



Adult Day Program August — 2025 — Août

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	1
	Civic Holiday Colonel By Day Centre Closed	9:30 Meet/Greet ⁴ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Malcom Wade	9:30 Meet/Greet ⁵ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Summer Fun Jingo	9:30 Meet/Greet ⁶ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Summer Sun & Garden Social w/Russell Levia	9:30 Meet/Greet ⁷ 10:30 MotiVIEW 11:15 Brain Games 12:00 Lunch 1:00 Art Therapy (Painting)		
	9:30 Meet/Greet ¹⁰ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Flower Bingo	9:30 Meet/Greet ¹¹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Tea Dance Music by: DJ Ana	9:30 Meet/Greet ¹² 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bowling	No ADP Today Volunteer Recognition Event	9:30 Meet/Greet ¹⁴ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game		
	9:30 Meet/Greet ¹⁷ 10:30 Music by: Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 MotiVIEW	9:30 Meet/Greet ¹⁸ 10:30 MotiVIEW 11:15 Brain Games 12:00 Lunch 1:00 Ice Cream Bingo	9:30 Meet/Greet ¹⁹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Horseshoe Game	9:30 Meet/Greet ²⁰ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music Bingo	9:30 Meet/Greet ²¹ 10:30 MotiVIEW 11:15 Brain Games 12:00 Lunch 1:00 Music by: Roger Fowler		
	9:30 Meet/Greet ²⁴ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Pétanque aTout	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 MotiVIEW 11:15 Brain Games 12:00 Lunch 1:00 Music with Marco Zarco	9:30 Meet/Greet ²⁷ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Ring Toss Game	9:30 Meet/Greet ²⁸ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:15 Birthday Party & Music by: Ginette Hamilton		
	9:30 Meet/Greet ³¹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Board Games						