

Adult Day Program (ground floor)
 2562 Eglinton Ave. W.
 Tel: (416) 652 6130

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 X-MAS DECORATION 14:00 You tube Concert	2 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Strength & Balance 14:00 X-mas Trivia	3 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Fitness Club 14:00 Reading Group	4 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Travelogue: Japan 14:00 Music Bingo	5 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Syme Seniors Choir 14:00 Performance
8 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Dancing 14:00 You Tube Concert	9 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Famous Band Artis. 14:00 Memory Game	10 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Spa/Hand Massage 14:00 X-Mas Bingo	11 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Club 14:00 World Traditions	12 10:30 Current Events 11:00 Remembrance Day 12:00 Lunch 13:00 Room217: Music 14:00 Painting Workshop
15 10:00 Current Events 11:00 Exercise 12:00 Lunch 13:00 Trivia 14:00 Table Top Games	16 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Syme Seniors Choir 14:00 X-MAS MUSIC	17 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Soccer 14:00 Craft Corner	18 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Mini Golf 14:00 X-MAS Sing-Along Songs	19 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Balloon Badminton 14:00 Uno Game
22 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Meditation 14:00 Wall Dominoes	23 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Cirque du Soleil Alegria 14:00 Word Game	24 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Spa/Hand Massage 14:00 X-MAS Sing-Along Songs	25 ADS CLOSED Happy Holidays 	26 ADS CLOSED Happy Holidays 
29 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 X-MAS Sing-Along Son 14:00 Reading Club	30 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 MOVIE 14:00 MOVIE	31 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Eggnog party time 14:00 X-MAS MUSIC	*Programs are subject to change depending on the client's interests*	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 15:00 Helping Hands Program