

Monday		Tuesday		Wednesday		Thursday		Friday	
 October 2026 October 2026						1		2	
		5		6		7		8	
		10:30 Movin' & Groovin 12:30 Lunch 1:00 After Lunch Walk 1:30 <u>Tunes with Avril & Friends</u>		10:30 Chair Tai chi 12:30 Lunch 1:00 After Lunch Walk 1:30 Trivia 2:30 Guitar with Donna		10:30 Fitness with Viv 12:30 Lunch 1:00 After Lunch Walk 1:30 Grace, Henry & Ian musical performance			
12		13		14		15		16	
10:30 Movin' and Groovin' 12:30 Lunch 1:00 After Lunch Walk 1:30 BINGO!		10:30 Chair Tai chi 12:30 Lunch 1:00 After Lunch Walk 1:30 Word Minning 2:30 Guitar with Donna		10:30 Fitness with Viv 12:30 Lunch 1:00 After Lunch Walk 1:30 Music and music makers					
19		20		21		22		23	
10:30 Movin' & Groovin' 12:30 Lunch 1:00 After Lunch Walk 1:30 <u>Tunes with Avril, & Friends</u>		10:30 Chair Tai chi 12:30 Lunch 1:00 After Lunch Walk 1:30 Music Trivia 2:30 Guitar with Donna		10:30 Fitness with Viv 12:30 Lunch 1:00 After Lunch Walk 1:30 Music and music makers					
26		27		28		29		30	
10:30 Movin' & Groovin' 12:30 Lunch 1:00 After Lunch Walk 1:30 BINGO!		10:30 Chair Tai Chi 12:30 Lunch 1:00 After Lunch Walk 1:30 Giant Crossword 2:30 Guitar with Donna		10:30 Fitness with Viv 12:30 Lunch 1:00 After Lunch Walk 1:30 Music and music makers 2:30 Monthly Birthday Cake					

Adult Day Program

***** All Programs subject to change**