

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 10:30 Fitness with Rosemary 1:30 Live Music with Avril & Ron 3:00 Walks & Talks	4 10:00 Music with Donna 11:00 Sensory & 1:1 visits 1:30 Art with Heidi (IVL) 3:00 Read, Walk, Reminisce	5 10:30 Fitness with Rosemary 11:00 1:1 Get to Know You 1:30 Music & Memories 3:30 Music with Christy	6
9	10 10:30 Fitness with Rosemary 1:30 Cranium Crunches 3:00 Walks & Talks	11 10:00 Music with Donna 11:00 Sensory & 1:1 visits 1:30 Art (IVL) 3:00 Read, Walk, Reminisce	12 10:30 Fitness with Rosemary 11:00 1:1 Get to Know You 1:30 Music & Memories 3:00 Big Screen Movie	13
16	17 10:30 Fitness with Rosemary 1:30 Live Music with Avril & Ron 3:00 Walks & Talks	18 10:00 Music with Donna 11:00 Sensory & 1:1 visits 1:30 Art (IVL) 3:00 Read, Walk, Reminisce	19 10:30 Fitness with Rosemary 11:00 1:1 Get to Know You 1:30 Music & Memories 3:00 Big Screen Movie	20
23	24 10:30 Fitness with Rosemary 1:30 Cranium Crunches 3:00 Walks & Talks	25 10:00 Music with Donna 11:00 Sensory & 1:1 visits 1:30 Art (IVL) 3:00 Read, Walk, Reminisce	26 10:30 Fitness with Rosemary 11:00 1:1 Get to Know You 1:30 Music & Memories 3:00 Big Screen Movie	27
30	31 10:30 Fitness with Rosemary 1:30 Live Music with Avril & Ron 3:00 Walks & Talks			

## ADULT DAY PROGRAM CALENDAR OCTOBER 2023

\*\*\*ALL PROGRAMS SUBJECT TO CHANGE