



AgeCare Walden Heights November 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please refer to DAILY LISTS on each FLOORS Recreation Board for any updates or changes</p>		<p>1 9:45/10:45 Word Games 1:45/2:45 Let's Stroll 2:45 Therapeutic V3/V4 3:30 Piano with Marge (link) 6:30 Let's Make Music 6:30 Card Bingo</p>	<p>2 9:45/10:45 Chair Dancing 9:45/10:45 Parachute KIDSU 10:00 Chair Yoga 10:00/2:45 Therapeutic V3 1:45/2:45 Junk Drawer Detectives 1:45 Resident Choice V3 2:30 Coloring with Michelle V1 6:30 Evening Bingo V1 6:30 Bible Study with Linda V1</p>	<p>3 9:45/10:45 Parachute 9:45/10:45 Chair Dancing 10:00 Therapeutic V3/V4 1:45/2:45 Color Me Healthy 1:45/2:45 Shoppers Drug Mart 2:45 Therapeutic V3/V4 3:30 Piano with Marge (link) 6:30 Big Bucks Bingo V1</p>	<p>4 0 Yoga 9:45/10:45 Sing Along KIDSU 10:00/2:45 Therapeutic V4/V3 11:00 Christian Church V1 1:45/2:45 Balloon Volleyball 1:45/2:45 Boccee Ball 1:45 Ladder Ball 1:45 Resident Choice V3 2:45 Bean Bag Toss V4 6:15 TV Series Night-World's War 6:30 Sing Along C3</p>	<p>5 9:45 Qigong 10:00 Morning Bingo 10:45 Qigong 11:00 Piano with Shahana (link) 2:00 Ladies Club 2:00 Arts & Crafts-Remembrance Day</p>
<p>6 9:45 Spiritual Time 10:45 Spiritual Time 1:30 Movie-Winter in Wartime 2:00 Price is Right V1</p>	<p>7 9:45/10:45 Chair Exercise 10:00 Advanced Exercises 1:30 Choir Practice 1:45 Music Therapy V3 1:45/2:45 Trivia Chats 2:00 Library Cart 2:00 Card Making with Pat & Debbie V1 2:15 Music Therapy V4 3:00 Music Therapy C3 6:30 Let's Dance V1</p>	<p>8 9:45/10:45 Word Games 1:45/2:45 Let's Stroll 2:45 Therapeutic V3/V4 2-4 Park Lane Jewellery 3:30 Piano with Marge (link) 6:30 Bowling V1</p>	<p>9 0 Yoga 10:00 Remembrance Day Ceremony 1:45/2:45 Bean Bag Toss 1:45/2:45 Balloon Volleyball C3 1:45 Boccee Ball 1:45/2:45 Resident Choice V3/V4 2:30 Coloring with Michelle V1 2:45 Therapeutic V3 2:45 Ladder Ball V5 6:30 Evening Bowling 6:30 Bible Study with Linda V1</p>	<p>10 9:45/10:45 Parachute 9:45/10:45 Chair Dancing 10:00 Therapeutic V3/V4 1-3 REC TEAM MEETING 2:00 Volunteer Refreshment Cart 6:30 Mini Cash Bingo V1</p>	<p>11 STAT-REMEMBRANCE DAY No Recreation Programs</p>	<p>12 9:45 Qigong 10:00 Morning Bingo 10:45 Qigong 11:00 Piano with Shahana (link) 2:00 Woodworking V1 2:00 Shuffleboard V1</p>
<p>13 9:45 Spiritual Time 10:00 Jesus Christ of Latter Day Saints 10:45 Spiritual Time 1:30 Movie-Old Dogs(Comedy) 2:00 Armchair Travel</p>	<p>14 9:45/10:45 Simply Stretch 10:00 Advanced Exercises 1:30 Choir Practice 1:45 Music Therapy V3 1:45/2:45 Cranium Crunches 2:00 Library Cart 2:15 Music Therapy V4 3:00 Music Therapy C3 6:30 Horseraces V1</p>	<p>15 9:45/10:45 Word Games 1:00 Kirkham Hearing Link 2:00 Welcome/Birthday Party-Entertainment by Jeff Pedora V1 3:30 Piano with Marge (link) 6:30 Southwinds Hymn Sing V1</p>	<p>16 9:45/10:45 Chair Dancing KIDSU 9:45/10:45 Parachute 10:00 Chair Yoga 10:00/2:45 Therapeutic V3 1:45/2:45 Humor Me 1:45 Resident Choice V3 2:30 Coloring with Michelle V1 6:30 Evening Bingo V1 6:30 Bible Study with Linda V1</p>	