



*Happy
New Year
2026*

ADULT DAY PROGRAM

JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 PROGRAM CLOSED Happy New Year!	2. 9:45-Interactive Winter Movement Program 10:45-Fit testing 1:00-Shuffleboard Bowling 2:00-Engage & Enjoy
5. 9:45- Ankle & Foot Strengthening 10:45-Fit Testing 1:00-Shuffleboard Bowling 2:00-Engage & Enjoy	6. Epiphany 9:45-Ankle & Foot Strengthening 10:30-Music Therapy/Fit testing 1:00-Buckets in Motion: Drop & Dunk 2:00-Engage & Enjoy	7. 9:45-Ankle & Foot Strengthening 10:45-Fit Testing 1:00-Buckets in Motion: Drop & Dunk 2:00-Engage & Enjoy	8. 9:45-Ankle & Foot Strengthening 10:45-Fit testing 1:00-Hoops Hurdles & Score 2:00-Engage & Enjoy	9. 9:45-Tai Chi: Sit or Stand & Flow 10:45-Riddles & Tricky Trivia 1:00-Buckets in Motion: Drop & Dunk 2:00-Engage & Enjoy
12. 9:45-Seated Tai Chi 10:45-Toss & Remember 1:00-Speaker Series- <u>Stay Strong This Winter: Expert Tips with Suzanna</u> 2:00-Engage & Enjoy	13. 9:45-Seated Tai Chi 10:30-Music Therapy/Watercolour Craft 1:00-January Science Fair	14. 9:45-Sugar Free Berry Crumble/Men's Woodworking 10:45-Full Body Fit 1:00-Hoops Hurdles & Score 2:00-Engage & Enjoy	15. World Religion Day 9:45-Easy Start: Warm-Up & Breathe 10:00-Boxing with Terrance 10:45-Getting to Know You This or That 1:00-Stretch it Out 1:30-World Religions	16. Alaska Day 9:45-Fitness 10:45-Discover Braille -A World of Touch 1:00-Hit the Mark-Darts 2:00-Engage & Enjoy-Travel Alaska

19. Popcorn Snack Day 9:45-Clay Crafting 10:45-Move IT! January Voices and Views 1:00-Full Body Fit 2:00-Engage & Enjoy (Popcorn Sensations)	20. 9:45-Fitness 10:30-Music Therapy/Dominos 10:45-January Voices and Views 1:00-Hand Stretch &Watercolour	21. 9:45-Memory tray-Winter Edition 10:45-Fitness 1:00-Snowman Toss Pitch & Throw 2:00-Engage & Enjoy	22. 9:45-Get up and Go fitness 10:45-Spiritual Gatherings 1:00-Celebration of Life 2:00-Engage & Enjoy	23. 9:45-Fitness 10:45-Memory tray-Winter Edition 1:00-Balloon Pop 2:00-Engage & Enjoy
26. Robbie Burns Celebration 9:45-Fitness 10:45-Travelouge- <u>Scotland</u> 1:15-Scottish Dancer	27. 9:45-Cardio Fit 10:30-Music Therapy Session/Group Scrabble 1:00-Watercolour 2:00-Engage & Enjoy	28. 9:45-Still Life Art 10:45-Time to Move Fitness (Cardio) 1:00-Ping Pong Bucket Toss & Roll 2:00-Engage & Enjoy	29. 9:45-Easy Start: Warm-Up & Breathe 10:00-Boxing with Terrance 10:45-Linking the Word Chain Game 1:00-Inspire Your Heart with Art	30. Pizza Day 9:45-English Muffin Pizza Making 10:45-Mindful Yoga 12:00-Personal Pizza Lunch 1:00-Slice, Smile & Stretch 2:00-Mindful Yoga with Rashmi

DAILY OFFERINGS:

8:30-9:30 am

Caffeine Social – Creates a therapeutic gathering sot for clients to experience a rich array of psychological, emotional, and cognitive benefits, reinforcing the mission of the Adult Day Program to nurture the whole person through dignity, connection, and joy.

12:00-1:00 pm

Lunch - Clients experience a thoughtful menu capturing cultural cuisines and a palate that supports the nutritional needs of our seniors

2:15-3:00 pm

Sensible Snack & Client Leisure time – Client leisure time plays a crucial role in the holistic care of seniors within our Adult Day Program. Unlike structured group sessions, free time invites participants to engage in activities of their own pace, within a supportive and stimulating environment. This approach nurtures autonomy and encourages self-expression.