



Adult Day Program July — 2026 — Juillet

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 Canada Day Centre Closed	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Canada Bingo	9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Pétanque aTout	
	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Age Kurling	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 World Cup Games	9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 The Zoo Crew	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bingo	
	9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Summer Jingo	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music with Jacinto	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Card Bingo	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Ice Cream Social & Music by: Roger Fowler	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Obie & Board Games	
	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bowling	9:30 Meet/Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Dabber Bingo	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Christmas in July Luncheon 1:00 Music by: Wesley Fahey	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:15 Birthday Party & Music by: Marco Zarco	
	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Art Therapy	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	9:30 Meet/Greet 10:30 Chair Dancing with Sheila 11:15 Brain Games 12:00 Lunch 1:00 Obie & Board Games	9:30 Meet/Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Board Games	9:30 Meet/Greet 10:30 Music by: Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Chair Dancing With Suzie Q	