

Adult Day Program
December - 2026 - Décembre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Dabber Bingo	2 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Seasonal Tales with Mary Wiggin	3 9:30 Meet & Greet 10:30 Music by: Arlene Quinn 11:30 Brain Games 12:00 Lunch 1:00 Motiview	4 **No ADP Today** **Bazaar Setup**	5 **Craft Studio Sale & Christmas Bazaar 9:30 am - 2:00 pm**
6	7 9:30 Meet & Greet 10:30 Music by: Malcolm Wade 11:30 Brain Games 12:00 Lunch 1:00 Bean Bag Game	8 9:30 Meet & Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Music by: Roger Fowler	9 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music by: TGC Choir	10 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Festive Xmas Luncheon & Music by The Starry Nights	11 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Xmas Sing-a-long w/ Instruments	12 
13 	14 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Christmas Crafts	15 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Music with David Macintosh	16 9:30 Meet & Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 National Art Gallery of Canada	17 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Christmas Bowling	18 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:15 Birthday Party & TGC Choir	19 The Good Companions Supporting a Vibrant Community
20 	21 9:30 Meet & Greet 10:30 Motiview 11:15 Brain Games 12:00 Lunch 1:00 Christmas Jingo	22 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Christmas Games	23 9:30 Meet & Greet 10:30 Exercise 11:15 Brain Games 12:00 Lunch 1:00 Snow Games	24 **Centre Closed** **Christmas Eve** 	25 **Centre Closed** **Christmas Day** MERRY CHRISTMAS	26 
27 	28 **Centre Closed**	29 **Centre Closed**	30 **Centre Closed**	31 **Centre Closed** **New Years Eve** NEW YEAR'S EVE	Happy New Year	