

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2019

Adult Day Program Services

9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Spa (Hand Treatment)
 12:00 Lunch Time Social
 1:15 Fall Prevention Exercise
 1:45 Valentine Bingo
 2:30 Snack Time/Trivia



Groundhog Day

Happy New Year

3 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Chair Yoga Instructor
 12:00 Lunch Time Social
 1:30 Black History Month Mtg Rm
 2:30 Snack Time/Trivia

4 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Music Appreciation
 12:00 Lunch Time Social
 1:00 Dice Card Game
 2:00 Chinese New Year
 2:30 Snack Time/Trivia

Chinese New Year

5 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:45 Pet Therapy
 12:00 Lunch Time Social
 1:15 Fall Prevention Exercise
 1:45 Devotions/Hymn Singing
 2:30 Snack Time/Trivia

6 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Theme Bingo
 11:15 Fall Prevention Exercise
 12:00 Lunch Time Social
 1:00 Games Galore
 2:00 Spa (Facials)
 2:45 Snack Time/Trivia

7 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Sing- A-Long
 11:15 Fall Prevention Exercise
 12:00 Lunch Time Social
 1:00 Break The Ice
 2:00 Birthday Party Mtg Rm
 2:30 Snack Time/Trivia



11 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Creative Cuisine
 12:00 Lunch Time Social
 1:15 Fall Prevention Exercise
 1:30 Shuffleboard
 2:30 Snack Time/Trivia

12 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Art Appreciation
 12:00 Lunch Time Social
 1:00 Fun Musical Circle Mtg Rm
 2:30 Snack Time/Trivia

13 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:45 Pet Therapy
 12:00 Lunch Time Social
 1:30 Horticultural Therapy Mtg Rm
 2:30 Snack Time/Trivia

14 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Valentine's Day Trivia
 11:15 Fall Prevention Exercise
 12:00 Lunch Time Social
 1:30 Residents Council Musical Valentine's Day Concert
 2:30 Snack Time/Trivia

15 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Spa (Facials)
 12:00 Lunch Time Social
 1:00 Fall Prevention Exercise
 1:45 Dominoes
 2:30 Snack Time/Trivia



**ADS
 CLOSED
 FOR
 FAMILY
 DAY**

Presidents' Day (US)

19 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Music Appreciation
 12:00 Lunch Time Social
 1:15 Fall Prevention Exercise
 2:00 Smile Theatre Mtg Rm
 2:30 Snack Time/Trivia

20 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:45 Pet Therapy
 12:00 Lunch Time Social
 1:15 Fall Prevention Exercise
 2:00 Spa (Hand Treatment)
 2:30 Snack Time/Trivia

21 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 True of False Game
 11:15 Fall Prevention Exercise
 12:00 Lunch Time Social
 1:00 Shuffle Board
 2:30 Snack Time/Trivia

22 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Wheel of Fortune
 11:15 Fall Prevention Exercise
 12:00 Lunch Time Social
 1:00 Curling
 2:30 Snack Time/Trivia



25 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Chair Yoga Instructor
 12:00 Lunch Time Social
 1:00 Crossword/Word Search
 2:30 Snack Time/Trivia

26 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Music Appreciation
 12:00 Lunch Time Social
 1:15 Fall Prevention Exercise
 1:30 Bingo
 2:30 Snack Time/Trivia

27 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:45 Pet Therapy
 12:00 Lunch Time Social
 1:15 Fall Prevention Exercise
 1:45 Snakes & Ladders
 2:30 Snack Time/Trivia

28 9:00 Movie/Sitcom
 10:00 Coffee Time Social Discussion Group
 10:30 Devotions/Hymn Singing
 11:15 Fall Prevention Exercise
 12:00 Lunch Time Social
 1:30 Horticultural Therapy Mtg Rm
 2:30 Snack Time/Trivia



ST. CLAIR O'CONNOR COMMUNITY INC.

2701 St. Clair Ave. E, Toronto, ON. Tel: 416- 757-8757