



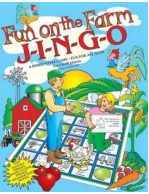













The Good Companions - Adult Day Program

May — 2019 — Mai



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Meet & Greet 1 10:20 am Chair Yoga 11:00 am Chapel 11:30 am Lunch 12:30pm Brain Games 1:00 pm Music by Lila Aranze	9:30 Meet & Greet 2 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Brain Games 1:00 pm Paint by Number Art	 3	4
 5	9:30 Meet & Greet 6 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Brain Games 1:00 pm Mother's Day Tea w/Deanne Vance	 7	9:30 Meet & Greet 8 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Brain Games 1:00 pm Fun on the Farm JINGO	9:30 Meet & Greet 9 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Games 1:00 pm Music by EIO George	 10	11
 12	9:30 Meet & Greet 13 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Games 1:00 pm Music by TGC Choir & B-days	 14	9:30 Meet & Greet 15 10:20 am Exercise 11:00 am Chapel 12:00pm Spring Fling Lunch & Dance 1:00 pm Music by The Grey Jazz Combo Band	9:30 Meet & Greet 16 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Games 1:00 pm Music by TGC Choir	 17	18
 19	CENTRE IS CLOSED VICTORIA DAY	 21	9:30 Meet & Greet 22 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Games 1:00 pm Music by Sharps & Flats / B-days	9:30 Meet & Greet 23 11:00 am Music by Arlene Quinn 12:00 pm Lunch 1:00 pm Brain Games 1:30 pm Chair Yoga	 24	25
 26	9:30 Meet & Greet 27 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Brain Games 1:00 pm Spring Garden Games	 28	9:30 Meet & Greet 29 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Brain Games 1:00 pm Music by Evelyn Greenberg	9:30 Meet & Greet 30 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Brain Games 1:00 pm Music by Marleen Fawcett	 31	

Schedule Subject to Change