





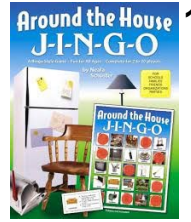






Adult Day Program November— 2023 — Novembre

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Meet/Greet 1 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Game Board Card Bingo	9:30 Meet/Greet 2 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by Roger Fowler	9:30 Meet/Greet 3 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Wartime Tunes by George McNaule	 4
 5	9:30 Meet/Greet 6 10:30 Motiview 11:30 Chapel with Neil Wallace 12:00 Lunch 1:00 Card Bingo	9:30 Meet/Greet 7 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by Dai Bassett	9:30 Meet/Greet 8 10:30 Exercise 11:00 Music by Lila Aranze 12:00 Lunch 1:00 Bowling	9:30 Meet/Greet 9 10:30 Motiview 11:30 Chapel with Ruth Jacobs 12:00 Lunch 1:00 Shuffleboard	9:30 Meet/Greet 10 Remembrance Day Service 11:30 Exercise 12:00 Lunch 1:00 We Remember	 11 NO PROGRAM TODAY
 12	13 CENTRE CLOSED for Remembrance Day	14 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Dabber Card Bingo	15 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Anniversary TGC Lunch 1:00 Music by Marleen Fawcett	16 9:30 Meet/Greet 10:30 Music by Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Obie Games	17 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Around the House JINGO	 18
 19	20 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Sing-a-Long by Gary Palmer	21 9:30 Meet/Greet 10:30 Exercise 12:00 Mexican Fiesta Luncheon 1:00 Music by Chris Sandes Trio	22 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by Evelyn Greenberg	23 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Happy Birthday JINGO	24 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:15 Birthday Party/Music	25 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Sing-a-Long w/Suzie Q
 26	27 9:30 Meet/Greet 10:30 Exercise 11:30 Chapel with Neil Wallace 12:00 Lunch 1:00 Mini-Putt	28 9:30 Meet/Greet 10:30 Exercise 11:30 Chapel with David Clemis 12:00 Lunch 1:00 Obie Games	29 9:30 Meet/Greet 10:30 Motiview 11:30 Chapel with Brian Jarvis 12:00 Lunch 1:00 Games Day	30 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by Circle of Blessing	