

OCTOBER 2025



Adult Day Program (Ground Floor)
2562 Eglinton Ave. W.
Phone 416-652-6130

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Events 09:00 Clients Arrive 10:15 Breakfast 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Activity Program 14:30 Snacks	*Programs are subject to change depending on the client's interests*	1 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 B-DAY Party 14:00 Singing w/Dawa	2 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Mini Golf 14:00 Bingo Music	3 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Strength and Balance 14:00 Craft Corner
6 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Balloon Badminton 14:00 Fun Facts about Apple	7 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walk Exercise 14:00 Trivia	8 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Bouncy Ball 14:00 Documentary	9 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Dancing 14:00 UNO Game	10 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Smile Group 14:00 Guest the Word
13 ADS CLOSED 	14 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Thanksgiving Party 14:00 Smile Group	15 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Strength and Balance 14:00 Country Bingo	16 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Meditation 14:00 Pumpkin Carving	17 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Club 14:00 Friday Trivia
20 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Dancing 14:00 Bingo	21 10:30 Current Events 11:00 Exercise 12:00 Lunch 14:00 Wedding Around World 15:00 Wedding Dance Songs	22 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Club 14:00 Trivia	23 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Meditation 14:00 Words Game	24 10:30 Current Events 11:00 Exercise 12:00 Lunch 14:00 Wedding Around World 15:00 Wedding Dance Songs
27 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Meditation 14:00 B-Day Celebration	28 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Diwali Celebrations 14:00 Travelogue : India	29 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Reading Club 14:00 Craft Corner	30 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Snake & Ladder Game 14:00 You Tube Concert	31 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Halloween Party 14: Singing W/Dawa