

2nd Floor Calendar January 2019

Recreation Phone Numbers:

Therapist: Shauna 780-442-5734 or 5785 or shauna.kessler@capitalcare.net

Therapy Assistants: Kristy:5790 Wendy:5788 Ethel:5789

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		JANUARY 1ST, 2019 HAPPY NEW YEAR!! All the best to you and yours in 2019!	2 10:30 – New Year’s Discussion <i>Sask</i> <i>*Exercises moved to 3pm</i> 1:30 – Bell Choir <i>Pembina</i> 3:00 – Exercises <i>Athabasca</i> <i>*note time change for exercises</i>	3 10:30 – Trivia Time <i>Atha</i> 1:15 – Bistro coffee walk** <i>*New Program</i> 3:00 – Bean Bag Toss <i>Pembina</i>	4 JAVA Program (by invite) 1:30 – Recorder Choir <i>*New program Great Room</i> 3:00 – Catholic Mass <i>Great Rm</i> 3:30 – Music Request & Social Hour <i>Saskatchewan</i>	5
6	7 10:15 – Who am I, What am I? <i>Athabasca</i> 1 to 1 Leisure Helping Hands 3:00 – “Coffee Break” <i>**New Program</i> <i>Saskatchewan</i>	8 9:00 Eggs on the Grill <i>McKenzie</i> 10:15 – Drumming Group <i>McKenzie</i> 11:00 – Reflection with Hymns <i>Great Room</i> 2:15 – Curling <i>Athabasca</i> JAVA Program 3:30 – Resident Family Council <i>Saskatchewan</i>	9 9:00 Eggs on the Grill <i>Athabasca</i> 10:45 – Large Dice Yahtzee <i>McKenzie</i> 1:30 – Bell Choir <i>Pembina</i> 3:00 - Exercises <i>Athabasca</i>	10 9:00 Eggs on the Grill <i>Pembina</i> 10:30 – EPL Library Presentation <i>Pembina</i> 1:15 – Bistro coffee walk 2:45 – Welcome Social <i>Saskatchewan</i>	11 9:00 Eggs on the Grill <i>Sask</i> JAVA Program 10:45 - News Discussion <i>Pembina</i> 1:30 – Recorder Choir <i>*New program Great Room</i> Small Group program 1 to 1 Leisure 3:00 – Catholic Mass <i>Great Rm</i> 3:30 –Music with the Daycare <i>Atha</i> 6:00 – Paint Night <i>*Must sign up; limited space</i>	12 10:15 Cranium Crunches <i>Pembina</i> 1 to 1 Leisure 2:30 Bowling <i>Athabasca</i>
13	14 10:15 – You be the Judge <i>Sask</i> 1 to 1 Leisure Helping Hands 3:00 – “Coffee Break” <i>*New program</i> <i>McKenzie</i>	15 9:00 Eggs on the Grill <i>McKenzie</i> 10:15 – Drumming Group <i>McKenzie</i> 11:00 – Reflection with Hymns <i>Great Room</i> 1:30 – Recreation Curling in the Great Room <i>*sign up to play on a team!!!</i> 3:00 – Creative Art <i>Athabasca</i> JAVA Program	16 9:00 Eggs on the Grill <i>Athabasca</i> 10:45 – Word Games <i>Sask</i> 1:30 – Bell Choir <i>Pembina</i> 2:30 – Recreation Curling in the Great Room <i>*sign up to play on a team!!!</i> 3:00 - Exercises <i>Athabasca</i>	17 9:00 Eggs on the Grill <i>Pembina</i> 10:45 – All about Bubbles! <i>Athabasca</i> 1 to 1 Leisure Helping Hands 2:30 – Happy Hour with the Wildrose Fiddlers <i>Great Room</i>	18 9:00 Eggs on the Grill <i>Sask</i> JAVA Program 10:45 - News Discussion <i>Pembina</i> 1:30 – Recorder Choir <i>*New program Great Room</i> Small Group program 1 to 1 Leisure 3:00 – Catholic Mass <i>Great Rm</i> 3:30 –Music with the Daycare <i>Pembina</i>	19 2:00 Robbie Burns Celebration <i>Great Room</i>

Christmas Undecorating

**2nd Floor Calendar
January 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21 10:15 – Bean Bag Toss <i>Pembina</i> 1 to 1 Leisure Helping Hands 3:00 – “Coffee Break” *New program <i>Athabasca</i>	22 10:15 – Drumming Group <i>McKenzie</i> 11:00 – Reflection with Hymns <i>Great Room</i> Small Group program 1 to 1 Leisure 2:30 – Bowling <i>Atha</i> JAVA Program	23 10:30 – Word Games <i>Sask</i> 1:30 – Bell Choir <i>Pembina</i> 1 to 1 Leisure 3:00 - Exercises <i>Athabasca</i>	24 10:30 – Group Crossword <i>McKenzie</i> 1:15 – Bistro coffee walk 2:30 – Bingo <i>Great Room</i>	25 JAVA Program 10:45 –Norwood Legion Lunch Outing 1 to 1 Leisure 1:30 – Recorder Choir *New program <i>Great Room</i> 2:45 – Balloon Badminton <i>Pembina</i> 3:00 – Catholic Mass <i>Great Rm</i>	26
27	28 10:15 – Hobbies Trivia <i>Athabasca</i> 1 to 1 Leisure Helping Hands 3:00 – “Coffee Break” *New program <i>Pembina</i>	29 9:00 Eggs on the Grill <i>McKenzie</i> 10:15 – Drumming Group <i>McKenzie</i> 11:00 – Reflection with Hymns <i>Great Room</i> <u>2:30</u> – Celebrating January Birthday’s Sponsored by the Kingsway Legion Ladies’ Auxiliary <i>Great Room</i>	30 9:00 Eggs on the Grill <i>Athabasca</i> 10:45 – Discussion Group <i>Sask</i> 2:30pm – Memorial Service (September 1 st to December 31) <i>Great Room</i>	31 9:00 Eggs on the Grill <i>Pembina</i> 11:00 – Out trip to the Airport Mall *Must RSVP 1:15 – Bistro coffee walk 3:00 – Creating a Story <i>Sask</i>	<p>Save the date & get your tickets!</p> <p>“Love is in the Air” Friday, February 8, 2019</p> <p>See reception for further details</p>	

- **Coffee Break (Monday afternoon) – join us in the indicated house for an afternoon break, with beverages and a small snack. Enjoy learning the history of the day and other news at our fingertips.**
- **Programs with no times or locations are for select residents (ex: JAVA program, Small Group programs, 1 to 1 Leisure opportunities). Please talk to Shauna, Recreation Therapist, for more information**
- **Exercises – has moved from the morning to 3:00pm, still on Wednesday’s!**
- **Bistro coffee walk – let’s gather in the Great room while enjoying a coffee from the Bistro (run by volunteers) on the main floor**
- **Recorder Choir – join this program, received your own Recorder and learn from Music Therapist, John!**