UNIONVILLE HOME SOCIETY

ADULT DAY PROGRAM
NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2. 9:45-November Voices and Views 10:30-Seated Yoga 11:15-Emoji Music Guess/Mazers Craze 1:00-Dice Dash/Walk & Wellness 2:00-Snowman Craft	3. Bunka No Hi/Culture Day 9:45-Cultural Japanese Q-tip Blossom Craft 10:45-Music Therapy/Weighted Fitness 1:00-Ring Toss and Rotate/Walk & Wellness 2:00-Interactive Travel Japan	4. 9:45-Around the World VR Tour/Group Sudoku 10:45-Full Body Fit 1:00-Walk & Wellness/Balloon Floor Rescue 2:00-Snowman Craft	5. Guy Fawkes Day 9:45-Build a Bonfire 10:45-Body Fit Weights 1:00-Walk & Wellness/Team Color Capture 2:00-Snowman Craft	6. 9:45-Motion in Action Fitness/Body Fit Cardo 10:45-Guess The Item/Mind Gymnastics-Crossword 1:00-Walk & Wellness/Hoop & Score 2:00-Snowman Craft
9. 10:00-Community Presenter-Hearing 11:15-Full Body Fit 1:00-Shuffleboard Bowling/Walk & Wellness 2:00-Leisure Lounge	10. Forget Me Not Day 9:45-Movement Matters Fitness/Weighted Body Fit 10:45-Music Therapy/Spot the Difference 1:00-Walk & Wellness/Horseshoe Toss 2:00-Leisure Lounge	11. Remembrance Day 9:45-Balance & Beyond 10:45-**Remembrance Day Ceremony** 1 :00-Parachute Numbers & Letters/Walk & Wellness 2 :00-Leisure Lounge	12. 9:45-Inhale & Exhale-Warm Up 10:00-Boxing 10:45-Mental Gymnastics/ 1:00-Walk & Wellness/Pub Darts 2:00-Leisure Lounge	13. Friday the 13th! 9:45-Sit, Stand, Stretch 10:45-13 Myths, Mystery & Mind Power/Friday 13 Games 1:00-Walk & Wellness/Balloon Floor Rescue 2:00-Leisure Lounge
16. Hearing Clinic 10:00-2:00pm 9:45-Get Up & Get Moving/Weighted Body Fit 10:45-Virtual Museum Tour 1:00-Color Capture/Walk & Wellness 2:00-Leisure Lounge	17. 9:45-Strong & Steady Fitness/Body Fit- Cardio 10:45-Music Therapy/Price Is Right 1:00-Through the Hoop Shoot/Walk & Wellness 2:00-Leisure Lounge	18. Mickey Mouse Day 9:45-Mouse Ear Craft and Coloring Tables 10:45-Mickey Music and Gentle Movement 1:00-Mickey Freeze Dance 2:00-Classic Cartoon Trivia & Disney Memory Lane	19. International Men's Day 9:45-Step, Stretch & Strengthen/Men's Fit Group 10:45-Finish the Phrase/Men's Health Discussion 1:00-Walk & Wellness 1:30-Men-Darts & (non-alcoholic) Beer/Ladies-Tea & Talk	20. Diabetes Day 9:45-Strong & Steady Fitness /Body Fit-Full Body 10:45-Diabetes Education/Watercolor Practice 1:00-Walk & Wellness 1:30-Through the Hoop Shoot 2:00-Leisure Lounge

23. Diwali Celebration 9:45-Walking Wellness 10:00-Complete the Phrase? 10:45-Sit & Stand Fitness/Theraband Fit 11:15-Diwale Watercolor 1:00-A Taste of India: A Diwali Culinary Experience	24. 9:45-Balance & Beyond/Body Fit Cardio 10:45-Music Therapy/Before or After? 1:00-Walk & Wellness 1:30-Team Darts Competition 2:00-Leisure Lounge	25. 9:45-Recall & Remember/Classic Puzzle Challenge 10:45-Full Body Fitness 1:00-Walk & Wellness/Noodle Hockey 2:00-Leisure Lounge	26. 9:45-Inhale & Exhale-Warm Up 10:00-Boxing 10:45-Common Bond Word Games 1:00-Walk & Wellness/Toss remember and rotate 2:00- Leisure Lounge	27. National Cake Day Bake Off 9:45-Fall Fun Bake Off 10:45-Movement to Music 1:00-Walk & Wellness 1:30-Finish the Cake 2:00-Taste Off from the Bake Off!
30. 9:45-Music Memory Guess 10:30-Seated Yoga 11:15-Spelling Bee/The Daily Routine Game 1:00-Team Reacher Relay/Walk & Wellness 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.