

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 Movin' & Groovin' 12:30 Lunch 1:00 After Lunch Walk Outside 1:30 BINGO!	2 10:30 Chair Tai chi 12:30 Lunch 1:00 After Lunch Walk Outside 1:30 Trivia	3 10:30 Fitness with Viv 12:30 Lunch 1:00 After Lunch Walk Outside 1:30 Music and music makers	4
7	8 10:30 Movin' and Groovin' 12:30 Lunch 1:00 Walk in Garden 1:30 <u>Tunes with Avril, & Friends</u>	9 10:30 Chair Tai chi 12:30 Lunch 1:00 After Lunch Walk Outside 1:30 Giant Crossword	10 10:30 Fitness with Viv 12:30 Lunch 1:00 Walk Outside 1:30 Music and music makers	11
14	15 10:30 Movin' & Groovin' 12:30 Lunch 1:00 Walk Outside 1:30 BINGO!	16 10:30 Chair Tai chi 12:30 Lunch 1:00 Walk Outside 1:30 Music Trivia	17 10:30 Fitness with Viv 12:30 Lunch 1:00 Walk Outside 1:30 Music and music makers	18
21	22 10:30 Movin' & Groovin' 12:30 Lunch 1:00 Walk in Garden 1:30 <u>Tunes with Avril, & Friends</u>	23 11:00 Guitar with Donna 12:30 Lunch 1:00 Walk Outside 1:30 Trivia	24 10:30 Fitness with Viv 12:30 Lunch 1:00 Walk Outside 1:30 Music and music makers	25
28	29 10:30 Movin' & Groovin' 12:30 Lunch & Walk Outside 1:30 BINGO!	30 National Day for Truth and Reconciliation No ADP Today	September 2026 September 2026 	

Adult Day Program

*** All Programs subject to change