

SEPTEMBER 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ADS CLOSED</p> <p><i>HAPPY Labour Day</i></p> <p>1</p>	<p>2</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Exercise 14:00 Words Game</p>	<p>3</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Tennis Match 14:00 Wall Dominoes</p>	<p>4</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Exercise 14:00 Name that Instrument</p>	<p>5</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Breath and Stretch 14:00 Words Game</p>
<p>8</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Balloon Badminton 14:00 Singing w/Dawa 2nd F.</p>	<p>9</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Parachute Game 14:00 Trivia</p>	<p>10</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Words Game 14:00 B-day Party</p>	<p>11</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Snake & Ladder Game 14:00 You Tube Concert</p>	<p>12</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Smile Group 14:00 UNO Game</p>
<p>15</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Bouncy balls 14:00 Snake & Ladder Game</p>	<p>16</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Dancing 14:00 Back to School Bingo</p>	<p>17</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Jockey 14:00 Reading Club</p>	<p>18</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Movie 14:00 Movie cont.</p>	<p>19</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Fitness Club 14:00 Mahjon Game</p>
<p>22</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Meditation 14:00 Painting Workshop</p>	<p>23</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Reading Club 14:00 Karaoke</p>	<p>24</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Strength and Balance 14:00 The price is Right</p>	<p>25</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Badminton 14:00 You to Concert</p>	<p>26</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Club 14:00 Music Bingo</p>
<p>29</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Fun Physical Game 14:00 Guest the Word</p>	<p>30</p> <p>10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Smile Group 14:00 Table Top Game</p>	<p>*Programs are subject to change depending on the client's interests*</p>	<p>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</p>	