



Adult Day Program

September— 2026 — Septembre

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Meet/Greet ¹ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Hot Air Balloon Art	9:30 Meet/Greet ² 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Obie & Board Games	9:30 Meet/Greet ³ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Hot Air Balloon Bingo	9:30 Meet/Greet ⁴ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Pin the Apple on the Tree Game	 ⁵
 ⁶	Centre Closed for Labour Day ⁷	9:30 Meet/Greet ⁸ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Roger Fowler	Seniors Active 9 Living Fair & TGC Open House 9:30 am—2 pm ★ ADP Cancelled Today	9:30 Meet/Greet ¹⁰ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: Malcom Wade	9:30 Meet/Greet ¹¹ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 New Age Curling	 ¹²
 ¹³	9:30 Meet/Greet ¹⁴ 10:30 Music by: Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Motiview	9:30 Meet/Greet ¹⁵ 10:30 Exercise 11:15 Games Time 12:00 Lunch 1:00 Card Bingo	9:30 Meet/Greet ¹⁶ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Apple Race Game	9:30 Meet/Greet ¹⁷ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Apple Painting	9:30 Meet/Greet ¹⁸ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Apple Bingo	 ¹⁹
 ²⁰	9:30 Meet/Greet ²¹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Magazine Scavenger Hunt	9:30 Meet/Greet ²² 10:30 Exercise 11:15 Brain Games 12:00 Welcome Back Luncheon 1:00 Music by: The LA Connection	9:30 Meet/Greet ²³ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Around the House Jingo	9:30 Meet/Greet ²⁴ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Bytown 200 Anniversary Games	9:30 Meet/Greet ²⁵ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:15 Birthday Party Music by: Aged in Harmony Chorus	 ²⁶
 ²⁷	9:30 Meet/Greet ²⁸ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Dabber Bingo	9:30 Meet/Greet ²⁹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music with David Macintosh	9:30 Meet/Greet ³⁰ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Fall Fair Games			