
















Adult Day Program December — 2024 — Décembre



(Schedule Subject to Change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Treasure Day</p>	<p>2 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Treasure Day</p>	<p>3 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Christmas Craft</p>	<p>4 9:30 Meet/Greet 10:30 Exercise 11:30 Chapel/David 12:00 Lunch 1:00 Music by: Roger Fowler</p>	<p>5 9:30 Meet/Greet 10:30 Exercise 11:30 Chapel/Brian 12:00 Lunch 1:00 Christmas Card Making</p>	<p>6 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Holiday Luncheon 1:00 Music by: Arlene Quinn</p>	<p>7</p>
 <p>8</p>	<p>9 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Xmas Lunch 1:00 Music by: Malcom Wade</p>	<p>10 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Xmas Lunch 1:00 Music by: The Chords</p>	<p>11 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Xmas Lunch 1:00 The Good Companions Choir</p>	<p>12 9:30 Meet/Greet 10:30 Music by: Arlene Quinn 11:15 Brain Games 12:00 Xmas Lunch 1:00 Xmas Jingo</p>	<p>13 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Birthday Party Music/TGC Choir</p>	 <p>14 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Holiday Lunch 1:00 Magic Show by: Jin Lee</p>
 <p>15</p>	<p>16 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Music by: Brian Loyer</p>	<p>17 9:30 Meet/Greet 10:30 Exercise 11:30 Chapel/Neil 12:00 Lunch 1:00 Christmas Bingo</p>	<p>18 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Elves Bingo</p>	<p>19 9:30 Meet/Greet 10:30 Exercise 11:30 Chapel/David 12:00 Lunch 1:00 Bean Bags</p>	<p>20 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Twelve Days of Christmas Bingo</p>	<p>21</p>
 <p>22</p>	<p>23 No ADP Today</p>	 <p>24 CENTRE CLOSED</p>	 <p>25 CENTRE CLOSED</p>	<p>26 CENTRE CLOSED Boxing Day</p>	<p>27 CENTRE CLOSED</p>	 <p>28 CENTRE CLOSED</p>
 <p>29</p>	<p>30 CENTRE CLOSED</p>	<p>31 CENTRE CLOSED New Years Eve</p>	 <p>Happy New Year!</p>			 <p>The Good Companions Supporting a Vibrant Community</p>