












# Adult Day Program

## December— 2023 — Decembre

( Schedule Subject to Change )



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <b>The Good Companions</b> <i>Supporting a Vibrant Community</i>				<b>NO ADP PROGRAM TODAY BAZAAR SETUP</b> <sup>1</sup>	<b>Christmas Craft Studio Sale &amp; Bazaar 9:30AM-2PM</b> <sup>2</sup>
 <b>3</b>	<b>9:30 Meet/Greet</b> <sup>4</sup> 10:30 Exercise 11:30 Chapel with Neil Wallace 12:00 Lunch 1:00 Bowling	<b>9:30 Meet/Greet</b> <sup>5</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by Roger F.	<b>9:30 Meet/Greet</b> <sup>6</sup> 10:30 Exercise 11:00 Music by Lila Aranze 12:00 Lunch 1:00 New Age Kurling Game	<b>9:30 Meet/Greet</b> <sup>7</sup> 10:30 Exercise 11:15 Brain Games 12:00 Festive Lunch 1:00 Music by Malcolm Wade	<b>9:30 Meet/Greet</b> <sup>8</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by George McNaule	<b>9:30 Meet/Greet</b> <sup>9</sup> 10:30 Exercise 11:15 Brain Games 12:00 Holiday Lunch 1:00 Drag Show
 <b>10</b>	<b>9:30 Meet/Greet</b> <sup>11</sup> 10:30 Exercise 11:15 Brain Games 12:00 Xmas Lunch 1:00 Music by Dai Bassett	<b>9:30 Meet/Greet</b> <sup>12</sup> 10:30 Exercise 11:30 Chapel with David Clemis 12:00 Xmas Lunch 1:00 Card BINGO	<b>9:30 Meet/Greet</b> <sup>13</sup> 10:30 Exercise 11:15 Brain Games 12:00 Xmas Lunch 1:00 TGC Choir	<b>9:30 Meet/Greet</b> <sup>14</sup> 10:30 Exercise 11:15 Chapel with Brian Jarvis 12:00 Lunch 1:00 Xmas JINGO	<b>9:30 Meet/Greet</b> <sup>15</sup> 10:30 Exercise 11:15 Brain Games 12:00 Xmas Lunch 1:15 Birthday Party	 <b>16</b>
 <b>17</b>	<b>9:30 Meet/Greet</b> <sup>18</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Christmas Carols w/Gary	<b>9:30 Meet/Greet</b> <sup>19</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Creative Card Making	<b>9:30 Meet/Greet</b> <sup>20</sup> 10:30 Exercise 11:15 Brain Games 12:00 Xmas Brunch 1:00 Christmas Card BINGO	<b>9:30 Meet/Greet</b> <sup>21</sup> 10:30 Music by Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Bean Bags	<b>NO ADP PROGRAM CENTRE CLOSED</b> <sup>22</sup>	<b>NO ADP PROGRAM CENTRE CLOSED</b> <sup>23</sup>
 <b>24/31</b>	<b>CENTRE CLOSED</b> <sup>25</sup> 	<b>CENTRE CLOSED</b> <sup>26</sup> 	<b>CENTRE CLOSED FOR CHRISTMAS HOLIDAYS</b> <sup>27</sup>	<b>CENTRE CLOSED FOR CHRISTMAS HOLIDAYS</b> <sup>28</sup>	<b>CENTRE CLOSED FOR CHRISTMAS HOLIDAYS</b> <sup>29</sup>	 <b>30</b>