



Adult Day Program April — 2026 — Avril



(Schedule Subject to Change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			April Fool's Day 1 9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Age Kurling	9:30 Meet/Greet ² 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 April Bingo	Centre Closed For Good Friday ³	
	Centre Closed for Easter Monday ⁶	9:30 Meet/Greet ⁷ 10:30 Music by: Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Motiview	9:30 Meet/Greet ⁸ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Malcom Wade	9:30 Meet/Greet ⁹ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	9:30 Meet/Greet ¹⁰ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music with David McIntosh	
	9:30 Meet/Greet ¹³ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Spring Jingo	9:30 Meet/Greet ¹⁴ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Russell Levia	9:30 Meet/Greet ¹⁵ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Pétanque aTout	9:30 Meet/Greet ¹⁶ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Wreath Craft	9:30 Meet/Greet ¹⁷ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Hoofbeats & Heartbeats Equine	
	9:30 Meet/Greet ²⁰ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Pétanque aTout	9:30 Meet/Greet ²¹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Card Bingo	9:30 Meet/Greet ²² 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Story Telling by Mary Wiggin	9:30 Meet/Greet ²³ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Board Games	9:30 Meet/Greet ²⁴ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:15 Birthday Party & TGC Choir	
	9:30 Meet/Greet ²⁷ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Roger Fowler	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	9:30 Meet/Greet ³⁰ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Heather & Larry		