









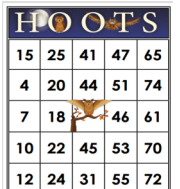

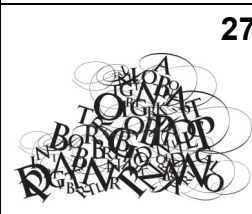



Adult Day Program

November — 2021 — Novembre

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		IN PERSON 10AM-2PM Virtual ZOOM 10:00AM-11:00 Wackie Words	IN PERSON 10AM-2PM 10:00AM-10:45 Daily Gratitude's	IN PERSON 10AM-2PM Virtual ZOOM 10:30AM-11:30 Music by Roger Fowler	Virtual ZOOM 10:30AM-11:30 Card Bingo	
		IN PERSON 10AM-2PM Virtual ZOOM 10:00AM-11:00 Chapel Service w/David Clemis	IN PERSON 10AM-2PM 10:00AM-10:45 Music with George McNaule	No Programs Centre is Closed 	Virtual ZOOM 10:30AM-11:30 Hymn Sing w/Gary Palmer	
		IN PERSON 10AM-2PM Virtual ZOOM 10:00am-11:00 Tai-Chi Exercise	IN PERSON 10AM-2PM 10:00AM-11:00 Card Bingo	IN PERSON 10AM-2PM Virtual ZOOM 10:30AM-11:30 Music by Arlene Quinn	Virtual ZOOM 10:30AM-11:30 Who Gives a Hoot Bingo	
		IN PERSON 10AM-2PM Virtual ZOOM 10:00am-11:00 Travelogue to Costa Rica	IN PERSON 10AM-2PM 10:00AM-10:45 Music with George McNaule	IN PERSON 10AM-2PM Virtual ZOOM Music by Dai Bassett	Virtual ZOOM 10:30AM-11:30 Word Mining Games	
		IN PERSON 10AM-2PM Virtual ZOOM 10:00am-11:00 Leaf Collection Bingo		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.		