




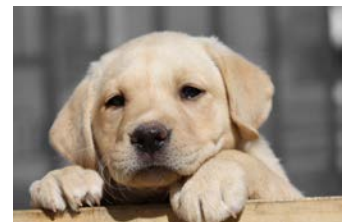
# Heritage HOUSE

## November, 2017

“The longer I live the more beautiful  
 life becomes.”  
 Frank Lloyd Wright

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>NOVEMBER BIRTHDAYS</b> <i>1<sup>st</sup> Kay 8<sup>th</sup> Jack</i> <i>18<sup>th</sup> Stephanie 22<sup>nd</sup> Harvey</i> <i>28<sup>th</sup> Bobbie 30<sup>th</sup> Elsie</i>	<b>1</b> 10:30 Baking Cookies 11:30 Short Stories  <i>1:30 Strathcona Library            Book Mobile</i>  1:30 Active Games 2:30 Trivia Social	<b>2</b> 10:30 St. Thomas Anglican Church  2:00 Bingo (LH) 2:15 Knitting Club 3:15 Harp Relaxation 3:30 Exercises <i>4:15 Drumming Circle            with Bev</i>  7:00 Pub Night (LH)	<b>3</b> 10:30 Earth Trivia 11:30 Social  1:30 Relaxing Moments 1:30 Art Class 2:30 Hockey Pool 3:30 Exercises 4:30 Tabletop Exercise  <i>6:30 Performance with            Classic Studios</i>	<b>4</b>   <i>10:30 Visits with Jack</i>
<b>5</b> <i>Daylight Savings            Fall Back</i>  10:30 Shine On Manicures	<b>6</b> 10:30 Today's Topics  <i>11:00 Wacky Sports with            Holy Spirit Grade 4's</i>  1:30 Social 2:30 Hand Bells  3:30 Exercises	<b>7</b> 10:30 Today's Topics 10:30 Manicures 10:00 Protestant Communion (LH)  1:30 Rosco Visits 1:30 Creative Hands 2:30 Hockey Pool 2:30 Short Stories 3:30 Exercises 4:00 Music Therapy with John 7:00 Ladies Night Fashion Show (LH)	<b>8</b> 10:00 Today's Topics <i>11:00 Music with Margie</i>  1:30 Greenhouse Visits 2:30 Active Games 3:30 Exercises  <i>5:30 Diner's Club            "Wendy's"</i>  6:30 BINGO	<b>9</b> 10:45 Hymn Sing  1:30 Sing Along 2:00 Bingo (LH)  2:15 Baking Cinnamon Buns 3:30 Exercises  7:00 Pub Night (LH)	<b>10</b> 10:30 Exercises  11:00 Remembrance Day Poems/Trivia  2:00 Bingo (LH)  <i>2:00 Remembering            with the ANAVETS</i>	<b>11</b> REMEMBRANCE DAY  <i>Let's We Forget</i>

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  
[heather.rozak@capitalcare.net](mailto:heather.rozak@capitalcare.net)  
 Visit CapitalCare on Facebook

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 11:00 The Park Church	13 <b>STAT HOLIDAY</b> 	14 10:30 Today's Topics 10:30 Tabletop Exercise 11:00 Hand Bells  1:30 National Pickle Day Social <b>1:30 "Tim Horton's and a Drive" Bus Trip</b> 2:30 Relaxing Moments 4:15 Exercises	15 <b>10:30 Foxes &amp; Hounds Ukulele Band</b>  1:30 Active Games 2:30 Short Stories 3:30 Exercises  <i>6:30 Dance with Wolf River</i>	16 10:45 OLPH Roman Catholic Mass 1:30 Friendly Visits 2:00 Bingo (LH) 2:15 Knitting Club 3:15 Harp Relaxation 3:30 Exercises 4:00 Harp Songs  7:00 Pub Night (LH)	17 10:30 Exercises 11:00 Tabletop Exercise 1:30 Art Class  2:30 Hockey Pool  3:30 Short Stories	18  <i>10:30 Visits with Jack</i>
19 10:30 Shine On Manicures  3:00 St. John's Lutheran Church	20 10:30 Resident/Family Council Meeting 11:00 Christmas Decorating  <i>1:45 Christmas Decorating with Glen Allan Grade 4's</i> 2:45 Hand Bells 4:00 Exercises	21 10:30 Christmas Decorating 1:30 Stoli Visits 1:30 Tabletop Exercise <b>2:30 AUPE sponsored Grandparents and Welcome Tea with Country Music Man</b> 4:00 Exercises 4:00 Music Therapy with John	22 10:30 Today's Topics 11:00 Fish Bowl  <b>1:30 Strathcona Library Book Mobile</b>  <b>1:30 Double Diamond Square Dancing</b>	23 10:45 Sherwood Park United Church  1:30 Sing Along 2:00 Bingo (LH) 2:15 Story Building 3:30 Exercises  7:00 Pub Night (LH)	24 10:30 Exercises 11:00 Tabletop Exercise 1:30 Trivia 2:30 Tea Time  3:30 Short Stories	25 10:30 Baking Carrot Cake Muffins  1:30 Today's Topics 2:30 Social  3:30 Card Games
26 2:00 Heartland Alliance Church	27 10:30 Today's Topics 11:00 Hand Bells  <i>1:45 Games Day with Holy Spirit Grade 4's</i>  <b>3:30 Yoga with Courtney</b>	28 10:30 Today's Topics <b>10:30 "To the Mall for David's Tea &amp; Christmas Shopping" Bus Trip</b> 11:00 Manicures  1:30 Travel Club Thailand 2:45 Hot Chocolate Social 2:45 Relaxing Moments 3:30 Exercises	29 <b>10:30 -3:30 Resident/Family Council Sponsored Christmas Craft Sale</b>  10:30 Music with Margie  <b>1:30 Fire pit Sing Along with Santa</b>  2:30 Walkabouts	30 10:45 Glory Lutheran Church  1:30 Sing Along 2:00 Bingo (LH) 2:15 Knitting Club 3:15 Harp Relaxation 3:30 Exercises 4:00 Harp Songs  7:00 Pub Night (LH)	<b>ZODIAC</b> <b>Scorpio</b> October 23- November 21 <b>Sagittarius</b> November 22 – December 21	