


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 11:00 Mass 3:30 Prayer and Praise	2 9:45 Move it Monday - PR 10:15 Rosary 10:30 Move it Monday - PK 2:30 To be announced	3 9:30 Trivia Tuesday-PR 10:30 Trivia Tuesday -PK 3:00 Bingo - PK	4 9:45 Weights on Wed - PR 10:30 Weights on Wed -PK 11:00 Mass 2:30 Family Feud - PR	5 9:45 Exercises - PR 10:30 Exercises - PK 2:30 Show & Tell - PK	6 9:45 Fitness Friday - PR 10:30 Fitness Friday - PK 11:00 Mass 1:30 Outing	7 9:45 Tea & Talk - PR 10:45 Tea & Talk - PK 1:30 Saturday Afternoon @ the movies - PR 2:45 Saturday Afternoon @ the movies - PK	
8 11:00 Mass	9 9:45 Mental Aerobics - PR 10:15 Rosary 10:30 Mental Aerobics - PK 2:00 Garden Visits 3:30 Prayer & Praise	10 9:30 Stretch & Relaxation - PR 10:30 Stretch & Relaxation -PK 1:30 Spa hour - PR 3:00 Bingo - PK	11 9:45 Weights on Wed -PR 10:30 Weights on Wed -PK 11:00 Mass 1:30 Yesterdays - PR 2:30 Saskatchewan Stories - PK	12 10:30 Harp - GR 11:30 Lunch Bunch - Prairie Residents 2:30 Karaoke -PR	13 10:00 Drumming Circle - PB 11:00 Mass 1:30 Outing	14 9:45 Tea & Talk - PR 10:45 Tea & Talk - PK 2:30 Arm chair travel- <u>Alfrenz's</u> trip - PK	
15 11:00 Mass	16 9:45 Move it Mon - PR 10:15 Rosary 10:30 Move it Mon -PK 2:00 Spa Hour - Park Residents 2:30 Spiritual Con—GR 3:30 Prayer & Praise	17 9:45 Stretch & Relaxation - PR 10:30 Stretch & Relaxation - PK 2:00 St. Martin's United Church - GR 3:00 Bingo - PK	18 9:45 Weights on Wed - PR 10:30 Weights on Wed -PK 11:00 Mass 11:30 Lunch Bunch - Park Residents 2:30 Bowling - PR	19 10:30 Hymn Sing with Don - PK 2:00 Carnival with <u>St. Kateri</u> School - PR	20 9:45 Fitness Friday - PR 10:30 Fitness Friday - PK 11:00 Mass 1:30 Outing	21 9:45 Coffee & News - PR 10:45 Coffee & News - PK 1:30 Leaf Stamp Art - PR 2:45 Leaf Stamp Art - PK	
22 11:00 Mass	23 9:30 Garden Visits 10:30 Mental Aerobics - PK 10:15 Rosary 2:30 Spiritual Con—GR 3:30 Prayer & Praise	24 9:00 Exercises - PR 10:30 Exercises - PK 1:30 Individual visits 3:00 Bingo - PK	25 9:45 Weights on Wed - PR 10:30 Weights on Wed -PK 11:00 Mass 2:30 Mulled Cider making - RB	26 10:30 Harp 2:30 Birthday Party with Doug Mitchel - PK	27 9:45 Fitness Friday - PR 10:30 Fitness Friday - PK 11:00 Mass 1:30 Music with Lisa PR	28 9:45 Coffee & Reminiscence - PR 10:30 Coffee & Reminiscence - PK 2:30 Show & Tell - RB	
29 11:00 Mass 3:30 Prayer & Praise - PK	30 9:45 Move it Monday - PR 10:15 Rosary 10:30 Move it Monday - PK 2:30 Music with <u>Elizabeth</u> - PR						PR= Prairie PK= Park RB= Riverbank PB= Pub GR= Great Room
						Please check boards for updates on programs	