



ADULT DAY PROGRAM

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. May Day 9:45-Art Therapy with Zainab/May Voices & Views 10:45-Fitness-Body Workout 1:00-May Day Group Table/Floor Fine Motor Challenge 2:00-Leisure Lounge
4. Honoring Mothers Week 8:45-Pancake Delight 9:45-Split Word Group Game 10:30- Yoga with Jessica 11:15-Math It/Crazy Cup Games 1:00-Cups Galore Competition 2:00-Leisure Lounge/The VR Experience	5. Honoring Mothers Week/Cinco De Mayo 9:45-Art Therapy with Zainab/Maraca Crafting 10:45-The History of Cinco De Mayo 1:15-Groove & Shake Maraca Workout 2:00-Soft Tortilla Chips & Salsa Snack 2:15-Fiesta Piñata Fun	6. Honoring Mothers Week 9:45-Mother's Day Craft 10:45-Parachute Letters & Numbers 1:00-Functional Strength and Balance 2:00-Leisure Lounge	7. Honoring Mothers Week 9:45-Sit, Stand, Fitness 10:45-Getting to Know You 1:15-Art Therapy with Zainab/Card Bingo 2:00-Leisure Lounge/The VR Experience	8. Honoring Mothers Week 9:45-Art Therapy with Zainab/Fitness 10:45-History of Mother's Day 1:00-Tabletop Curling Competition 2:00-Leisure Lounge/ the VR Experience
11. 9:45- Functional Strength and Balance 10:45-Travel log to Europe 1:00-Outdoor Patio Bocce Ball 2:00-Health Week Aimee Dietician Talks	12. 9:45-Art Therapy with Zainab/Healthy Hands 10:45-Fitness-Cardio Fit 1:00-Clothespin Games Challenge 2:00-Leisure Lounge	13. 9:45-Kitchen Creation/Lemon Ricotta Cups/Boys Baking Group 10:45-Fitness-Body Fit with weights 1:00-Hockey Flick & Score 2:00-Leisure Lounge	14. 9:45- Warm Up <i>before Seated Boxing</i> 10:15-Seated Boxing 10:45-Endangered species 1:00 -Art Therapy with Zainab/Active Game 2:00-Leisure Lounge	15. 9:45-Art Therapy with Zainab/Brain games 10:45-Fitness-Ready & Move 1:00-Active Game 2:00-Victoria Day History

<p>18.</p> <p style="text-align: center;">Victoria Day Program Closed</p>	<p>19.</p> <p>9:45-Art Therapy with Zainab/Getting to Know You 10:45-Fitness-Body & Balance 1:00-Balloon Batting 2:00-Leisure Lounge</p>	<p>20. Strawberry Day</p> <p>9:45-Up and Moving Fitness 10:45-Math It/Stick Design Game 1:00-Ballon Volleyball 2:00-Leisure Lounge & Very Berry Snack</p>	<p>21.</p> <p>9:45-Fitness-Weight Workout 10:45-Travelogue-Ontario North Road Trip 1:00 -Art Therapy with Zainab/Markham Fair Crafts 2:00-Leisure Lounge</p>	<p>22.</p> <p>9:45-Art Therapy with Zainab/Markham Fair Making Mandalas 10:45-Sit, Stand, Fitness 1:00-Monster Bowling 2:00-Leisure Lounge</p>
<p>25. Shovavot Ends</p> <p>9:45-Afya Hort Demo 10:45-Outdoor Fitness 1:00-Axe Throwing 2:00-Leisure on the Patio</p>	<p>26.</p> <p>9:45-Art Therapy with Zainab/Markham Fair Crafting 10:45-Sit, Stand, Fitness 1:00-Outdoor Game (Axe/Horseshoes) 2:00-Leisure Lounge</p>	<p>27.</p> <p>9:45-Fitness-Let's Get Moving 10:45-Reminiscing 1:00-Clothespin Tower Balance Game 2:00-Leisure Lounge</p>	<p>28.</p> <p>9:45-Warm Up <i>before Seated Boxing</i> 10:15-Seated Boxing 10:45-May Voices & Views 1:00-Art Therapy with Zainab/Markham Fair Crafting 2:00-Leisure Lounge</p>	<p>29.</p> <p>9:45-Art Therapy with Zainab/Markham Fair Crafting 10:45-Stability & Strength 1:00-Fitness-Full Body Fun 2:00-Leisure Lounge</p>

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.