

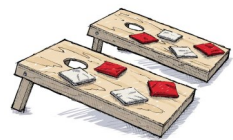









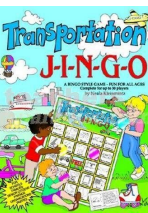
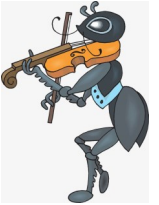





The Good Companions - Adult Day Program January — 2019 — Janvier



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 1	2 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	3 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Bean Bag Game	 4	5
 6	7 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Mini Putt	 8	9 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm FROST BINGO	10 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 Brain Games 1:00 pm Sing-A-Long	 11	12
 13	14 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Board, Dice & Card Games	 15	16 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Timone Visits 1:00 pm Bowling	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 Deanne Vance	 18	19
 20	21 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 Brain Games 1:00 pm Off to the Races & Birthdays	 22	23 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 12:00 pm Rabbie Burns Lunch 1:00 pm Music by The Chords	24 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:15 pm Music by Paddy Stewart/B-Day	 25	26
 27	28 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00pm Transportation JINGO	 29	30 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 Gary Palmer & Birthdays	31 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 Brain Games 1:00 pm Pop on Over Social		

Schedule Subject to Change