



ADULT DAY PROGRAM

OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1. International Day of Older Persons 9:45-Wellness Walks & Boxing Class 10:45-Word Unscramble 12:00-Fall BBQ Lunch 1:00-Cup Target Toss 2:00-Timeline Challenge & Know your Club Member	2. 9:45-Fitness/Cardio Fit 10:45-Family Feud/Read Me a Story 1:00-Bowling/Walk & Wellness 2:00-Leisure Lounge
5. World Teaches Day 9:45-Math It 10:30-Seated Yoga 11:30-Mini Mind Workout using Proverbs 1:00-Team Cup Games/Walk & Wellness 2:00-Leisure Lounge	6. National Noodle Day 9:45-Strength Training with Weights/TheraBand's Workout 10:45-Music Therapy/Color Match Team Challenge 1:00-Team Bowling/Walk & Wellness 2:00-Leisure Lounge	7. 9:45-Whiteboard Word Game/Thanksgiving Horn of Plenty Craft 10:45-Body Fit 1:00-Noodle Hockey/Walk & Wellness 2:00-Leisure Lounge	8. 9:45-Wheel of Fortune/Math it 10:45-Sit Stand Be Fit 1:00-Bowling/Walk & Wellness 2:00-Leisure Lounge/Augmented Reality	9. International Girls Day 9:45-Sit Stand Fitness/Functional Fitness 10:45-Empowering Influencers 1:00-Horseshoe Toss/Walk & Wellness 2:00-Leisure Lounge
12. <i>Happy Thanksgiving Day Program Closed</i>	13. 9:45-Strong Bodies, Confident Steps/Body Fitness 10:45-Team Family Feud/Music Therapy 1:00-Dice Dash/Walk & Wellness 2:00-Leisure Lounge	14. 9:45-Word Build/Which Came First? 10:45-Fitness 1:00-Walk & Wellness/Noodle Hockey 2:00-Leisure Lounge	15. I love Lucy 9:45-Boxing Warm Up & Boxing Class 10:45-Split Word Scrabble/I Love Lucy 1:00-Fall Horseshoes/Walk & Wellness 2:00-Leisure Lounge/Augmented Reality	16. World Sight Day 9:45-Functional Fitness/Body Fit Cardio 10:45-World Sight Interactive Learning 1:00-Ring Rescue/Walk & Wellness 2:00-Leisure Lounge

19. 9:45-Bingo/Chocolate Cupcake Making 10:30-Seated Yoga 11:15-Finish The Proverb 1:00-Team Reacher Relay/Walk & Wellness 2:00-Leisure Lounge	20. Osteoporosis Day 9:45-Strong & Steady Fitness/Bone Fit 10:45-Music Therapy/Harvest Frames 1:00-Rotational Toss & Remember/Walk & Wellness 2:00-Leisure Lounge	21 International Chef Day 9:45-Walk & Wellness 10:00-Weighted Fitness 10:45-Interactive Hoop & Score/Word Games 1:00-International Chef Day: Cooking Bakeoff	22 9:45-Walking Wellness 10:00-Concentration Picture Puzzle/Visual Gymnastics 10:45-Body Fitness 1:00-Halloween Craft 2:00-Leisure Lounge/Augmented Reality	23. 9:45-Walk & Wellness 10:00-Movement Matters Fitness/Form & Function Fit 10:45-Tile Memory Game/Common Bond Words 1:00-Healthy Aging: Nourish, Move, Think & Connect
26. 9:45-Pumpkin Carving Competition 10:45-Sit Stand Fitness 1:00-Walk & Wellness/Colour Capture Game 2:00-Leisure Lounge	27. 9:45-Move for Health Fitness/Body Fit Cardio 10:45-Music Therapy/Sentence Inhibition 1:00-Team Hoops Challenge/Walk & Wellness 2:00-Leisure Lounge	28. Crock Pot Soup Day 9:45-Crock Pot Soup/Soup-er Brain Challenge 10:45-Full Body Fit 1:00-Noodle Hockey/Walk & Wellness 2:00-Leisure Lounge	29. National Oatmeal Day 8:40-9:30-Special Oatmeal Breakfast 9:45-Boxing Warm Up & Boxing Class 10:45-Solve the Missing Letters Mystery/Color Ball Match 1:00-Coat Rack Hook Game/Walk & Wellness 2:00-Leisure Lounge/Augmented Reality	30. 9:45-Walk & Wellness 10:00-Frankenstien Creators 10:45-Halloween Fitness 1:00-Halloween Games 2:00-Trick Or Treat Snack/Witch Way A & B

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.