

MARCH 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Exercise 14:00 Spa Day	3 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Tai chi 14:00 Trivia	4 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair soccer 14:00 UNO Game	5 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 WOMEN'S DAY 14:00 Dance Club	6 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Craft 14:00 Chair Dancing
9 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Exercise 14:00 Women's History Bingo	10 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Reading Club 14:00 Balloon badminton	11 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Fitness Club 14:00 Painting club	12 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Birth Day Bingo 14:00 Karaoke	13 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Club 14:00 Painting Workshop
16 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Bowling 14:00 Wall Dominoes	17 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 St Patrick Day Cel. 14:00 Party Smile Group	18 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Hockey Game 14:00 Table Top Games	19 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Chair Yoga 14:00 Trivia	20 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Reading Club 14:00 Spring Bingo
23 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Movie 14:00 Movie Time	24 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Fun Facts about : Mango 14:00 Music Bingo	25 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Breathe & stretch 14:00 Words Game	26 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Tai chi 14:00 Card Games	27 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Walking Club 14:00 Smile Group
30 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Words Game 14:00 Birth Day Party	31 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Parachute Game 14:00 Do the Math	 <p>Happy St. Patrick's Day!</p>	*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