





June 2019



Adult Day Services at
525 Horner Avenue

Mon	Tues	Wed	Thurs	Fri	S
<p>1. Closed For Canada Day</p> 	<p>2. Discussion: July Dates to Celebrate Shuffle Board Summer Flowers Alphabet</p>	<p>3. Ladies Day: Reminiscing Summer-time Memories Bean Bag Toss</p>	<p>4. Current Events, Crossword, Word Search Exercise Program Board Games/Tablet Program</p>	<p>5. Moon phases in July/ Horoscopes Summertime Fun Workouts Horseshoe Game</p>	8
<p>8. History of Chocolate Planting in the garden Summer Trivia Trivia</p>	<p>9. Nunavut Day Card Bingo Aboriginals of Canada, Culture, Art and Music</p>	<p>10. Ladies Morning Social Card Bingo Craft</p>	<p>11. Current Events/ Crossword Word Search Water Bottle Weight Workouts Tech/Tablet Program</p>	<p>12. Decorate the Room-Summer Theme Falls Prevention Workout Pathways</p>	15
<p>15. Talk about Sports Ladder ball Canadian Trivia</p>	<p>16. World Snake Day -Snakes that live in Canada Summer Sports Workout Balloon Badminton</p>	<p>17. National Hot Dog Day, BBQ Foods. Summer Sports Workout Balloon Badminton</p>	<p>18. Nelson Mandela Day Crossword/Word Search Fitness Program Famous Canadian Celebrities</p>	<p>19. Morning Social Summertime Fun Workout Snacks on the Patio/In the Backyard</p>	
<p>22. List of Ice Cream Flavours Summer Activity Workout Comedy Time- DVD</p>	<p>23. Morning Social Shuffleboard Famous Italian Songs and Singers</p>	<p>24. Talk about Cousin's Day Shuffleboard Natural DIY Beauty Care Recipes recipes</p>	<p>25. Current Events, Crossword, Word Search Therapeutic Workouts Board games</p>	<p>26. National Intern Day– Different Professions and Careers Yoga Movements Exercises Celebrate Birthdays in July</p>	
<p>29. Canadian fruits and veggies of the month Foods and Drinks for healthy living July Birthday Celebrations</p>	<p>30. Reminiscing– old friendships, games we played Ladder ball July Birthday Celebration</p>	<p>31. Reminiscing – old friendships, games we played Ladder ball Adult Colouring Program</p>	<p><u>Daily Routines AM:</u> - Morning Social - Current Events - Word Search - Fitness</p>	<p><u>Daily Routines PM:</u> -Lunch -Active Games - Discussions - Table Games, etc.</p> 	30

