


**Adult Day Program - Weston site**

1167 Weston Road  
Tel: (416) 249-3964

# JANUARY



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Special Events / Outings</b> ~High Park Outing—TBD ~Travelogue—Mexico ~Travelogue—Eritrea ~Piano Concert Series—Thursdays	<b>Happy New Year!</b> <b>ADS Closed</b> 	<b>1</b> 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 BINGO 14:00 Room 217 Music	<b>2</b> 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Piano Concert Series 14:00 Spa/Hand Massage	<b>3</b> 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 Movie 14:00 Movie cont'd
<b>7</b> 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 Word Games 14:00 BINGO	<b>8</b> 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Sing with Dawa 14:00 Knitting Circle	<b>9</b> 10:30 Current Events 11:00 Exercise 11:30 Chair Dancing 13:00 Chef's Table 14:00 Table Top Games	<b>10</b> 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Piano Concert Series 14:00 Fitness Club	<b>11</b> 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Craft: Floral Frames 14:00 Room 217 Music
<b>14</b> 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Client Bill of Rights 14:00 Relax and Colour	<b>15</b> 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 Travelogue: Mexico 14:00 Painting Workshop	<b>16</b> 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Sing with Dawa 14:00 Jewelry Making	<b>17</b> 10:30 Current Events 11:00 Exercise 11:30 Ladderball 13:00 Piano Concert Series 14:00 Table Top Games	<b>18</b> 10:30 Current Events 11:00 Exercise 11:30 Chair Dancing 13:00 Storybook Afternoon 14:00 Knitting Circle
<b>21</b> 10:30 Current Events 11:00 Exercise 11:30 Ladderball 13:00 Martin Luther King Jr. Day 14:00 Blue Monday	<b>22</b> 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 YouTube Concert 14:00 Spa/Hand Massage	<b>23</b> 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 Craft: Chinese New Year 14:00 Travelogue: Eritrea	<b>24</b> 10:30 Current Events 11:00 Exercise 11:30 Horseshoes 13:00 Piano Concert Series 14:00 Fitness Club	<b>25</b> 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Craft: Floral Frames 14:00 BINGO
<b>28</b> 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Craft: Chinese New Year 14:00 Sing with Dawa	<b>29</b> 10:30 Current Events 11:00 Exercise 11:30 Chair Dancing 13:00 Chef's Table 14:00 BINGO	<b>30</b> 10:30 Current Events 11:00 Exercise 11:30 Ladderball 13:00 World Trivia 14:00 Knitting Circle	<b>31</b> 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Piano Concert Series 14:00 Relax and Colour	<b>Daily Events</b> 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 Return Home