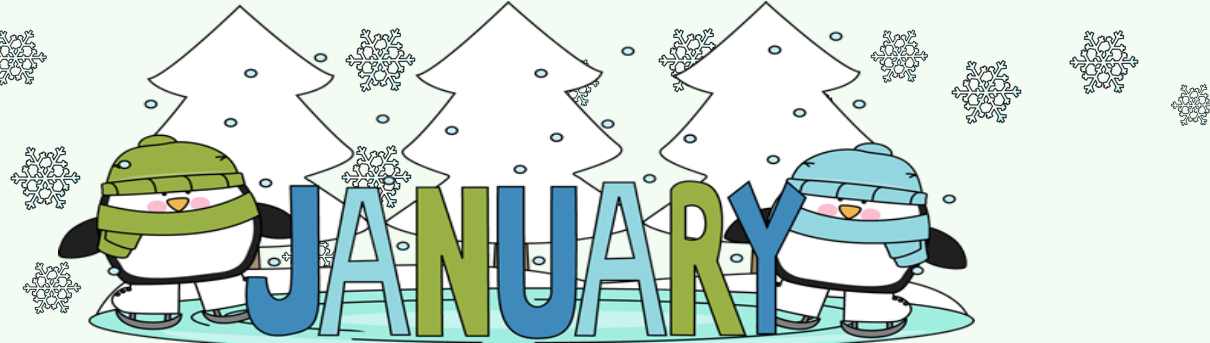


Adult Day Service - Bloor site

1709 Bloor St. W. 2nd Fl.

Tel: (416) 653-3535, ext. 229



Monday

Tuesday

Wednesday

Thursday

Friday



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | New Year's Day ADS Closed | 2 10:30 Current Events 11:00 Exercise 11:30 Ring Toss 13:00 Sing along w Helena 14:00 Word Searches | 4 10:30 Current Events 11:00 Exercise 11:30 Ball Bounce 13:00 Crossword 14:00 Relax and Color | 4 10:30 Current Events 11:00 Exercise 11:30 Chair Yoga 13:00 Winter Craft 14:00 Trivia |
| 7 10:30 Current Events 11:00 Exercise 11:30 Ball Bounce 13:00 Jewelry Making 14:00 YouTube Videos | 8 10:30 Current Events 11:00 Exercise 11:30 Ring Toss 13:00 Bingo! 14:00 Mandela Art | 9 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Pathways 14:00 Trivia | 10 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Sing Along with Helena 14:00 Reminiscing | 11 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 Pictionary 14:00 Word Searches |
| 14 10:30 Current Events 11:00 Exercise 11:30 Ring Toss 13:00 Crossword 14:00 Relax and Color | 15 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 Sing along w Helena 14:00 Word Searches | 16 10:30 Current Events 11:00 Exercise 11:30 Chair Yoga 13:00 Timeline 14:00 Word Games | 17 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Bingo! 14:00 Pictionary | 18 10:30 Currents Events 11:00 Exercise 11:30 Soccer 13:00 Clients Bill of Rights 14:00 Crossword |
| 21 10:30 Current Events 11:00 Exercise 11:30 Ball Game 13:00 Bingo ! 14:00 Word Searches | 22 10:30 Current Events 11:00 Exercise 11:30 Chair Yoga 13:00 Word Games 14:00 Pictionary | 23 10:30 Current Events 11:00 Exercise 11:30 Ring Toss 13:00 Movie 14:00 Movie Cont. | 24 10:30 Currents Events 11:00 Exercise 11:30 Soccer 13:00 Mandarin Buffet 14:00 Trivia | 25 10:30 Currents Events 11:00 Exercise 11:30 Soccer 13:00 Sing along w Helena 14:00 Relax and Colour |
| 28 10:30 Current Events 11:00 Gingerbread Houses 11:30 Bowling 13:00 Sing Along with Helena 14:00 Pictionary | 29 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Baking 14:00 Word Games | 30 10:00 Current Events 11:30 Exercise 11:30 Ring Toss 13:00 Crossword 14:00 Categories | 31 10:00 Current Events 11:00 Exercise 11:30 Ball Bounce 13:00 Word Scramble 14:00 Relax and color | Daily Events 10:00 Clients Arrive 10:15 Breakfast 10:30 Current Events 11:00 Exercise 12:00 Lunch 13:00 Activity Program 14:30 Snacks 15:00 Clients go Home |