










# JANUARY

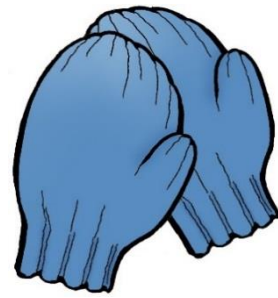
## North Horizons 2019 Recreation Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>9:30</b> Hot Coffee and Horoscope</p> <p><b>1:30</b> Horse racing</p> <p><b>3:00</b> <i>At Your Leisure!</i></p> <p><b>7:00</b> Mini Manicures</p>	<p><b>9:30</b> Fun and Fitness</p> <p><b>1:15</b> Music Therapy</p>  <p><b>3:00</b> Welcome January!! "Thinking and Memory"</p> <p><b>7:00</b> Junk Drawer Detective</p>	<p><b>9:30</b> Morning Coffee &amp; Chat</p> <p><b>1:00</b> Pet Therapy</p> <p><b>3:00</b> <i>At Your Leisure!</i></p> <p><b>7:00</b> Symmetry drawing</p>	<p><b>9:30</b> Fun and Fitness</p> <p><b>1:30</b> Bean Bag toss</p> <p><b>3:00</b> YouTube and You</p> <p><b>7:00</b> Horseraces</p> 	<p><b>10:30</b> Roman Catholic Mass (Auditorium)</p> <p><b>10:30</b> Morning One to One's</p> <p><b>7:00</b> Hangman</p>
<p><b>10:00</b> Hot Coffee &amp; Horoscopes</p> <p><b>1:00</b> Sing A-Long Karaoke</p> <p><b>6:30</b> Movie Night</p>	<p><b>9:30</b> Morning Drive</p>  <p><b>1:30</b> Wii game - sports</p> <p><b>3:00</b> One on One with Ram</p> <p><b>7:00</b> Color Therapy</p>	<p><b>10:30</b> Sweet Grass Ceremony at Glenrose</p>  <p>Christmas Decorations Take Down!! (Auditorium)</p> <p><b>7:00</b> Mini Manicures</p>	<p>Christmas Decorations Take Down!! (Auditorium)</p> <p><b>1:15</b> Music Therapy</p> <p><b>7:00</b> Mad Libs</p> <p><i>No Recreation Staff Today!</i></p>	<p><b>9:30</b> Unit Take Christmas Take Down!</p> <p><b>1:00</b> Pet Therapy</p> <p><b>3:00</b> <i>At Your Leisure!</i></p> <p><b>7:00</b> Balloon Badminton</p>	<p><b>9:30</b> Fun and Fitness</p> <p><b>2:00</b> Monthly Birthday Party With Jackson Mackenzie! (2AMP)</p> <p><b>7:00</b> Word Search!</p>	<p><b>10:30</b> Roman Catholic Mass (Auditorium)</p> <p><b>10:30</b> Morning One to One's</p> <p><b>7:00</b> Game Night!</p>
<p><b>10:00</b> Morning Coffee &amp; Chat</p> <p><b>1:15</b> What am I?</p> <p><b>6:30</b> Movie Night</p>	<p><b>9:30</b> Fun and Fitness</p> <p><b>1:30</b> Around the World (Auditorium)</p> <p><b>3:00</b> One on One with Ram</p> <p><b>7:00</b> Who am I?</p>	<p><b>9:30</b> Hot Coffee and Horoscope</p>  <p><b>1:30</b> Board Games</p> <p><b>3:00</b> <i>At Your Leisure!</i></p> <p><b>7:00</b> Trivia</p>	<p><b>9:30</b> Morning Coffee &amp; Chat</p> <p><b>1:15</b> Music Therapy</p>  <p><b>7:00</b> Color Therapy</p>	<p><b>9:30</b> Fun and Fitness</p> <p><b>1:30</b> Curling</p>  <p><b>3:00</b> <i>At Your Leisure!</i></p> <p><b>7:00</b> Washer toss</p>	<p><b>9:30</b> Interesting Facts</p> <p><b>1:30</b> Unit Bingo</p> <p><b>3:00</b> One on One with Ram</p> <p><b>7:00</b> What am I?</p>	<p><b>10:30</b> Roman Catholic Mass (Auditorium)</p> <p><b>10:30</b> Morning One to One's</p> <p><b>7:00</b> Karaoke</p>

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

**\*\*Calendar subject to change without notice\*\***



# JANUARY

## North Horizons 2019 Recreation Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
<p><u>10:00</u> Morning Coffee &amp; Chat</p> <p><u>1:15</u> Board Games</p> <p><u>6:30</u> Movie Night</p>	<p><u>9:30</u> Fun and Fitness</p> <p><u>1:30</u> Who am I?</p> <p><u>3:00</u> One on One with Ram</p> <p><u>7:00</u> Word Search!</p>	<p><u>9:30</u> Morning Coffee &amp; Chat</p> <p><u>1:30</u> Card Games</p> <p><u>3:00</u> At Your Leisure!</p> <p><u>7:00</u> Colorful bottle toss</p>	<p><u>12:00</u> Lunch Club</p> <p><u>1:15</u> Music Therapy</p>  <p><u>7:00</u> Color Therapy</p>	<p><u>9:30</u> Fun and Fitness</p> <p><u>1:30</u> Ring Toss</p> <p><u>3:00</u> At Your Leisure!</p> <p><u>7:00</u> Bean Bag toss</p>	<p><u>9:30</u> Hot Coffee and Horoscope</p> <p><u>2:00</u> Bingo on 2AMP</p>  <p><u>7:00</u> Who am I?</p>	<p><u>10:30</u> Roman Catholic Mass (Auditorium)</p> <p><u>10:30</u> Morning One to One's</p> <p><u>7:00</u> Card game "8's"</p>
27	28	29	30	31		
<p><u>10:00</u> Hot Coffee &amp; Horoscopes</p> <p><u>1:00</u> Crokinole Board Game</p> <p><u>6:30</u> Movie Night</p>	<p><u>9:30</u> Fun and Fitness</p> <p><u>1:30</u> Java walk to the Royal Alex</p>  <p><u>7:00</u> Board Game</p>	<p><u>9:30</u> Hot Coffee and Horoscope</p> <p><u>3:00</u> At Your Leisure!</p> <p><u>7:00</u> Crazy 8s</p>	<p><u>9:30</u> Balloon Badminton</p> <p><u>1:15</u> Music Therapy</p>  <p><u>3:00</u> UNO</p> <p><u>7:00</u> Painting</p>	<p><u>9:30</u> Fun and Fitness</p> <p><u>1:30</u> Trivia</p> <p><u>3:00</u> At Your Leisure!</p> <p><u>7:00</u> Mini Manicures</p>		<p><b>**Calendar subject to change without notice**</b></p> <p>Please refer to the activity board for daily program information! Any changes will be noted on the activity board! Thank-You!!</p>

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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