









1st Floor Calendar  
**OCTOBER 2018**

**Recreation Phone Numbers:**  
**Therapist: Shauna 780-442-5734 or 5785**  
**Therapy Assistants: Kristy: 5790 and Wendy: 5788**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	1 10:15 – Balloon Badminton 11:15 – Helping Hands  1:15 – Manicures 2:45 – Discussion - World Series, 10 Greatest moments	2 9:00 – Eggs on the Grill <i>Fraser</i> 11:00 - Hymn Sing & Reflection  1:15 - Neurogym walking 1 to 1 2:45 – Mind & Body exercises	3 10:15 – Let's Get Movin' 11:00 – Hymn Sing <i>LR</i> 1:15 – Out & About 2:45 – Stories & Jukes <i>TH</i> 3:45 - Songs with John 4:30 – Outing Spruce Grove Legion	4 10:15 - Beanbag Toss 11:00 –Interfaith Anglican Communion Service <i>Great Room</i>  1:15 – Helping Hands 2:30 - Pumpkin Pie Social <i>Columbia House</i>  6:15 – Group Crossword	5 10:00 – Music with Daycare <i>LR</i> 11:00 – Shuffleboard  1:30 – Kipnes Choir <i>Great Room</i> 3:00 – Catholic Mass <i>Great Room</i> 3:30 – Music Request & Social Hour <i>Living Room</i> 6:15 – Creative Art	6 10:15 – Let's Get Movin' 11:15 – Word Games  1:15 - Out & About 2:45 -Music Bingo
7 	8 <b>HAPPY THANKSGIVING</b> 	9 9:00 – Eggs on the Grill <i>Columbia</i> 11:00 -Hymn Sing & Reflection  1:15 – Neurogym walking 1 to 1 2:45 – Group Yahtzee	10 10:15 – Let's Get Movin' 11:00 – Hymn Sing <i>LR</i>  1:30 – Curling Bonspiel <i>Great Room</i> <i>*please sign up if you are interested in participating</i> 3:45 – Songs with John	11 10:15 – Balloon Badminton 11:15 – Bunny Visits  1:15 – Out & About 2:45 – Bocce Ball  6:15 – Reminiscing	12 10:00 – Music with Daycare <i>LR</i> 10:15 – Sensory Visits 1:15 – Duck Shoot <i>Thompson</i> 1:30 –Kipnes Choir <i>2nd floor Athabasca</i> 3:00 – Catholic Mass <i>1st floor Living Room</i> 6:15 – Grateful to families Pub Night featuring Terry Jordan	13 10:15 – Drumming 11:30 – Household Chores  2:30 - Bowling
14 	15 10:15 – Balloon Badminton 11:15 – Sing-a-long 1:15 – Out & About 2:30 – Baking <i>NL</i> <b>*Resident/Family Council Nomination Application Deadline</b>	16 9:00 – Eggs on the Grill <i>Nelson</i> 11:00 -Hymn Sing & Reflection <i>LR</i>  2:45 – Ladder Ball	17 10:15 – Let's Get Movin' 11:00 – Hymn Sing <i>LR</i>  2:15 – Comedy Cares <i>Great Room</i> 3:45 – Songs with John	18 1:15 – Helping Hands 2:30 – Happy Hour featuring "Wayne O" 6:15 – Cards and Games	19 10:00 – Music with Daycare <i>LR</i> 1:30 – Kipnes Choir <i>Great Room</i> 2:45 – Duck Shoot 3:00 – Catholic Mass <i>Great Room</i> 4:30 – Kingsway Legion Outing	20 2:30 Musical Performance by Capital City Big Band <i>Great Room</i>
21 	22 10:15 – Balloon Badminton 11:00 – Household Chores  1:15 – Out and About 2:30 – Bingo <i>Great Room</i>	23 9:00 – Eggs on the Grill <i>Thompson</i> 11:00 -Hymn Sing & Reflection <i>LR</i>  1:15 – Neurogym walking 1 to 1 2:30 – Ring Toss <b>3:30 – Resident/Family Council Voting &amp; Meeting</b> <i>Great Room</i>	24 10:15 – Let's Get Movin' 11:00 – Hymn Sing <i>LR</i> 11:45 – Crown and Anchor Lunch Outing *by sign up 2:45 – Curling 3:45 – Songs with John	25 <b>Vendor Fair 10-4pm</b> 10:15 – Trivia 11:15 – Out & About  1:15 – Neurogym walking 1 to 1 3:00 – Music & exercise 6:15 - Shuffleboard	26 9:45 – City Drive 10:00 – Music with Daycare <i>LR</i>  1:30 – Kipnes Choir <i>Great Room</i> 2:30 – Bean Bag Toss 3:00 – Catholic Mass <i>Great Room</i> 6:15 – Creative Story Telling	27 10:15 – Stretch & Move 11:15 – Discussion Group 1:15 –Junkdrawer detective 2:45 – Active game
28 	29 10:15 – Mind & body Exercises  2:45 – Creative Art	30 9:00 – Eggs on the Grill <i>Fraser</i> 11:00 -Hymn Sing & Reflection <i>LR</i>  2:30 – Celebrating October Birthday's with Gallowglass Sponsored by the Kingsway Legion Ladies' Auxiliary <i>Great Room</i>	31 <b>Happy Halloween!!!</b> 10:15 – Daycare Trick or Treating! <i>Living Room</i>  2:15 – Halloween Festivities <i>Great Room</i> 3:45 – Songs with John	<b>Bistro open Tuesday, Wednesday &amp; Thursday this month!</b>  <b>Sunday, November 11 -Remembrance Day Service and Social more details to be announced</b>  Calendar subject to last minute changes; please refer to the white board in the living room for the most up to date information		