



ADULT DAY PROGRAM

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. <i>CIVIC HOLIDAY</i> <i>ADP Closed</i>	4. 9:45-Fitness: Flex and Strength 10:45-Music Therapy/Jewelry Making 1:00-1:30-Indoor/Outdoor Walks 1:30-Active Game-Color Capture 2:00-Leisure Lounge	5. 9:45-Movement to Music Fitness 10:45-Mindful Music 1:00-1:30 Indoor/Outdoor Walks 1:30-Active Game-Noodle Hockey 2:00-Leisure Lounge	6. 9:45-Mind Aerobics-Don't go over the Amount 10:00-Boxing 11:15-Trivia Time 1:00-1:30-Indoor/Outdoor Walks 1:30-Active Game-Ring Rescue 2:00-Leisure Lounge	7. 9:45-Mind Aerobics- Letter-to-Category Challenge 10:45-Fitness-Full Body 1:00-1:30-Indoor/Outdoor Walks 1:00- Active Game-Team Dice Dash 2:00- Leisure Lounge
10. 9:30-9:45-Morning Walk 9:45-Month Chronical 10:30-Yoga with Jessica 11:15-Family Feud 1:00-Active Game-Bowling 2:00-Leisure Lounge	11. 9:45-Flex & Strength 10:45-Music Therapy/Jewelry Making/ Mind Aerobics-Junk Drawer Detective 1:00-1:30-Indoor/Outdoor Walks 1:00-Active Game-Two Person Curling 2:00-Leisure Lounge	12. 9:45-Sit, Stand & Move 10:45-Patio Games- Horseshoes 1:00-1:30-Indoor/Outdoor Walks 1:30-Active-Parachute & Numbers 2:00-Leisure Lounge	13. 9:45-Flex and Strength 10:45-Left Handed Challenge 1:00-1:30-Indoor/Outdoor Walks 1:30-Active Game-Dice Dash 2:00-Leisure Lounge	14. Relaxation Day 9:45-Gentle Tai Chi 10:45-Active Game-Noodle Whack 1:00-1:30-Indoor/Outdoor Walks 1:00-Sensory Relaxation Stations

17. Baby Boomers Day 9:30-9:45-Morning Walk 9:45-Fitness-Weight Workout 10:45-Wheel of Fortune 1:00-Games from the Past 2:00-August Voices & Views	18. Never Give Up Day 9:30-9:45 Morning Walk 9:45-10:30 Peddles of Strength-A Reflection 10:45-Music Therapy/Healthy Hands 1:00-Cup Challenge Game 2:00-Leisure Lounge	19. Kitchen Craft Day World Humanitarian Day 9:30-9:45-Morning Walk 9:45-Edible Butterfly Art 10:45-Fitness: Falls Prevention Focus 1:00-Active Game-Two Person Curling 2:00-Leisure Lounge/Humanitarian Craft	20. Lemonade Day 9:45-Morning Walk 10:00-Boxing 11:15-Mind Games 1:00-Active Lemonade Challenge 2:00 to 2:15 Lemonade Snack 2:15-Leisure Lounge	21. World Seniors Citizen Day 9:30-9:45 Morning Walk 9:45-Senior Appreciation Day 10:45-Fitness-Sit & Stand 1:00-Active Game-Co-operative Team Stack-It 2:00-Leisure Lounge
24. Switch Day 9:30-10:30 Morning Walk & Reflection 10:30-Yoga with Jessica 11:15-Mind Aerobics-Getting to Know You? 1:00-Team Floor Hockey Whack It 2:00-Foot Health Education/Foot Scrub Demo	25. 9:45-Mind Aerobics-Chain Link Words 10:45-Music Therapy/Outdoor Fitness-Full Body 1:00-1:30-Indoor/Outdoor Walks 1:30-Active Game-Balloon Baseball 2:00-Leisure Lounge	26. 9:45-Fitness-Weighted Ball Exercises 10:45-Markham Fair Crafters 1:00-1:30-Indoor/Outdoor Walks 1:30-Active Game-Healthy Competition with Darts 2:00-Leisure Lounge	27. 9:30-9:45-Morning Walks 9:45-Fitness-Full Body Fit 10:45-Mind Aerobics-Odd Word Out Game 1:00-Active Game-Bowling 2:00-Leisure Lounge	28. Movie Day 9:45-Fitness-Full Body 10:45-Active Game-Hoop & Score 1:00-1:30-Indoor/Outdoor Walks 1:00-Reel to Reel Classic Movie & Popcorn
31. Elvis Day 9:30-9:45-Morning Walk 9:45-Fitness-Flex and Strength 10:45-Biography-‘The Man’ Elvis Presley 1:15-Elvis Presley Performs	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.			