



# Sample Adult Day Services Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Evening Routine</b> Table Games/Art Dinner Active Games Wind Down/Relaxation		<b>Daytime Routine</b> Morning Social Fitness Trivia/Word Games Active Games		Guess The Profession Quiz Alphabet Professions Name Game	<b>1</b> Balloon Badminton  Trivia
<b>2</b>  Beauty Therapy And Nail Care Group Social	<b>3</b>  Themed Trivia Music Care Program	<b>4</b> Finish These Proverbs Tablets & Puzzles	<b>5</b> Fun Riddles Ladder ball	<b>6</b> Nursery Rhymes Quiz  Bean Bag Toss	<b>7</b> Cultural Celebration Day  Basketball	<b>8</b> Saturday Bingo Baking Sunday
<b>9</b> Current Events Hand massages & Herbal teas	<b>10</b>  Scrapbooking Friendship Bracelet Craft	<b>11</b> Reading Round Table Ring toss	<b>12</b> Noodle Ball Plinko	<b>13</b> Therapeutic Music Program  Chair Zumba	<b>14</b> Match The Songs With The Movies Canvas Painting	<b>15</b> Sing A Long  Snacks Social
<b>16</b> Sunday Stroll  Dominoes	<b>17</b> Fiesta—Cultural Celebration  All about honey	<b>18</b> Swap Ideas Day! Painting Pots	<b>19</b> Canadian Provinces  Colouring Maps	<b>20</b> Therapeutic Music Program 80's Workout	<b>21</b> Chair Dancing  Spanish Seranata	<b>22</b> Tai-Chi Stretching Reading Corner: Chicken Noodle for the soul
<b>23/30</b> Lunch Bunch  Scrabble	<b>24</b> Colouring Program Horse Shoe Toss Jig-saw Puzzles	<b>25</b> Fall Quiz And Poems  Fall Leaves Decoration	<b>26</b> International Famous Dishes Table Games	<b>27</b> Pumpkin Recipes  Aromatherapy	<b>28</b> Math Exercises/Word Find Ladder Ball Tablet Games/Puzzles	<b>29</b> Funny Trivia  Afternoon High Tea