






















Maxville Manor Adult Day Program Calendar – JUNE 2023 – Margaret Lobb (613) 527-2170 ext. 237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Need Transportation?  Call Phyllis to schedule drives for your medical and social appointments. (613) 527-2170 x228	Foot Care Service Available in your home or at the Manor  Please Contact Margaret Lobb for more information regarding this Community Outreach Service.	 The "Dog Days of Summer" are named after the Dog Star (Sirius). The ancients evidently believed that Sirius' energy was combined with the sun's when they were so close together in the sky and this brought about the hottest weather of the year in the northern hemisphere.	1. 	2. 9:30 Morning Welcome Chapel 10:00 Baseball 10:30 Gentle Exercise & Movement 11:30 Stroll then Lunch 12:30 Rest and Individual Activities 1:00 Trivia/Summer Bingo Day Center 2:15 Coffee Shop 2:30 Departure 
5.  June Flower = Roses & Honey Suckle Zodiac Signs = Gemini & Cancer Birthstone = Pearl	6. 9:30 Morning Welcome Chapel 10:00 Planting Garden D/E Patio 10:45 Sandbags & Mental Aerobics 11:30 Stroll then Lunch 12:30 Rest and Individual Activities 1:15 Give a penny, take a penny 2:15 Coffee Shop 2:30 Departure 	7. 9:30 Morning Welcome Day Center 10:00 Musical BINGO 10:30 Mental Aerobics/Games 11:15 Stroll then Lunch 12:30 Rest and Individual Activities 1:00 Outing for Flowers 2:15 Coffee Shop 2:30 Departure 	8. Active Games may include: *Sandbags *Mini Golf *Bowling *Hill Billy Golf *Washers *Curling *Bocce Ball *Horseshoes *Sandbag Baseball *Broomball *Racquet Volleyball *Ring Toss *Magnetic Darts *Axe Throwing	9. 9:30 Morning Welcome Chapel 10:00 Bowling 10:30 Gentle Exercise & Movement 11:30 Stroll then Lunch 12:30 Rest and Individual Activities 1:00 Gnome Craft Day Center 2:15 Coffee Shop 2:30 Departure 
12. Social, Mental, Intellectual Programs: *Give a Penny, Take a Penny *Drumming *Java Music *Win, Lose or Draw, Scattergories *Who Wants to be a Millionaire *Smarter than the teacher * Birthday Celebrations	13. 9:30 Morning Welcome Chapel 10:00 "At the Fair" Scattergories 10:45 Gentle Exercise & Movement 11:30 Stroll then Lunch 12:30 Rest and Individual Activities 1:15 Bocce Ball D/E Patio 2:15 Coffee shop 2:30 Departure 	14. 9:30 Morning Welcome Day Center 10:00 Java Music & Trivia 10:30 Expressions BINGO 11:15 Stroll then Lunch 12:30 Rest and Individual Activities 1:15 Horse Races 2:15 Coffee shop 2:30 Departure 	15. Social , Mental, Intellectual Programs: *Social Circle *Circle Talk *BINGO/KENO * Board Games/Cards *Reminiscing *Musical Bingo *Current Events *Crokinole *1-1 programming *Java Music * Reading Group *Xbox Games *Scattergories *Baking *Outings	16. 9:30 Morning Welcome Chapel 10:00 Trivia/Memory Match 10:45 Sandbags 11:30 Stroll then Lunch 12:30 Rest and Individual Activities 1:15 Father's Day Millionaire Day Center 2:15 Coffee Shop 2:30 Departure 
19. Sunday June 18th is Father's Day Father's Day honors fathers, & father figures, as well as fatherhood, paternal bonds, and the influence of fathers in society. <i>Happy Father's Day!</i>	20. 9:30 Morning Welcome Chapel 10:00 Horseshoes 10:35 Trivia & Word Games 11:30 Stroll then Lunch 12:30 Rest and Individual Activities 1:15 Baking in Day Center 2:15 Coffee shop 2:30 Departure	21. 9:30 Outing to GIAG in Alexandria Morning Welcome, Games, Lunch, Social, Trivia, and Refreshments 2:30 Departure home 	22. The Maxville Fair June 23-25th 2023 	23. 9:30 Morning Welcome Chapel 10:00 Mini-putt Golf 10:30 His Nibs (pony) visit Town Square 10:45 Win, Lose or Draw—County Fair 11:30 Stroll then Lunch 12:30 Rest and Individual Activities 1:15 Word Scramble Day Center 2:15 Coffee Shop 2:30 Departure

<p>26. Meals on Wheels Monday-Wednesday-Friday Call Phyllis for more information (613) 527-2170 x 228</p> 	<p>27. The day program is cancelled today due to staff education.</p> 	<p>28. 9:30 Morning Welcome Day Center 10:00 KENO 10:45 Guess Who & Mental Aerobics 11:15 Stroll then Lunch 12:30 Rest and Individual Activities 1:15 Sandbags & Trivia 2:15 Coffee shop 2:30 Departure</p>	<p>29. Watermelons are vegetables! In fact, it is summer's most popular vegetable. It is part of the cucumber, pumpkin, and squash family. The average person eats 15 pounds of watermelon a year! Watermelon is low in calories and rich in water. It's also an excellent source of vitamins A and C and lycopene while being less acidic.</p> 	<p>30. 9:30 Morning Welcome 10:00 Mini-putt Golf 10:30 BINGO 11:30 Stroll then Lunch 12:30 Rest and Individual Activities 1:15 Smarter Than A Teacher Day Center 2:15 Coffee shop 2:30 Departure</p> 
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Maxville Manor Adult Day Program *Virtual Programming* Calendar

Every MONDAY	Every TUESDAY
<p>Senior Centre Without Walls Telephone Program</p> <p>1:30pm - 2:30pm Stories and Discussion</p>  	 <p>ZOOM TRIVIA</p> <p>1:30pm - 2:30pm Mental Aerobics & BINGO</p>



ZOOM : To join the Zoom Programs, use the zoom link we provide you or go to zoom.us Meeting ID: **830 241 8450**
Code: **alexandria**

Senior Centre Without Walls Phone Program : Dial In Phone Number: 1-866-279-1594 Participant Code : 800123

Maxville Manor = Margaret Lobb & Mylinda Jagges (613) 527-2170 ext. 237