

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021

			<p>9:45 What's up in Recreation & Program Sign up (MS) 1 10:45 Card Bingo (MS) 1:00 – All Staff Meeting 2:00 Individual Connections (AP, MS, M) 3:00 Life's Blessings (AP, M) 3:00 Individual Connections (MS) 6:30 Yahtzee (M, AP)</p>	<p>9:45 Crazy Eight's (MS) 2 10:45 Balloon Bop (MS) 1:00 – MHU Staff Meeting 2:00 Creative Crew: Market Craft (MO) 2:00 Java Music Club (A, S) Fitness Studio 2:30 Whitehorn Movie (AC, M, MS) Pegasus Theatre 6:30 OBIE (AC) 6th Floor</p>	<p>9:45 Coffee @ McDonalds (MO) 3 1:30 Tuck Shop Updates (MHU Staff) 3:00 Balloon Animal Making (MO, M)</p>	<p>9:45 Hollywood Scoop (SK) 4 1:30 Board Game Café (SK, SN, AP, A) Activity Zone 3:30 Individual connections (SK) 6:30 Life's Blessing's (AP, AC) Flex Room</p>
<p>10:30 Java Music Club (A, SN) 5 Fitness Studio 10:45 Cognitive (SK) 2:30 Cooking (SK, AC) E&W Flex Room 6:30 Card Games (AC)</p>	<p>6 Labor Day Rosh Hashanah Begins</p>	<p>9:45 Emotional/Spiritual (MO) 7 10:45 Wii Bowling (MO) 2:30 Fun Bingo (M, AC, SN, A, R) Atrium 3:00 Rounds (MS) 5:00 In-House Dinner (AC, M)</p>	<p>9:45 Cognitive (MS) 8 1:00 – Staff Meeting (SN, AP, A, MS, SK) 2:30 Live Entertainment: Ledfoot Express (MS, AC, SK, M, AP, SN, R, A) Atrium 6:30 Meditation & Chamomile Tea (AC, M) Pegasus Theatre</p>	<p>9:45 Request Hour (MS) 9 10:45 Balloon Bop (MS) 1:00 – MHU Staff Meeting 2:00 Java Music Club (R, S) Fitness Studio 2:30 Whitehorn Movie (M, AP, AC) Pegasus Theatre 3:00 Creative Crew: Market Crafts (MS, MO)</p>	<p>9:45 Individual Connections (MS) 10 10:00 MC College Manicures (S) 10:45 Crazy Eight's (MS) 1:30 Walking Club (MS) 3:00 Sing-A-Long (MS)</p>	<p>9:45 News & Views (MO) 11 10:30 Video Sermon: Catholic (R, R) Pegasus Theatre 1:30 Tai Chi (M) 1:30 Board Game Café (MO, S, R, MA) Activity Zone 3:00 Giant Crosswords (M)</p>
<p>9:45 Two Truths and a Lie (MO) 12 10:30 Java Music Club (MA, R) Fitness Studio 1:30 Basketball (MO, M) 3:00 Individual Connections (M) 6:30 Animal Planet (M)</p> <p>Grandparents Day</p>	<p>9:45 Board Games (MS) 13 10:45 Giant Connect 4 (MS) 11:30 In House Lunch – Seniore's Pizza \$\$ (R, S, MA, A) Atrium Sign-up Required 1:30 Walking Club (M, MS) 3:00 Individual Connections (MS) 6:30 American Bible Challenge (M)</p>	<p>9:45 Coffee Talks (MS, AP) 14 10:45 Nerf Target Practice (MS, AP) 1:00 Rounds (AC) 2:30 Big Bingo \$\$ (MO, MS, AP, A, R) Atrium 3:00 Spin It to Win It (SN)</p>	<p>9:45 Relaxation Room (MO) 15 10:45 Ping Pong (MS) 1:00 – MHU Staff Meeting 2:30 Bus Outing LTC/SL4 \$\$ (M-Driver, A, S) Dollar Store Deerfoot City 1:30 Art Journaling (MO, AP) 3:00 We've Got Chemistry (MO, AP) 6:30 Hollywood Scoop (AP, M)</p> <p>Yom Kippur Begins</p>	<p>9:45 Puzzles (AC, MS) Activity Zone 16 10:45 Chair Fitness (AC) Fitness