


# Heritage HOUSE

## September, 2017

*“Aging is not lost youth, but a new stage of opportunity & strength”*  
*Betty Frieden*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please be advised that the monthly calendar is subject to <u>last minute</u> 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>SEPTEMBER BIRTHDAYS</b></p> <p>8<sup>th</sup> Neil 20<sup>th</sup> Maria &amp; Yvonne            21<sup>st</sup> Frances 26<sup>th</sup> Lena</p> <p>Key: (LH) = Laurier House</p>		<p><b>ZODIAC</b>  <b>Virgo</b>            August 23 – Sept 22  <b>Libra</b>            Sept 23 – October 22</p>	1	2
3	4	5	6	7	8	9
	<p><b>LABOR DAY</b></p> 	<p>10:00 Protestant Communion (LH)            10:30 Today's Topics            10:30 Manicures</p> <p>1:30 Corn Roast            2:45 School Reminiscing            2:45 Gardening            3:30 Exercises</p>	<p>10:30 Baking Pumpkin Spice Krispie Treats</p> <p>11:30 Gardening</p> <p>1:30 Tea Tasting            2:30 Fall Strolls Outside</p>	<p>10:30 St. Thomas Anglican Church            1:30 Gardening            2:00 Bingo (LH)            2:15 Knitting Club            3:15 Harp Sounds            3:30 Exercises            4:00 Harp Relaxation            7:00 Pub Night with Sugartime (LH)</p>	<p>10:30 Fall Crafting            11:30 Gardening            1:30 Relaxing Moments            1:30 Balloon Badminton            2:30 Social            3:30 Exercises            4:30 Show Time            6:30 Dance with Dwayne Cannan</p>	 <p>10:30 Visits with Jack</p>
10	11	12	13	14	15	16
<p><i>Grandparents Day</i></p> <p>2:00 The Park Church</p>	<p>10:30 Today's Topics            11:00 Tabletop Exercise            1:30 Social            2:30 Sing Along            3:30 Exercises</p>	<p>10:30 Today's Topics            10:30 Manicures</p> <p>1:30 Gardening            1:30 Relaxing Moments            2:30 Gardening            2:30 Rosco Visits            3:30 Exercises            4:00 Music Therapy</p>	<p>10:30 Today's Topics            1:30 Active Games: Bocce Ball            2:30 Performance Story Telling            3:30 Exercises            5:30 Diner's Club "Sawmill: Ribs and Potatoes"</p>	<p>10:45 Hymn Sing</p> <p>2:00 Bingo (LH)            2:15 Sing Along            3:30 Exercises            7:00 Pub Night with</p>	<p>10:30 Exercises            11:00 Knitting Group            1:30 iPad Games            2:30 Fall Strolls Outside</p>	<p>10:30 Resident/Family Council sponsored Fall Family Fun &amp; 12:00 Family BBQ Please RSVP to Recreation</p> <p>1:30 Baking Pumpkin Muffins</p>

		with John	6:30 BINGO	Jukebox Leigh (LH)		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 3:00 St. John's Lutheran Church	18 10:30 Today's Topics 11:00 Active Games 1:30 Name That Tune 2:30 Art 3:30 Exercises	19 10:30 Today's Topics 10:30 Tabletop Exercise 11:00 Social 11:00 Relaxing Moments  <b>1:30 Welcome Tea with Larry Kiper</b>  2:45 Creative Hands 3:30 Exercises	20 10:30 Music with Margie  <b>1:30 Strathcona Library Book Mobile</b> 1:30 Manicures 2:30 Active Games: Balloon Basketball <b>3:00 Meal Enhancement Meeting</b> 3:30 Short Stores  6:30 BINGO	21 10:45 OLPH Roman Catholic Mass  1:30 Board Games 2:00 Bingo (LH) 2:15 Knitting Club 3:15 Harp Sing Along 3:30 Exercises 4:00 Relaxation With Bev  7:00 Pub Night with Dwayne Cannon (LH)	22 10:30 Exercises 11:00 Balloon Badminton  1:30 Movie Time – With John Wayne  2:30 Short Stories  3:30 Social	23  <i>10:30 Visits with Jack</i>
24 2:00 Heartland Alliance	25 10:30 Today's Topics 11:00 Pet Visits  1:45 Hand Bells 2:45 Social 2:45 Men's Group  3:30 Exercises	26 10:30 Today's Topics 10:30 Manicures  1:30 Short Stories 1:30 Tabletop Exercise 2:15 Creative Hands – Stained Glass 2:30 Relaxing Moments 3:30 Exercises 4:00 Music Therapy with John	27 10:30 Today's Topics 11:00 Pablo Visits  <b>1:30 Dance with Wolf River</b>  <b>2:30 Performance Story Telling</b>  3:30 Relaxing Moments	28 10:45 Sherwood Park United Church  1:30 Sing Along <b>2:00 Celebration Of Life (LH)</b> 2:15 Story Building 3:30 Exercises  7:00 Pub Night with TBA (LH)	29 10:30 Exercises  11:00 Tabletop Exercise  2:30 Short Stories  3:00 Social	30 10:30 Making Jam  <i>1:30 Music With Valentine</i>  2:30 Todays Topics  3:30 Social