



Adult Day Program

February — 2026 — Février

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Meet/Greet 10:30 Exercise 11:30 Chapel/Neil 12:00 Lunch 1:00 Winterlude Kurling	2 9:30 Meet/Greet 10:30 Exercise 11:30 Brain Games 12:00 Lunch 1:00 Valentine's Cards Craft	3 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Olympic Pétanque aTout	4 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Drum with William	5 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Winterlude Games	6 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Winterlude Games	7 The Good Companions Supporting a Vibrant Community
8 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Russell Levia	9 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Valentine's Day Tea & Music by: Mary-Ellen Shennan	10 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Games Room Fun	11 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Heart Bingo	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 Music by: Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Card Bingo	14 Snowmen holding a heart
15 Family Day Centre Closed	16 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Music by: Marco Zarco	17 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	18 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Roger Fowler	19 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Olympic Team Curling	20 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Olympic Team Curling	21 Snowflake
22 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Card Bingo	23 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Mardi Gras Lunch & Music by: Jock River Jazz	24 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Mardi Gras Lunch & Music by: Jock River Jazz	25 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Dabber Bingo	26 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bowling	27 9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Birthday Party w/Roger Fowler	28 The Good Companions Supporting a Vibrant Community