presidents' Day	21 09:00 Daily News 09:15 Grocery Shopping 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch – Pancakes 01:00 Life Skills 02:00 Book Club 03:15 Mardi Gras Games Mardi Gras	22 09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 DIY Rice Bags 02:15 Mind Teasers 03:15 Name that Tune 6:30 Paint Night Ash Wednesday	23 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Group Story Writing 12:00 Lunch 01:00 Trip to Greenhouse 02:15 Physical Games 03:30 Journal Me	24 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 Group Kahoot! 06:30 Clubhouse Karaoke	25
26 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-Goulash from Hungary	27 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	<h1>February 2023</h1>					28														

Clubhouse Address: 19 Park Lane Dr Strathmore