





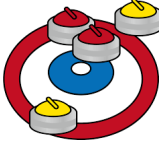






Adult Day Program January — 2023 — Janvier

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	<p>2</p> <p>Holiday Break Centre is Closed</p>	<p>3</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Year's Resolutions</p>	<p>4</p> <p>9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Chinese New Year BINGO</p>	<p>5</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Paint by Number Art</p>	<p>6</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 PLINKO Game</p>	 <p>7</p>
 <p>8</p>	<p>9</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Peace and Love Party</p>	<p>10</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 The Price was Right</p>	<p>11</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Chapel David Clemis 12:00 Lunch 1:00 Bowling</p>	<p>12</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Wintertime BINGO</p>	<p>13</p> <p>9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 What am I?</p>	<p>14</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game</p>
 <p>15</p>	<p>16</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by Roger Fowler</p>	<p>17</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Groovin' to the 60's w/Robert</p>	<p>18</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Shuffleboard Game</p>	<p>19</p> <p>9:30 Meet/Greet 10:30 Music by Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Motiview Exercise</p>	<p>20</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music BINGO</p>	 <p>21</p>
 <p>22</p>	<p>23</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Card BINGO</p>	<p>24</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Rabbie Burns Lunch & Music</p>	<p>25</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Board and Card Games</p>	<p>26</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Hymn Sing Gary Palmer</p>	<p>27</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Birthday Party</p>	<p>28</p> <p>9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Card BINGO</p>
 <p>29</p>	<p>30</p> <p>9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Curling</p>	<p>31</p> <p>9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 1960's Groovy BINGO</p>				 <p>The Good Companions Supporting a Vibrant Community</p>