

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1.</p> <p><b>Canada Day</b></p> <p><b>Program Closed</b></p>	<p>2.</p> <p><b>9:30-10:00 Morning Walks</b> 10:00 -Let's Solve It Together- Whiteboard Letter Sudoku 10:45-Fitness-Full Body 1:00-Art Therapy with Zainab/Hoop &amp; Roll Challenge 2:00-Leisure Lounge</p>	<p>3.</p> <p><b>9:30-10:00 Morning Walks</b> 10:00-Art Therapy with Zainab/Wuzzles and Puzzles 10:45-Axe Throwing 1:00-Fitness-Stand &amp; Stand 2:00-Leisure Lounge</p>
<p><b>6. Parks and Rec Day</b></p> <p><b>9:30-10:00 Morning Walks</b> 10:00-Outdoor Parks and Rec Games &amp; <b>Garden Green Smoothies</b> 10:45-Whiteboard Park Building 1:00-Fitness-Full Body Workout 2:00-Educational-Sun Smart</p>	<p><b>7. Tanabata (Star Festival) in Japan</b></p> <p><b>9:30-10:00 Morning Walks</b> 10:00-A Tanabata Starry Night Craft 10:45-Music Therapy/Sun Salutations 1:00-Interactive Travel-Japan 2:00-Japanese Rice Cracker Snack 2:15-Fitness-Afternoon Moves</p>	<p><b>8. Blueberry Day</b></p> <p><b>9:30-10:00 Morning Walks</b> 10:00-Kitchen Creations with Blueberries /Garden Care Crew 10:45-Fitness-Fire Up Fit 1:00-Pool Noodle Hockey 2:00-Leisure Lounge</p>	<p>9.</p> <p>10:00-Boxing 10:45-Taxing Trivia 1:00-Fitness-Flex &amp; Strength 2:00-Leisure Lounge</p>	<p>10.</p> <p><b>9:30-10:00 Morning Walks</b> 10:00-Whiteboard Letter Sudoku 10:45-Fitness-Body Fit 1:00-Cups Glore Competition 2:00-Leisure Lounge</p>
<p><b>13. International Rock Day</b></p> <p><b>9:30-10:00 Morning Walks</b> 10:00-Rock Day Presentation 10:30-Yoga with Jessica 11:15-Rock Trivia Time 1:00-Fitness-Full Body Workout 1:30-Rock Jewelry</p>	<p><b>14. Bastille Day/ Macaroni &amp; Cheese Day</b></p> <p><b>9:30-10:00 Morning Walks</b> 10:00-Pasta Art 10:45-Music Therapy/Fitness-On the Patio 12:00 BBQ in the Courtyard 1:00-Axe Throwing 2:00-Leisure Lounge</p>	<p><b>15. National Clean and Beauty Day</b></p> <p><b>9:30-10:00 Morning Walks</b> 10:00-Clean Beauty-What does it Mean 10:45-Scrub Jar Craft 1:00-Fitness-Fire Up Fit 2:00-Olfactory Challenge!</p>	<p>16.</p> <p><b>9:30-10:00 Morning Walks</b> 10:00-Brain Game 10:45-Fitness-Full Body 1:00-<b>Client Feedback-We want to hear from YOU</b> 2:00-Leisure Lounge</p>	<p><b>17. National Tattoo Day</b></p> <p><b>9:30-10:00 Morning Walks</b> 10:00-Fitness-Morning Moves 10:45-<b>Client Feedback-We want to hear from YOU</b> 1:00-Fitness-Body Fit 1:30-<u>Tattoo Afternoon</u>; Presentation, Tattoo Artwork, Tattoo Talk and Trivia</p>

<b>20. National Moon Day</b>  <b>9:30-10:00 Morning Walks</b> 10:00-Fitness-Morning Moves 10:45-Moon Art Painting 1:00-National Moon Day Discussion 2:00-Leisure Lounge	<b>21. National Junk Food Day</b>  <b>9:30-10:00 Morning Walks</b> 10:00-Junk Food Presentation 10:45-Music Therapy/Hand Class 1:00-Fitness-Body Fit 2:00-Leisure Lounge	<b>22. World Brain Day</b>  <b>9:30-10:00 Morning Walks</b> 10:00-Floor Scrabble 10:45-Toss & Remember 1:00-Fitness-Core Focus 2:00-Leisure Lounge	<b>23. National Refreshment Day</b>  <b>9:30-10:00 Morning Walks</b> 10:00-Boxing 10:45-Guessing Game-Name that Drink 1:00-Fitness-Full Body 2:00-Leisure Lounge	<b>24.</b> <b>9:30-10:00 Morning Walks</b> 9:45-Fitness-Sun Salutations 10:45-Self-Care Presentation 1:00-Cooperative Game Challenge 2:00-Leisure Lounge
<b>27.</b> <b>9:30-10:00 Morning Walks</b> 10:00-Team Tile Match Game 10:30-Yoga with Jessica 11:15-July Voices & Views 1:00-Axe Throwing 2:00-Leisure Lounge	<b>28.</b> <b>9:30-10:00 Morning Walks</b> 9:45-Moring Fitness 10:45-Music Therapy/Flex & Strength 1:00-Horseshoes 2:00-Match It-Team Challenge	<b>29.</b> <b>9:30-10:00 Morning Walks</b> 9:45-Markham Fair Mayhem 10:45-Fitness-Movement to Music 1:00-Axe Throwing 2:00-Leisure Lounge	<b>30. International Friendship Day</b>  <b>9:30-10:00 Morning Walks</b> 10:00-Fitness-Patio Moves 10:45-Interactive Friendship Presentation 1:00-Boccie Ball 2:00-Match It-Team Challenge	<b>31.</b> <b>9:30-10:00 Morning Walks</b> 9:45-Group Sudoku 10:45-Fitness-Sit & Stand 1:00-Horseshoes 2:00-Leisure Lounge

## DAILY OFFERINGS

8:30-9:30 am: Caffeine Social – Creates a therapeutic gathering spot 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.