



**Happy
New Year
2026**

ADULT DAY PROGRAM

JANUARY 2026

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

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 set 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.