Studio 2:00 Java Music Club (MA, SN) Fitness Studio 1:30 Individual Connections (AC) 1:30 Painting (AC, AP) Activity Zone 6:30 Name 5 (AP)</p>	<p>9:45 Wii Tennis (MO) 17 9:45 Individual Connections (MS) 10:45 Puzzles (MO) 1:00 – All Staff Meeting 2:00 Creative Crew: Market Crafts (MO, AC) Dining Room</p>	<p>9:45 Foosball (MS) 18 10:30 Video Sermon: Christian (AC, SN) Pegasus Theatre 10:45 Name That Tune (MS) 1:30 Board Game Café (MS, AC, AP, R) Activity Zone 1:30 Little House on the Prairie (M) 3:30 Individual Connections (AP)</p> <p>Oktoberfest Begins</p>
<p>9:45 Puzzles (AC) 19 10:30 Java Music Club (SN, R) Fitness Studio 2:00 Cooking (AC, AP) Flex Room</p>	<p>10:00 Bible Study (MS, R) Reflection Room 20 1:30 Physical (AP) E&W 2:30 Golden Dames (MO, MA, S) Atrium 6:30 Positive News Stories (AP)</p> <p>Sukkot Begins</p>	<p>9:45 Emotional/Spiritual (MO) 21 10:45 Mandala Painting (MO) 2:30 Big Bingo \$\$ (MO-leave early, AC, M, A, MA, R) Atrium 3:00 Rounds (MO) 6:30 Falcon Ridge Family Church Service (MA, R, AC, M) Atrium</p>	<p>1:00 – MHU Staff Meeting 22 2:00 Games in the Park (M, AP, AC) E&W</p> <p>Autumn Begins</p>	<p>9:45 Card Bingo (MS) 23 10:45 Wii Games (MO) 1:30 Java Music Club (MA, R) Fitness Studio 2:30 Prime Timers (MO, AP, M) 2:30 Whitehorn Movie (AC, MS) Pegasus Theatre 6:30 Pub Night (AP, M)</p>	<p>9:45 Physical (MS, SN) 24 10:45 Hangman (MS) 2:00 MHU Bus Outing: Tsuu T'ina Culture Museum (M – Driver, AC, SN) 6:30 Creative Crew: Dried Leaf Postcards (M, AC) Activity Zone</p>	<p>10:30 Video Sermon: Catholic (MO, MS) Pegasus Theatre 25 1:30 Board Game Café (MO, MS SK) Activity Zone 3:30 Individual Connections (SK)</p>
<p>10:30 Java Music Club (MO, S) 26 Fitness Studio 1:30 Yahtzee (MO) 3:00 Life's Blessing's (MO) 6:30 Hollywood Scoop (SK)</p>	<p>9:45 Trivia (MS) 27 10:45 Walking Club (MS) 1:30 Sing-a-Long (MS) 2:30 Volunteer Appreciation (AC, AP, M) 6:30 Individual Connections (M)</p>	<p>9:45 Life Blessing (AC) Flex Room 28 10:45 Floor Curling (MO, AC, AP) E&W east Dining Room 1:00 Rounds (AP) 2:30 High Stakes Bingo \$\$ (MO, AC, AP, M, SN, R) Atrium 6:30 Music Request (M)</p> <p>Simchat Torah Begins</p>	<p>9:45 Hangman (MS) 29 10:00 Armchair Travel: Germany (S, MA, R) Fitness Studio Floors 4,5,6 10:45 Basketball (MS) 1:30 Butterfield (MO, MS, AC, AP, M, SN, S, R, MA) 2:00 – MHU Staff Meeting 6:30 Bible Trivia of Matthew Gospel (M, AP) E&W</p>	<p>10:00 Understanding Aboriginal Identity: Alberta (MA, S, SN) floors 1,2,5 Atrium 30 2:00 Understanding Aboriginal Identity: Alberta (MO, M, AC, R) Floors 3,4,6 Atrium</p>	 <h2>WHITEHORN WEST</h2>	

Questions or concerns? Talk to a recreation team member. Recreation programs and activities are subject to change in some extenuating circumstances. We work our hardest to make sure this does not happen.