















Adult Day Program

August — 2025 — Août

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 Meet/Greet ¹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Age Kurling	 ²
 ³	Centre Closed For Civic Holiday ⁴	9:30 Meet/Greet ⁵ 10:30 Motiview 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 Travel Bingo	9:30 Meet/Greet ⁷ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bowling	9:30 Meet/Greet ⁸ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	 ⁹ 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Pétanque atout
 ¹⁰	9:30 Meet/Greet ¹¹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Malcom Wade	9:30 Meet/Greet ¹² 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Summer Time Jingo	9:30 Meet/Greet ¹³ 10:30 Music by: Arlene Quinn 11:15 Brain Games 12:00 Lunch 1:00 Motiview	9:30 Meet/Greet ¹⁴ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Age Kurling	9:30 Meet/Greet ¹⁵ 10:30 Exercise 11:15 Brain games 12:00 Lunch 1:00 Music by: Roger Fowler	 ¹⁶
 ¹⁷	9:30 Meet/Greet ¹⁸ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Around the House Jingo	9:30 Meet/Greet ¹⁹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Hoofbeats & Heartbeats	9:30 Meet/Greet ²⁰ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Board Games	9:30 Meet/Greet ²¹ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Hoots Bingo	9:30 Meet/Greet ²² 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Birthday Party w/George McNaule	 ²³ No ADP Happy Pride
 ^{24/31}	9:30 Meet/Greet ²⁵ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Mini Putt	9:30 Meet/Greet ²⁶ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Obie & Board Games	9:30 Meet/Greet ²⁷ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Summers End Soirée Tea & Music by: Side by Side	9:30 Meet/Greet ²⁸ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	9:30 Meet/Greet ²⁹ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Card Bingo	 ³⁰