

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 10:30 Fun and Fitness 12:30 Lunch 1:30 BINGO!	3 10:00 Guitar with Donna 12:30 Lunch 1:30 Art with Heidi (IVL)	4 10:30 Fitness with Viv 12:30 Lunch 1:30 Making music with Kai	5
8	9 10:30 Fun and Fitness 12:30 Lunch 1:30 Folk 'n Rock Tunes with Avril & Ron	10 10:00 Guitar with Donna 12:30 Lunch 1:30 Art with Heidi (IVL)	11 10:30 Fitness with Viv 12:30 Lunch 1:30 Makin music with Kai	12
15	16 10:30 Fun and Fitness 12:30 Lunch 1:30 BINGO!	17 10:00 Guitar with Donna 12:30 Lunch 1:30 Art with Heidi (IVL) 2:30 Ice Cream Time	18 10:30 Fitness with Viv 12:30 Lunch 1:30 Making music with Kai	19
22	23 10:30 Fun and Fitness 12:30 Lunch 1:30 Folk 'n Rock Tunes with Avril & Ron 2:30 Ice Cream Time	24 10:00 Guitar with Donna 12:30 Lunch 1:30 Art with Heidi (IVL)	25 10:30 Fitness with Viv 12:30 Lunch 1:30 Making music with Kai 2:30 Monthly Birthday Cake	26
29	30 10:30 Fun and Fitness 12:30 Lunch 1:30 BINGO!	31 10:00 Guitar with Donna 12:30 Lunch 1:30 Art with Heidi (IVL)		

ADULT DAY PROGRAM CALENDAR 2024

***ALL PROGRAMS SUBJECT TO CHANGE