



# Heritage HOUSE

## December, 2018

“Christmas is not as much about opening our presents as opening our hearts.” –  
Janice Maeditere

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30 Visits with Jack 8pm Oilers vs Vegas on TV
2 10:30 Shine On Manicures  2:00 Inter-Denominational Church Service with Pastor David	3 10:30 Art Class  1:30 Hockey Pool 2:30 Tabletop Exercise 3:30 Exercises 4:00 iPad Games  6:30pm Oilers vs Dallas on TV	4 10:15 Protestant Communion (LH) 10:30 Today's Topics 10:30 Manicures 11:30 Men's Group 1:30 Reminiscing 1:30 iPad Games 2:00 Fireman's Band (LH) 2:30 Hand Bells 3:30 Exercises	5 10:30 Music with Margie 1:30 Active Games: Bean Bag Toss 2:30 JAVA Music Club 4:00 Exercises 6pm Oilers vs St. Louis on TV 6:00 "Christmas Lights Tour" Bus Trip 6:30 Ariose Women's Choir	6 10:45 St. Thomas Anglican Church  2:00 Bingo (LH)  2:15 Wrap Christmas Raffle Baskets and Gift 3:30 Exercises  7:00 Pub Night (LH)	7 10:30 Exercises 11:15 iPad Games 1:30 BINGO 2:30 Games 4:00 Christmas Trivia 6:30 Family Christmas Party with Gallowglass Family RSVP to Heather @ 780-417-4330 or heather.rozak@capitalcare.net 7pm Oilers vs Minnesota TV	8 10:30 Christmas Baking  1:30 Christmas Craft  2:30 Hot Chocolate Social
9 10:30 The Park Church  7pm Oilers vs Calgary on TV	10 10:30 Today's Topics 11:00 Friendly Visits  1:30 Christmas Craft 2:00 Hockey Pool 2:30 Smoothie Social 3:30 Exercises 4:00 Reminiscing	11 10:30 Today's Topics 10:30 Manicures 11:00 Social  1:30 Christmas Hangman 1:30 "Greenland Gardens Christmas Trees" Bus Trip 2:30 Relaxing Moments 4:00 Exercises  7pm Oilers vs Colorado on TV	12 10:30 Double Diamond Square Dancing 1:30 Strathcona Library Book Mobile 1:45 Christmas Songs & Craft with Holy Spirit 3:00 JAVA Music Club  5:30 Diner's Club "Swiss Chalet" 6:30 Stang Singers	13 10:45 Hymn Sing  2:00 Bingo (LH) 2:15 Christmas Stories 3:15 Harp Relaxation 3:30 Exercises 4:00 Harp Singalong  6pm Oilers vs Winnipeg on TV  7:00 Pub Night (LH)	14 10:30 Exercises 10:30 JAVA Club 11:00 Reminiscing 11:00 Tabletop Exercise  1:30 Azure Drumming 1:30 Christmas Wrapping 3:00 Hockey Pool 4:30 iPad Games 7pm Oilers vs Philadelphia on TV	15 10:30 Wye Strings Perform
16	17	18	19	20	21	22

<p>3:00 St. John's Lutheran Church</p> <p>8pm Oilers vs Vancouver on TV</p>	<p>10:30 Art Class Christmas Cards</p> <p>1:45 Christmas Songs &amp; Stories with Glen Allan Grade 4's</p> <p>3:30 Exercises</p> <p>4:00 Christmas Reminiscing</p>	<p>10:30 Today's Topics</p> <p>10:30 Manicures</p> <p>11:00 Friendly Visits</p> <p>2:00 Hand Bell Concert</p> <p>3:30 Exercises</p> <p>7pm Oilers vs St. Louis on TV</p>	<p>10:00 Reminiscing</p> <p>10:30 Baking</p> <p>11:00 Hockey Pool Precious Moments</p> <p>1:15 Name That Christmas Song</p> <p>2:30 JAVA Music Club</p> <p>4:00 Games</p>	<p>10:45 OLPH Roman Catholic Mass</p> <p>12:15 Staff Christmas Carolling at lunch</p> <p>2:00 Bingo (LH)</p> <p>2:15 Story Building</p> <p>3:15 Harp Relaxation</p> <p>3:30 Exercises</p> <p>4:00 Harp Singalong</p> <p>4:30 Sherwood Park Alliance Gift</p> <p>6:15 Christmas Carols with Glory Lutheran Church</p> <p>7:00 Pub Night (LH)</p>	<p>10:00 Christmas Traditions</p> <p>10:30 Exercises</p> <p>10:30 JAVA Club</p> <p>11:00 Short Stories</p> <p>11:00 Tabletop Exercise</p> <p>1:30 Sing Along</p> <p>1:30 Curling</p> <p>2:30 Games</p> <p>2:30 Friendly Visits</p>	<p>10:30 Baking Gingerbread Cookies</p> <p>1:30 Active Games</p> <p>2:30 Today's Topics</p> <p>3:30 Hot Chocolate Social</p> <p>8pm Oilers vs Tampa Bay on TV</p>
<p>23</p> <p>2:00 Heartland Alliance Church</p>	<p>24</p> <p>10:30 Art Class</p> <p>1:30 Celebrating Christmas with Larry Kiper</p> <p>2:30 Christmas Stories</p> <p>3:30 Exercises</p>	<p>25</p> 	<p>26</p> 	<p>27</p> <p>10:45 United Church</p> <p>2:00 Bingo (LH)</p> <p>2:00 Music with Bobby Austin</p> <p>7:00 Pub Night (LH)</p> <p>7pm Oilers vs Vancouver on TV</p>	<p>28</p> <p>10:30 Exercises</p> <p>11:00 Egnog Social</p> <p>1:30 iPad Games</p> <p>2:30 Making Apple Cider</p> <p>3:30 Fireside Stories</p>	<p>29</p> <p>10:30 Visits with Jack</p> <p>2pm Oilers vs San Jose on TV</p>
<p>30</p> <p>3:00 St. Thomas Anglican Church</p>	<p>31</p> <p>10:30 Resolutions</p> <p>11:00 Trivia</p> <p>1:30 Celebrating the Coming New Year with Jukebox Leigh</p> <p>2:30 Chocolate Fondue</p> <p>3:30 Exercises</p> <p>7pm Oilers vs Winnipeg on TV</p>	<p><b>DECEMBER BIRTHDAYS</b></p> <p>7<sup>th</sup> Mary    8<sup>th</sup> Zigrif</p> <p>9<sup>th</sup> Johanna    12<sup>th</sup> Ronnie</p> <p>25<sup>th</sup> Gloria</p> <p>Key: (LH) = Laurier House</p>		<p>Please be advised that the monthly calendar is subject to last minute changes. If you have any questions, please contact Recreation @ 780-417-4330 or <a href="mailto:heather.rozak@capitalcare.net">heather.rozak@capitalcare.net</a></p> <p>Visit CapitalCare on Facebook</p>	<p><b>ZODIAC</b></p> <p><b>Sagittarius</b></p> <p>November 22 – December 21</p> <p><b>Capricorn</b></p> <p>December 22 – January 19</p>	