

February 2026

Adult Day Program Ground Floor
 2562 Eglinton Ave. W.
 Tel: (416) 652 6130

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Exercise 14:00 Black History Bingo	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Travelogue : Singapore 14:00 Table Top Game	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Tai chi 14:00 Trivia	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Balloon Badminton 14:00 Wall Dominoes	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Sing-Along 14:00 Chair Dancing
9	10	11	12	13
10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Super Bowl Game 14:00 Super Bowl Bingo	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Reading Club 14:00 Smile Music Group	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Fitness Club 14:00 Valentine's Craft	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Exercise 14:00 Uno Game	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Valentine 's day Social 14:00 Dancing Club
16	17	18	19	20
<p>ADS CLOSED Family Day</p> 	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Lunar new year 14:00 Painting Workshop	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Hockey Game 14:00 Bingo	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Yoga 14:00 Trivia	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Karaoke 14:00 UNO Game
23	24	25	26	27
10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Exercise 14:00 Memory Game	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Fun Facts about Orange 14:00 F&V Bingo	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair soccer 14:00 Guinness World Record	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Tai chi 14:00 The price is right	10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Club 14:00 Music Bingo
				<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 15:00 Helping Hands Program</p>
			<p>*Programs are subject to change depending on the client's interests*</p>	