



The Good Companions - Adult Day Program September — 2018 — Septembre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 CENTRE IS CLOSED FOR LABOUR DAY	4 Labour Day	5 NO ADULT DAY PROGRAM TODAY	6 NO ADULT DAY PROGRAM TODAY	7	8
9 Happy Grandparents' Day	10 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm New Age Kurling Game	11 GRAND	12 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm GRAND BINGO & Birthday's	13 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Brain Games 1:00 pm Sing-A-Long & Birthday's	14 	15
16 	17 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Music by EIO George	18 	19 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 12:00 pm Fall Rhapsody Lunch & Dance 1:00 pm Music By Rideau River Ramblers	20 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Brain Games 1:00 pm Bean Bag Game	21 BEAN BAG TOSS GAME	22 Autumn Begins
23 Music	24 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Music by Hart Cowley & Friends	25 	26 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Visit with the By-town Dogs	27 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Around the House JINGO	28 Around the House J-I-N-G-O	29
30		 The Good Companions <i>Supporting a Vibrant Community</i>				