








OCTOBER

North Horizons 2018 Recreation Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Fun and Fitness 1:30 Curling 3:00 1:1 with Ram 7:00 Ring toss 	2 10:15 SweetGrass Ceremony at Glenrose  2:00 Around the World *GERMANY* (2AMP) 3:00 1:1 with Ram 7:00 Who am I?	3 9:30 Coffee and Good news 1:15 Music Therapy 3:00 1:1 with Ram 7:00 Hangman	4 9:30 Fun and Fitness 2:00 Thanksgiving Tea with "Gallowglass" (Auditorium)  <i>Thankful</i>	5 9:45 Morning Drive 1:30 All about Thanksgiving! 3:00 1:1 with Ram 7:00 Apples to Apples	6 10:30 Roman Catholic Mass (Auditorium) 10:30 Morning One to One's 1:00 Trivia 7:00 Movie Night
7 10:00 Hot Coffee & Horoscopes 1:00 Sing A-Long Karaoke 7:00 Hangman	8 9:30 Hot coffee and Horoscope 1:30 UNO 7:00 Junk Draw Detective 	9 9:30 Fun and Fitness 1:30 Poppy Craft 3:00 1:1 with Ram 7:00 Painting 	10 9:30 1:1 with Ram 1:15 Music Therapy  7:00 Bean Bag toss	11 9:30 Fun and Fitness 1:00 Pet Therapy 1:30 Java Walk  7:00 Horseraces	12 9:30 Interesting facts 1:30 Bingo on 2AMP 3:00 1:1 with Ram 7:00 Junk draw detective	13 10:30 Roman Catholic Mass (Auditorium) 10:30 Morning One to One's 1:00 Painting 7:00 Game Night!
14 10:00 Hot Coffee & Horoscopes 1:00 Crokinole Board Game 7:00 Karaoke	15 9:30 Fun and Fitness 1:30 HASA Performance! (2AMP) 3:00 1:1 with Ram 7:00 Colour Therapy	16 9:30 Coffee and Good News 1:30 Poppy Craft 3:00 1:1 with Ram 7:00 Trivia	17 9:30 Hot coffee and Horoscope 1:15 Music Therapy 3:00 1:1 with Ram 7:00 Who am I?	18 9:30 Breakfast Out trip! 1:00 Pet Therapy 3:00 1:1 with Ram 7:00 Karaoke	19 9:30 YouTube and you 1:30 Unit Birthday Party! 3:00 1:1 with Ram 7:00 Apples to Apples	20 10:30 Roman Catholic Mass (Auditorium) 10:30 Morning One to One's 1:00 Time Slips 7:00 Movie Night


Please be advised that the monthly calendar is subject to last minute changes. If you have any questions, please contact JamieLee (Recreation Therapist)

Ram (Recreation Assistant) @ 780-496-3201 or Jamielee.stone@capitalcare.net

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North Horizons 2018 Recreation Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
<p>10:00 Morning Coffee & Chat</p> <p>1:15 Painting</p> <p>7:00 What am I?</p>	<p>9:30 Fun and Fitness</p> <p>1:30 Poppy Craft</p> <p>3:00 1:1 with Ram</p> <p>7:00 Symmetry drawing</p>	<p>9:30 Coffee and Good News</p> <p>1:30 Trivia</p> <p>3:00 1:1 with Ram</p> <p>7:00 Time Slips</p>	<p>9:30 1:1 with Ram</p> <p>1:15 Music Therapy</p> <p>7:00 Painting</p> 	<p>1:00 Pet Therapy</p> <p>12:30 Lets Dine In!</p>  <p>7:00 Bean Bag toss</p>	<p>9:30 Bocce Ball</p> <p>2:00 Monthly Birthday with "Jukebox Leigh"</p> <p>3:00 1:1 with Ram</p> <p>7:00 Hoops</p>	<p>10:30 Roman Catholic Mass (Auditorium)</p> <p>10:30 Morning One to One's</p> <p>1:00 Balloon Badminton</p> <p>7:00 Card game "8's"</p>
28	29	30	31			
<p>10:00 Morning Coffee & Chat</p> <p>1:15 Board Games</p> <p>7:00 Balloon Badminton</p>	<p>9:30 Fun and Fitness</p> <p>3:00 Halloween Bingo On 1North!</p>  <p>7:00 Sing Along</p>	<p>9:30 Hot coffee and Horoscope</p> <p>3:00 Carving Pumpkins</p>  <p>7:00 Puzzle Games</p>	<p>HALLOWEEN</p> <p>1:15 Music Therapy</p> <p>2:00 Halloween Party!</p> <p>Happy Halloween</p> 		<p>THANKFUL</p> 	

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