



# The Good Companions - Adult Day Program

## September — 2019 — Septembre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>CENTRE IS CLOSED FOR LABOUR DAY</b>	3 <i>Happy Labour day!</i>	<b>NO ADULT DAY PROGRAM TODAY</b> 4	<b>NO ADULT DAY PROGRAM TODAY</b> 5	6	7
8 <i>Happy Grandparents Day!</i>	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 & Birthdays	10 10	9:30 Meet & Greet 10:20 am Chair ZUMBA 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Bingo / Bdays	9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Sing-A-Long & Birthdays	13 13	14
15 15	9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Games 1:00 pm Vacation Memories Day	17 17	9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 12:00 Fall Rhapsody Lunch & Dance 1:00 pm The Original Trillium Dixieland Jazz	9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Bowling	20 20	21
22 22	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 Sherri Harding	24 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 Lila Aranze	9:30 Meet & Greet 10:20 am Chair Yoga 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Visit with By-Town Dogs	27 27	28
<b>B I N G O</b> 29	9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Leaf Collection BINGO				 <b>The Good Companions</b> <i>Supporting a Vibrant Community</i>	

Schedule Subject to Change