



Adult Day Program October — 2021 — Octobre

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STEPS TO CONNECT How do I participate in the calls? On the day and time of a chosen program, dial 613-686-1547 or 1-800-669-6180. Enter the 6-digit passcode 155113 #. Record your name or just stay on the line.					1 Virtual ZOOM 10:30AM-11:30 Card BINGO	2
3 	4 	5 IN PERSON 10AM-2PM Virtual ZOOM 10:00AM-11:00 Chair Exercise	6 IN PERSON 10AM-2PM 10:00AM-10:45 Music by George McNaule	7 IN PERSON 10AM-2PM Virtual ZOOM 10:30AM-11:30 Thanksgiving BINGO	8 Virtual ZOOM 10:30AM-11:30 Sing-A-Long with Suzie Q	9
10 	11 HOLIDAY Thanksgiving No Programs Centre is Closed	12 IN PERSON 10AM-2PM Virtual ZOOM 10:00am-11:00 Sing-A-Long w/Mary-Sue	13 IN PERSON 10AM-2PM 10:00AM-11:00 CARD BINGO	14 IN PERSON 10AM-2PM Virtual ZOOM 10:30AM-11:30 Chapel Service w/David Clemis	15 Virtual ZOOM 10:30AM-11:30 Coffee Chat	16
17 	18 	19 IN PERSON 10AM-2PM Virtual ZOOM 10:00am-11:00 Autumn BINGO	20 IN PERSON 10AM-2PM 10:00AM-10:45 Music by George McNaule	21 IN PERSON 10AM-2PM Virtual ZOOM 10:30AM-11:30 Music by Arlene Quinn	22 Virtual ZOOM 10:30AM-11:30 Music by Stjepan Hauser	23
24/31 	25 	26 IN PERSON 10AM-2PM Virtual ZOOM 10:00am-11:00 Unscramble Words	27 IN PERSON 10AM-2PM 10:00AM-10:45 Daily Gratitude's	28 IN PERSON 10AM-2PM Virtual ZOOM 10:30AM-11:30 Music by Evelyn Greenberg	29 Virtual ZOOM 10:30AM-11:30 Halloween BINGO	30