

















Adult Day Program January — 2026 — Janvier

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 Centre Closed	No ADP Today	
 4	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Age Kurling 5	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Gary Palmer 6	9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Games Room Fun 7	9:30 Meet/Greet 10:30 Music by: Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Motiview 8	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Obie & Board Games 9	 10
 11	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Drum with William 12	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Card Bingo 13	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Roger Fowler 14	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Winter Bingo 15	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Games Room Fun 16	 17
 18	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Dabber Bingo 19	9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Pétanque atout 20	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Canadian History thru Radio with Laurence Wall 21	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Treasure & Talent Day 22	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:15 Birthday Party Music by Guitardy 23	 24
 25	9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Treasure & Talent Day 26	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Games Room Fun 27	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Rabbie Burns Lunch & Music by the Chords 28	9:30 Meet/Greet 10:30 Music by: Malcom Wade 11:30 Brain Games 12:00 Lunch 1:00 New Age Kurling 29	9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Card Bingo 30	 31