


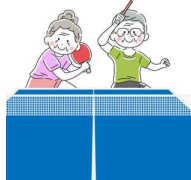






# Adult Day Program January — 2024 — Janvier

( Schedule Subject to Change )



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Holiday Break Centre is Closed</b> <sup>1</sup>	9:30 Meet/Greet <sup>2</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Year's Resolutions	9:30 Meet/Greet <sup>3</sup> 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Sports Jingo	9:30 Meet/Greet <sup>4</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Magazine Scavenger Hunt	9:30 Meet/Greet <sup>5</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Obie Games	
	9:30 Meet/Greet <sup>8</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Travel Bingo	9:30 Meet/Greet <sup>9</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Snowflake Crafts	9:30 Meet/Greet <sup>10</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Croquet Game	9:30 Meet/Greet <sup>11</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Sing-a-Long with Gary Palmer	9:30 Meet/Greet <sup>12</sup> 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Art Therapy	9:30 Meet/Greet <sup>13</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Card Bingo
	9:30 Meet/Greet <sup>15</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Table Tennis	9:30 Meet/Greet <sup>16</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Sing-a-Long with Gary Palmer	9:30 Meet/Greet <sup>17</sup> 10:30 Exercise 11:30 Chapel with David Clemis 12:00 Lunch 1:00 Card Bingo	9:30 Meet/Greet <sup>18</sup> 10:30 Music by Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Motiview Exercise	9:30 Meet/Greet <sup>19</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Conversation Starters	<b>No Program Centre is Closed</b> <sup>20</sup>
	9:30 Meet/Greet <sup>22</sup> 10:30 Exercise 11:30 Chapel with Brian Jarvis 12:00 Lunch 1:00 Scottish Music w/George McNaule	9:30 Meet/Greet <sup>23</sup> 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Music by Roger Fowler	9:30 Meet/Greet <sup>24</sup> 10:30 Exercise 11:15 Brain Games 12:00 Rabbie Burns Luncheon & Music by The Chords	9:30 Meet/Greet <sup>25</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Dabber Card Bingo	9:30 Meet/Greet <sup>26</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Birthday Party & Music	9:30 Meet/Greet <sup>27</sup> 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Paint by Number
	9:30 Meet/Greet <sup>29</sup> 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Sing-a-Long with Gary Palmer	9:30 Meet/Greet <sup>30</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Happy Birthday Bingo	9:30 Meet/Greet <sup>31</sup> 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Horseshoes	