

Sunday

Monday

Tuesday

Wednesday

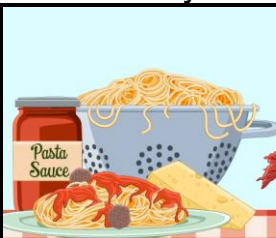
Thursday

Friday

Saturday

October 2021

Clarice Mackey-Recreation Supervisor & Amy Gannon-CTRS Recreation Therapist



3




2:00-Weekend Packets

4

9:45-Exercise w/Amy 2nd fl
10:00-Exercise w/Clarice 3rd fl
10:30-Zoom w/Clarice 3rd fl
10:30-Exercise w/Amy 1st fl
12:00-1on1 w/Clarice & Amy
2:00-Jeopardy Game with Clarice & Amy-1st fl. Rec.rm

5

8:00-Mani w/Clarice 1st
10:30-What Would You Do with Amy-1st fl
2:00-Zoom w/Clarice 1st fl.
5:00-Take Out with Clarice (Chinese) 

6

9:45-Exercise w/Amy 2nd fl
10:00-Exercise w/Clarice 3rd fl
10:30-Zoom w/Clarice 3rd fl
10:30-Exercise w/Amy 1st fl
11:30-Zoom w/Amy 1st fl
12:00-Nature Walk /Clarice
1:00-Nature Walk w/Amy
2:30-Zoom w/Clarice 3rd fl.

7

10:30-Communion with Deacon Steve-1st fl. Rec.rm.
11:30-Who Am I? Clarice 3rd fl
11:30-Who Am I? Amy 2nd fl
12:00-Who Am I? Clarice 1st fl.
2:00
BINGO 1st fl. Rec Rm with Clarice & Amy

8

10:00-FaceTime-Clarice 3rd
10:30-Craft w/Clarice & Amy 1st fl. Rec. rm.
11:30-Scrabble w/Ron & Clarice-1st fl.
12:00-Nature Walk w/Amy 2:00
Happy Hour 1st fl. Rec.rm.



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2:00-Weekend Packets

11

9:45-Exercise w/Amy 2nd fl
10:00-Exercise w/Clarice 3rd fl
10:30-Zoom w/Clarice 3rd fl
10:30-Exercise w/Amy 1st fl
2:00-The Price Is Right Game with Clarice
2:00-Zoom w/Amy 2nd fl Indigenous Peoples' Day Thanksgiving (Canada)

12

8:00-Flavored Coffee-Amy
9:30-Flavored Coffee-Amy
10:30-Name That Tune-1st fl rec.rm w/Clarice & Amy
2:00-Zoom w/Clarice 1st fl.
5:00-Take Out with Clarice (Pizza) 

13

9:45-Exercise w/Amy 2nd fl
10:00-Exercise w/Clarice 3rd fl
10:30-Zoom w/Clarice 3rd fl
10:30-Exercise w/Amy 1st fl
11:30-Zoom w/Amy 1st fl
12:00-Nature Walk /Clarice
1:00-Nature Walk w/Amy
2:30-Zoom w/Clarice 3rd fl.

14

10:30-Communion with Deacon Steve-1st fl. Rec.rm.
11:30-Who Am I? Clarice 3rd fl
11:30-Who Am I? Amy 2nd fl
12:00-Who Am I? Clarice 1st fl.
2:00
BINGO 1st fl. Rec Rm with Clarice & Amy

15

10:00-FaceTime-Clarice 3rd
10:30-Craft w/Clarice & Amy 1st fl. Rec. rm.
11:30-Scrabble w/Ron & Clarice-1st fl.
12:00-Nature Walk w/Amy 2:00
Happy Hour 1st fl. Rec.rm.



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2:00-Weekend Packets

18

9:45-Exercise w/Amy 2nd fl
10:00-Exercise w/Clarice 3rd fl
10:30-Zoom w/Clarice 3rd fl
10:30-Exercise w/Amy 1st fl
12:00-1on1 w/Clarice & Amy
2:00-Word Game w/Clarice
2:00-Zoom w/Amy 2nd fl

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8:00-Mani w/Clarice 1st
10:30-News & Views-1st fl rec.rm with Amy
2:00-Zoom w/Clarice 1st fl.
5:00-Take Out with Clarice (McDonalds) 

20

9:45-Exercise w/Amy 2nd fl
10:00-Exercise w/Clarice 3rd fl
10:30-Zoom w/Clarice 3rd fl
10:30-Exercise w/Amy 1st fl
11:30-Zoom w/Amy 1st fl
12:00-Nature Walk /Clarice
1:00-Nature Walk w/Amy
2:30-Zoom w/Clarice 3rd fl.

21

10:30-Communion with Deacon Steve-1st fl. Rec.rm.
11:30-Who Am I? Clarice 3rd fl
11:30-Who Am I? Amy 2nd fl
12:00-Who Am I? Clarice 1st fl.
2:00
BINGO 1st fl. Rec Rm with Clarice & Amy

22

10:00-FaceTime-Clarice 3rd
10:30-Craft w/Clarice & Amy 1st fl. Rec. rm.
11:30-Scrabble w/Ron & Clarice-1st fl.
12:00-Nature Walk w/Amy 2:00
Happy Hour 1st fl. Rec.rm.



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2:00-Weekend Packets

25

9:45-Exercise w/Amy 2nd fl
10:00-Exercise w/Clarice 3rd fl
10:30-Zoom w/Clarice 3rd fl
10:30-Exercise w/Amy 1st fl
12:00-1on1 w/Clarice & Amy
2:00-Matching-Clarice rec.
2:00-Zoom w/Amy 2nd fl.

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9:00-Chatting with Friends
10:30-What????? w/Clarice & Amy 1st fl. Recreation Rm
2:00-Zoom w/Clarice 1st fl.
5:00-Take Out with Clarice (Seafood) 

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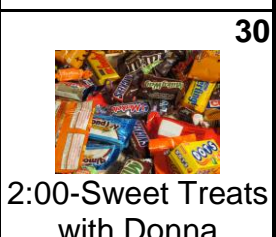
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10:00-Exercise w/Clarice 3rd fl
10:30-Zoom w/Clarice 3rd fl
10:30-Exercise w/Amy 1st fl
11:30-Zoom w/Amy 1st fl
12:00-Nature Walk /Clarice
1:00-Nature Walk w/Amy
2:30-Zoom w/Clarice 3rd fl.

28

10:30-Communion with Deacon Steve-1st fl. Rec.rm.
11:30-Who Am I? Clarice 3rd fl
11:30-Who Am I? Amy 2nd fl
12:00-Who Am I? Clarice 1st fl.
2:00
BINGO 1st fl. Rec Rm with Clarice & Amy

29

10:00-FaceTime-Clarice 3rd
10:30-Craft w/Clarice & Amy 1st fl. Rec. rm.
11:30-Scrabble w/Ron & Clarice-1st fl.
12:00-Nature Walk w/Amy 2:00
Halloween Party



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Halloween

Sedgwick Heights



All programs are subject to change, please refer to the activity boards located on each unit for any changes.