















Adult Day Program January — 2025 — Janvier

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 Centre Closed	No ADP Today	No ADP Today	
 5	9:30 Meet/Greet 6 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Age Kurling	9:30 Meet/Greet 7 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bags	9:30 Meet/Greet 8 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Obie, Card & Board Games	9:30 Meet/Greet 9 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Art Therapy	9:30 Meet/Greet 10 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bowling	 9:30 Meet/Greet 11 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Curling
 12	9:30 Meet/Greet 13 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Card Bingo	9:30 Meet/Greet 14 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Magazine Collages	9:30 Meet/Greet 15 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Russell Levia	9:30 Meet/Greet 16 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Music by: Roger Fowler	9:30 Meet/Greet 17 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Around the World Jingo	 18
 19	9:30 Meet/Greet 20 10:30 Music by Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Motiview	9:30 Meet/Greet 21 10:30 Motiview 11:15 Brain Games 12:00 Robbie Burns Lunch & Music by: The Chords	9:30 Meet/Greet 22 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Scotland Bingo	9:30 Meet/Greet 23 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bags	9:30 Meet/Greet 24 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Birthday Party & Music	 9:30 Meet/Greet 25 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Bean Bags
 26	9:30 Meet/Greet 27 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bags	9:30 Meet/Greet 28 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Dabber Bingo	9:30 Meet/Greet 29 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: The Sharps & Flats	9:30 Meet/Greet 30 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Curling	9:30 Meet/Greet 31 10:30 Notiview 11:15 Brain Games 12:00 Lunch 1:00 Obie & Board Games	