



Adult Day Program

October — 2026 — Octobre

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 	 	 CRAFT TIME	 	9:30 Meet/Greet ¹ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Drum with William	9:30 Meet/Greet ² 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Card Bingo	
 4	9:30 Meet/Greet ⁵ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Fall Jingo	9:30 Meet/Greet ⁶ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Fall Craft	9:30 Meet/Greet ⁷ 10:30 Motiview 11:15 Brain Games 12:00 Harvest Meal 1:00 Music by Arlene Quinn	9:30 Meet/Greet ⁸ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Ottawa History with James Powell	9:30 Meet/Greet ⁹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Ring Toss Game	 10
 11	12 Centre Closed for Thanksgiving	9:30 Meet/Greet ¹³ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Dabber Bingo	9:30 Meet/Greet ¹⁴ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Oktoberfest Bingo	9:30 Meet/Greet ¹⁵ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 New Age Kurling	9:30 Meet/Greet ¹⁶ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music with Marco Zarco	 17
 18	9:30 Meet/Greet ¹⁹ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Music by: Roger Fowler	9:30 Meet/Greet ²⁰ 10:30 Exercise 11:15 Brain Games 12:00 Oktoberfest Lunch 1:00 Music by The International Set Duo	9:30 Meet/Greet ²¹ 10:30 Music by: Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Bean Bag Game	9:30 Meet/Greet ²² 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Pétanque a Tout	9:30 Meet/Greet ²³ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:15 Birthday Party Music/ The Heather & Larry Band	 24
 25	9:30 Meet/Greet ²⁶ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Storytelling by Marry Wiggin	9:30 Meet/Greet ²⁷ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Fun Fall Games	9:30 Meet/Greet ²⁸ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Halloween Crafts	9:30 Meet/Greet ²⁹ 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Halloween Jingo	9:30 Meet/Greet ³⁰ 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Bean Bag Game	 31