<p>17 9:45/10:45 Parachute 9:45/10:45 Chair Dancing 10:00 Therapeutic V3/V4 1:45/2:45 Paint to music 1:45/2:45 Starbuck's Walk & Chat 2:45 Therapeutic V3 2:45 Therapeutic V4 3:30 Piano with Marge (link) 6:30 Big Bucks Bingo V1 6:45 Let's Dance with Les C3</p>	<p>18 9:45/10:45 Sing Along 10:00 Chair Yoga C3 10:00/2:45 Therapeutic V4/V3 11:00 Memorial & Church Service V1 12:30-4 Gasoline Alley Heritage Park 1:45/2:45 Ladder Ball C1 1:45/2:45 Bean Bag Toss C3 1:45 Balloon Volleyball 1:45 Resident Choice V3 2:45 Boccee Ball V4 6:15 TV Series Night-Mrs Brown's Boys 6:30 Under 70's Club</p>	<p>19 9:45 Qigong 10:00 Morning Bingo 10:45 Qigong 11:00 Piano with Shahana (link) 2:00 Men's Club 2:00 Arts & Crafts</p>
<p>20 9:45 Spiritual Time 10:45 Spiritual Time 1:30 Movie-1 Week (Romance) 2:00 Movember Craft/Jewel & Kids</p>	<p>21 9:45/10:45 Chair Exercise 10:00 Advanced Exercises 1:30 Choir Practice 1:45 Music Therapy V3 1:45/2:45 Trivia Chats 2:00 Library Cart 2:15 Music Therapy V4 3:00 Music Therapy C3 6:30 Let's Dance V1</p>	<p>22 9:45/10:45 Word Games 1:45/2:45 Let's Stroll 2:45 Therapeutic V3/V4 3:30 Piano with Marge (link) 6:30 Bowling V1</p>	<p>23 9:45/10:45 Sing Along 10:00 Chair Yoga 10:00/2:45 Therapeutic V3 10:45 Sing Along C3 KIDSU 1:45/2:45 Boccee Ball 1:45/2:45 Ladder Ball 1:45 Bean Bag Toss 1:45/2:45 Resident Choice V3/V4 2:30 Coloring with Michelle V1 2:45 Balloon Volleyball V5 6:30 Evening Bingo V1 6:30 Bible Study with Linda V1</p>	<p>24 9:45/10:45 Parachute 9:45/10:45 Chair Dancing 10:00 Therapeutic V3/V4 1:45/2:45 Card Bingo 1:45 Therapeutic V3 1:45/2:45 Save On Foods 2:45 Therapeutic V3/V4 3:30 Piano with Marge (link) 6:30 Mini Cash Bingo V1</p>	<p>25 0 Church Service 9:45 Chair Dancing C2 9:45 Parachute V2 10:00 Chair Yoga C3 1:30-3:30 Walden Christmas Market 6:15 TV Series Night- Mrs Brown's Boys 6:30 Sing Along C3</p>	<p>26 9:45 Qigong 10:00 Morning Bingo 10:45 Qigong 11:00 Piano with Shahana (link) 2:00 Woodworking V1 2:00 African Violet Club V1</p>
<p>27 9:45 Spiritual Time 10:00 Jesus Christ of Latter Day Saints 10:45 Spiritual Time 1:30 Movie-The Body Guard (Action) 2:00 Jeopardy</p>	<p>28 9:45/10:45 Simply Stretch 10:00 Advanced Exercises 1:30 Choir Practice 1:45 Music Therapy V3 1:45/2:45 Quick Craft 2:00 Library Cart 2:15 Music Therapy V4 3:00 Music Therapy C3 6:30 Shuffleboard</p>	<p>29 9-12 Deerfoot Inn & Casino for Breakfast 10:00 Word Games V1 1:45/2:45 Let's Stroll 2:45 Therapeutic V3/V4 3:30 Piano with Marge (link) 6:30 Let's Make Music 6:30 Card Bingo</p>	<p>30 9:45/10:45 Sing Along KIDSU 10:00 Chair Yoga 10:00/2:45 Therapeutic V3 1:30-3:30 3rd floor's Bus Outing 1:45/2:45 Balloon Volleyball 1:45/2:45 Boccee Ball 1:45 Ladder Ball 1:45/2:45 Resident Choice V3/V4 2:30 Coloring with Michelle V1 2:45 Bean Bag Toss V5 6:30 Pathfinder's Visit 6:30 Bible Study with Linda V1</p>	<p>V= Vista Building C= Courts Building Number= Floor Number (Example: C2= Courts second floor)</p>		<p>****All outings are weather permitting and residents attending need to be signed up****</p>