

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2023

						9 Welcome Back/Daily news 9:30 Swimming 11:30 Lunch Prep 12:00 Lunch 1:00 Volunteering at Library 2:00 Design a meal 3:00 Clubhouse Clean 3:15 Clubhouse Karaoke 6:30 Movie Night	1		2		
3	9 Welcome/Daily News 9:30 Get Fit 10:30 Mind Teasers 11:30 Lunch prep/Noodle ball 1:00 Kitchen Clean/groceries 2:00 Healthy habits 3:00 Clubhouse clean 3:15 Table Top Games	4	9 Welcome/Daily News 9:30 Get Fit 10:30 Slow cooker Meal 11:30 Lunch Prep/Bingo 1:00 Green Thumb 2:00 Wii Bowling 3:00 Clubhouse clean 3:15 Book club	5	9 Welcome/Daily News 9:30 Get Fit 10:30 Baking 11:30 Lunch Prep/Trivia 1:00 Community Movie 2:00 Creative Arts 3:00 Clubhouse clean 3:15 Journal Update 6:30 Karaoke at Mikes	6	9 Welcome/Daily News 9:30 Get Fit 10:30 Woodworking 11:30 Lunch Prep/ Short Stories 1:00 Community Movement 2:30 Clubhouse clean 3:15 Musical Games Hanukkah Begins	7	9 Welcome/Daily News 9:30 Swimming 11:30 Lunch Prep 12:00 Lunch 1:00 Volunteering at Library 2:00 Design a meal 3:00 Clubhouse clean 3:15 Clubhouse Karaoke 5:00 Wrangler Game-Calgary	8	9
10	9 Welcome/Daily News 9:30 Get Fit 10:30 Mind Teasers 11:30 Lunch Prep/ Balloon Volleyball 1:00 Kitchen Clean/groceries 2:00 Healthy Habit 3:00 Clubhouse clean 3:15 Table Top Games	11	9 Welcome/Daily News 9:30 Get Fit 10:30 Slow Cooker Meal 11:30 Lunch Prep/Bingo 1:00 Bassano Bowling (weather permitting) 3:00 Clubhouse clean 3:15 Book club	12	9 Welcome/Daily News 9:30 Get Fit 10:30 Baking 11:30 Lunch Prep/ Review 2:00 Creative Arts 3:00 Clubhouse clean 3:15 Journal Update 6:30 Blender Bevvies	13	9 Welcome/Daily News 9:30 Get Fit 10:30 Woodworking 11:30 Lunch Prep/ Short Stories 1:00 Community Movement 2:30 Clubhouse Clean 3:15 Musical Games Flames and Pizza 6:00	14	9 Welcome/Daily News 9:30 Swimming 11:30 Lunch Prep 12:00 Lunch 1:00 Volunteering at Library 2:00 Design a meal 3:00 Clubhouse clean and setup 6-8 Christmas party for Participants and Families	15	16
17	9 Welcome/Daily News 9:30 Get Fit 10:30 Musical Games 11:30 Lunch Prep/ 1:00 Kitchen Clean/groceries 2:00 Healthy Habit 3:00 Clubhouse clean 3:15 Table Top Games 6:30 Supperclub BP	18	9 Welcome/Daily News 9:30 Get Fit 10:30 Slow Cooker Meal 11:30 Mathilda Strathmore High School 1:00 Lunch 2:00 Floor Curling 3:00 Clubhouse clean 3:15 Book club	19	9 Welcome/Daily News Bus Trip to the TELUS Sparks Center (Weather Permitting) 6:30 Karaoke at Mikes	20	9 Welcome/Daily News 9:30 Get Fit 10:30 Woodworking 11:30 Lunch Prep/ Short Stories 1:00 Community Movement 2:30 Clubhouse clean 3:15 Musical Games Winter Begins	21	9 Welcome/Daily News 9:30 Swimming 11:30 Lunch Prep 12:00 Lunch 1:00 Volunteering at Library 2:00 Design a meal 3:00 Clubhouse clean 3:15 Clubhouse Karaoke	22	23
24	Merry Christmas Christmas		Happy Boxing Day Kwanzaa Begins Boxing Day (Canada)		Possibly no program		Possibly no program		Possibly no program		
31	New Year's Eve										