























December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** Please Note ** Calendar is subject to change</p> <p>If you have any questions regarding recreation programs, please call Laurel Hughes (Recreation Therapist) at (780)944-8676</p>				<p>1</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 Bocce Ball </p> <p>2:30 Cards</p>
<p>4</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 Ladder Ball Loops & Threads 2:30 Wheel of Fortune </p>	<p>5</p> <p>10:00 Baking 11:00 Fun and Fitness 11:30 LUNCH 1:00 Balloon Racquetball </p> <p>2:30 Blur</p>	<p>6</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 BINGO </p> <p>2:30 At your Leisure</p>	<p>7</p> <p>10:00 Sale Prep 11:00 Fun and Fitness 11:30 LUNCH 1:00 Rummage Sale 2:30 Name 5 </p>	<p>8</p> <p>10:00 Sale Prep 11:00 Fun and Fitness 11:30 LUNCH 1:00 Rummage Sale 2:30 Cards </p>
<p>11</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 Washer Toss Loops & Threads 2:30 Cards </p>	<p>12</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 Relaxation </p> <p>2:30 Boggle</p>	<p>13</p> <p>10:00 Baking 11:00 Fun and Fitness 11:30 LUNCH 1:00 Bocce Ball </p> <p>2:30 At your Leisure</p>	<p>14 Christmas Party</p> <p>10:00 Christmas Movie 11:00 Fun and Fitness 11:30 LUNCH 1:00 Entertainment Jackson Mackenzie 2:30 Christmas Movie </p>	<p>15 Christmas Party</p> <p>10:00 Christmas Movie 11:00 Fun and Fitness 11:30 LUNCH 1:00 Entertainment Jukebox Leigh 2:30 Christmas Movie </p>
<p>18</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 Horse Racing Loops & Threads 2:30 Cards </p>	<p>19</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 BINGO </p> <p>2:30 Nail Care</p>	<p>20</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 Horse Shoes Nail Care </p> <p>2:30 At your Leisure</p>	<p>21</p> <p>10:00 Baking 11:00 Fun and Fitness 11:30 LUNCH 1:00 Christmas Movie And Popcorn </p> <p>2:30 Christmas Movie</p>	<p>22</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 Norwood School Visit </p> <p>2:30 Christmas Movie</p>
<p>25</p> <p>Program Closed</p> <p>Merry Christmas! </p>	<p>26</p> <p>Program Closed</p> <p></p>	<p>27</p> <p>10:00 Baking 11:00 Fun and Fitness 11:30 LUNCH 1:00 Frisbee Golf </p> <p>2:30 At your Leisure</p>	<p>28</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 BINGO </p> <p>2:30 Card Bingo</p>	<p>29</p> <p>10:00 News and Views 11:00 Fun and Fitness 11:30 LUNCH 1:00 Documentary And Popcorn </p> <p>2:30 Cards</p>



Upcoming Events

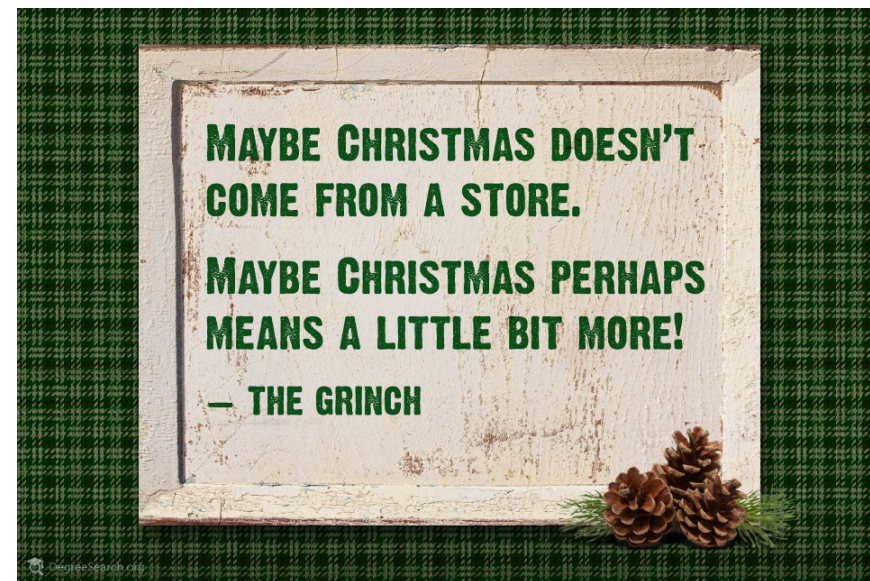
- Wednesday December 6 – Bingo
- Thursday December 7 – Rummage Sale
- Friday December 8 – Rummage Sale
- Tuesday December 12 – Relaxation Group
- Thursday December 14 – Christmas Party with Jackson Mackenzie
- Friday December 15 – Christmas Party with Jukebox Leigh
- Tuesday December 19 – Bingo
- Thursday December 21 – Christmas Movie
- Friday December 22 – Norwood Kindergarten Visit
- Monday December 25 – Program Closed for Christmas
- Tuesday December 26 – Program Closed for Boxing Day
- Thursday December 28 – Bingo
- Friday December 29 – Documentary and Popcorn

Norwood CHOICE will be gathering donations for the Bissell Centre. We will accept new or gently used winter gear for the family and new toiletries.



Birthdays

- John S.
- Gary M.
- Viola S.
- Darrell H.
- Bob R.
- Roly B.
- Bill C.
- Hassen M.
- Graham H.



CHOICE Norwood
10404 111 Avenue, Edmonton, AB, T5G 3A2
Office Phone Number: (780)944-8662
www.capitalcare.net