Monday	Tuesday	Wednesday	Thursday	Friday
2	3 10:30 Movin' & Groovin 12:30 Lunch 1:00 After Lunch Walk 1:30 Bingo	4 10:30 Chair Tai chi 12:30 Lunch 1:00 After Lunch Walk 1:30 Trivia 1:45 Guitar with Donna	5 10:30 Fitness with Viv 12:30 Lunch 1:00 After Lunch Walk 1:30 Music and Music makers	6
9	10 10:30 Movin' and Groovin' 12:30 Lunch 1:00 After Lunch Walk 1:30 Tunes with Avril & Friends	11 10:30 Chair Tai chi 12:30 Lunch 1:00 After Lunch Walk 1:30 The Bagpipers Play	12 10:30 Fitness with Viv 12:30 Lunch 1:00 After Lunch Walk 1:30 Music with Suzanne & Grace	13
16	17 10:30 Movin' & Groovin' 12:30 Lunch 1:00 After Lunch Walk 1:30 Country Music Bingo	18 10:30 Chair Tai chi 12:30 Lunch 1:00 After Lunch Walk 1:30 Music Trivia "The Greats of Country Music"	19 10:30 Fitness with Viv 12:30 Lunch 1:00 After Lunch Walk 1:30 "Cottonwood" Perform	20
23	24 10:30 Movin' & Groovin' 12:30 Lunch 1:00 After Lunch Walk 1:30 Tunes with Avril & Friends	25 10:30 Scrooge Cast Performs 12:30 Lunch 1:00 After Lunch Walk 1:45 Guitar with Donna	26 10:30 Fitness with Viv 12:30 Lunch 1:00 After Lunch Walk 1:30 Gwen & Friends Perform	27
30	November 2026			

November 2026



Adult Day Program

*** All Programs subject to change