



















Adult Day Program February — 2025 — Février

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
 2	9:30 Meet/Greet 3 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Winterlude Kurling	9:30 Meet/Greet 4 10:30 Exercise 11:30 Chapel/Neil 12:00 Lunch 1:00 Team Curling	9:30 Meet/Greet 5 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bowling	9:30 Meet/Greet 6 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Groundhog Bingo	9:30 Meet/Greet 7 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	 8 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Mini Putt
 9	9:30 Meet/Greet 10 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Music by: Roger Fowler	9:30 Meet/Greet 11 10:30 Day Care Visit & Bean Bags 12:00 Lunch 1:00 Valentine's Card Making	9:30 Meet/Greet 12 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Valentine's Day Tea & Music by: Malcom Wade	9:30 Meet/Greet 13 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Valentine's Baking	9:30 Meet/Greet 14 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Heart Bingo	 15
 16	 17 Centre Closed	9:30 Meet/Greet 18 10:30 Music by: Malcom Wade 11:15 Brain Games 12:00 Lunch 1:00 Dabber Bingo	9:30 Meet/Greet 19 10:30 Motiview 11:15 Brain Games 12:00 Mardi Gras Lunch & Music by: Jock River Jazz	9:30 Meet/Greet 20 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bowling	9:30 Meet/Greet 21 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Obie & Board Games	 22 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game
 23	9:30 Meet/Greet 24 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Winter Bingo	9:30 Meet/Greet 25 10:30 Music by: Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Motiview	9:30 Meet/Greet 26 10:30 Motiview 11:30 Brain Games 12:00 Lunch 1:00 Card Bingo	9:30 Meet/Greet 27 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Friendly Feud Game	9:30 Meet/Greet 28 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Birthday Party & Music	 The Good Companions Supporting a Vibrant Community