

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|--|--|--|---|---|---|-----------|
| <b>Legend</b><br>All programs will be held on the Unit at this time. |  | <b>1</b><br>10:00 Walking Club<br>10:30 Church Service<br>1:30 Arts & Crafts<br>3:00 Movie Matinee | <b>2</b><br>10:30 Strength Training<br>11:00 News & Views<br>1:30 Mind Benders<br>2:30 Bingo<br>3:30 Garden Strolls | <b>3</b><br>10:30 Walking Club<br>11:00 Walk to the Lake<br>1:30 Sensory Stimulation<br>3:30 Friendly Visits  | <b>4</b><br>10:30 Exercise<br>11:00 Group Discussions<br>1:30 Manicure<br>2:30 Ice Cream Cart<br>3:00 Garden Strolls              | <b>5</b>  |
| <b>6</b>   | <b>7</b><br>10:30 Exercise<br>11:00 News & Views<br>1:30 Trivia<br>2:30 Music Appreciation<br>3:00 Friendly Visits | <b>8</b><br>10:00 Walking Club<br>10:30 Church Service<br>1:30 Arts & Crafts<br>3:00 Documentaries | <b>9</b><br>10:30 Strength Training<br>11:00 News & Views<br>1:30 Outing: Country Drive<br>3:00 Friendly Visits     | <b>10</b><br>10:30 Walking Club<br>11:00 Walk to the Lake<br>1:30 Sensory Stimulation<br>3:30 Friendly Visits | <b>11</b><br>10:30 Exercise<br>11:00 News & Views<br>1:30 Snack: Fruity Shakes<br>2:30 Music Appreciation<br>3:00 Friendly Visits | <b>12</b> |



Celebrate Senior's Week in Alberta - June 7 to 13, 2021



| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|---|--|--|---|--|---|-----------|
| <b>13</b>   | <b>14</b>  | <b>15</b>  | <b>16</b>   | <b>17</b>  | <b>18</b>   | <b>19</b> |
|   | 10:30 Exercise<br>11:00 News & Views<br>1:30 Trivia<br>2:30 Sing Along<br>3:00 Friendly Visits         | 10:00 Walking Club<br>10:30 Church Service<br>11:30 Invite Only Lunch Club<br>1:30 Arts & Crafts<br>3:00 Movie Matinee | 10:30 Strength Training<br>11:00 News & Views<br>1:30 Trivia<br>3:00 Social Butterflies                             | 10:30 Walking Club<br>11:00 Walk to the Lake<br>1:30 Sensory Stimulation<br>3:30 Friendly Visits | 10:30 Exercise<br>11:00 Group Discussions<br>1:30 Father's Day Cheers<br>3:00 Friendly Visits                 |           |
| <b>20</b>   | <b>21</b>  | <b>22</b>  | <b>23</b>   | <b>24</b>  | <b>25</b>   | <b>26</b> |
| <i>Father's Day</i><br> | 10:30 Exercise<br>11:00 News & Views<br>1:30 Trivia<br>2:30 Music Appreciation<br>3:00 Friendly Visits | 10:00 Walking Club<br>10:30 Church Service<br>1:30 Arts & Crafts<br>3:00 Movie Matinee                                 | 10:30 Strength Training<br>11:00 News & Views<br>1:30 Word Games<br>2:30 Music Appreciation<br>3:00 Friendly Visits | 10:30 Walking Club<br>11:00 Walk to the Lake<br>1:30 Sensory Stimulation<br>3:30 Friendly Visits | 10:30 Exercise<br>11:00 News & Views<br>1:30 Trivia<br>2:30 Snack: Chocolate Brownies<br>3:00 Friendly Visits |           |
| <b>27</b>   | <b>28</b>  | <b>29</b>  | <b>30</b>   |             |   |           |
|   | 10:30 Exercise<br>11:00 News & Views<br>1:30 Trivia<br>2:30 Sing Along<br>3:00 Friendly Visits         | 10:00 Walking Club<br>10:30 Church Service<br>1:30 Arts & Crafts<br>3:00 Armchair Travel                               | 10:30 Strength Training<br>11:00 News & Views<br>1:30 Canada Day Trivia<br>3:00 Garden Stroll                       |  |   |           |