



















Adult Day Program

December — 2025 — Décembre

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Story Telling by: Mary Wiggin	2 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: The Chords	3 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	4 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Festive Christmas Luncheon Music/Malcom Wade	5 No ADP All Staff Meeting	6 
7 	8 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Xmas Lunch 1:00 Music by: Roger Fowler	9 9:30 Meet/Greet 10:30 Music by: Arlene Quinn 11:30 Brain Games 12:00 Xmas Lunch 1:00 Christmas Craft with Christine	10 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Xmas Lunch 1:00 The Good Companions Choir	11 9:30 Meet/Greet 10:30 Exercise 11:30 Chapel/Neil 12:00 Lunch 1:00 Pétanque Atout	12 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Xmas Lunch 1:00 Christmas Sing a Long	13 
14 	15 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Obie & Board Games	16 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Age Kurling	17 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Christmas Jingo	18 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Christmas Craft	19 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:15 Birthday Party Music/TGC Choir	20 
21 	22 No ADP Today	23 No ADP Today	24 CENTRE CLOSED 	25 CENTRE CLOSED 	26 CENTRE CLOSED 	27 
28 	29 CENTRE CLOSED	30 CENTRE CLOSED	31 CENTRE CLOSED 			 See you on Monday, January 5, 2026