

**Adult Day Service - Weston Site**

1167 Weston Road

Tel: (416) 249-7946

# June



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Pilates 14:00 Word Games	4 10:30 Current Events 11:00 Exercise 11:30 Chair Dancing 13:00 Room 217 Music 14:00 Bingo	5 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 Fitness Club 14:00 Craft Corner	6 10:30 Current Events 11:00 Exercise 11:30 Ladderball 13:00 Meditation Time 14:00 Baking	7 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Client Bill of Rights 14:00 Painting Workshop
10 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 Chair Yoga 14:00 Table Top Games	11 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Meditation Time 14:00 Painting Workshop	12 10:30 Current Events 11:00 Exercise 11:30 Chair dancing 13:00 You Tube Concert 14:00 Spring BINGO	13 10:30 Current Events 11:00 Exercise 11:30 Ring Toss 13:00 Chair Yoga 14:00 Craft Corner	14 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Father's Day BBQ 14:00 Sing with Dawa
17 10:30 Current Events 11:00 Exercise 11:30 Ring Toss 13:00 Reading Group 14:00 Trivia	18 10:30 Current Events 11:00 Exercise 11:30 Ladderball 13:00 Chair Dancing 14:00 Relax and Colour	19 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Pilates 14:00 Knitting Circle	20 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Room 217 Music 14:00 Table Top Games	21 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 BINGO 14:00 Chef's Table
24 10:30 Current Events 11:00 Exercise 11:30 Balloon Badminton 13:00 Sing with Dawa 14:00 Spa/Hand Massage	25 10:30 Current Events 11:00 Exercise 11:30 Horseshoes 13:00 Movie 14:00 Movie cont'd	26 10:30 Current Events 11:00 Exercise 11:30 Chair Dancing 13:00 BINGO 14:00 Relax and Colour	27 10:30 Current Events 11:00 Exercise 11:30 Soccer 13:00 Painting Workshop 14:00 Gardening Club	28 10:30 Current Events 11:00 Exercise 11:30 Bowling 13:00 Travelogue: Cuba 14:00 Fitness Club



**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 Return Home

**Special Events / Outings**

Father's Day BBQ—14th  
Seniors' Week—17th—21st