







Maxville Manor Adult Day Program Calendar – **September 2019** – Margaret Lobb (613) 527-2170 ext. 237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Require Transportation? Call Phyllis to schedule drives for your social and medical appointments. (613) 527-2170 x228</p>	<p>Meals on Wheels Monday-Wednesday-Friday Call Phyllis for more information or to make arrangements (613) 527-2170 x228</p>		<p>Social Circles Topics may include:</p> <ul style="list-style-type: none"> • Labor Day • Back To School • Fall County Fairs/Festivals • Apples
<p>2.</p> 	<p>3. 9:30 Morning Welcome 10:00 Hill Billy Golf 11:00 Exercise and Mental Aerobics 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Back To School Trivia Game 2:15 Coffee Shop</p>	<p>4. 9:30 Morning Welcome 10:00 Horse Shoes 11:00 Exercise and Mental Aerobics 11:30 Walk then lunch 12:30 Rest and Individual Activities 1:15 Back To School Social Circle 2:15 Coffee Shop</p>	<p>5.</p> <p>Let me know your idea for a Day Program Outing and/or a New Activity!</p>	<p>6. 9:30 Sing Song 10:15 Morning Welcome 11:00 Exercise and Mental Aerobics 11:30 BBQ Outside on the Terrace with Entertainment (weather permitting) Townsquare is alternative location 2:15 Coffee Shop</p>
<p>9.</p>  <p>Sunday September 8th</p>	<p>10. 9:30 Morning Welcome 10:00 Washers 11:00 Exercise and Mental Aerobics 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Golf & Fall Social Circle 2:15 Coffee Shop</p>	<p>11. 9:30 Morning Welcome 10:00-2:30 Mini Fair with Petting Zoo outside 11:30 Walk then lunch 12:30 Rest and Individual Activities 2:15 Coffee Shop</p>	<p>12. Ongoing programs may include:</p> <ul style="list-style-type: none"> *personal beauty *mental aerobics *reminiscing *current events *1-1 programming 	<p>13. 9:30 Morning Welcome 10:00 Fall Scattergories 11:00 Exercise and Mental Aerobics 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Bowling 2:15 Coffee Shop</p>
<p>16.</p> <p><u>September Birthdays</u></p>  <p>Ingrid</p>	<p>17. 9:30 Morning Welcome 10:00 Sand Bags 11:00 Exercise & Education with Joan 12:30 Rest & Individual Activities 1:00 Flip BINGP 1:45 Karaoke 2:15 Coffee Shop</p>	<p>18. 9:30 Morning Welcome 10:00 Washers & Musical BINGO 11:00 Exercise & Education with Joan 11:30 Walk then lunch 12:30 Rest and Individual Activities 1:00 Outing to Avonmore Berry Farm * \$2.00 extra charge</p>	<p>19. September 23rd</p>  <p>Autumn is Here!</p>	<p>20. 9:30 Sing Song 10:15 Morning Welcome 11:00 Exercise & Education with Joan 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Fall Social Circle 2:15 Coffee Shop</p>
<p>23.</p> <p>*Community Euchre Party 12:30 8 games with a dessert break \$5.00 per person Inquire with Margaret or Ashley at 527-2170 x237</p>	<p>24. 9:30 Morning Welcome 10:00 Horse Shoes 11:00 Exercise and Mental Aerobics 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Games Hour 2:15 Coffee Shop</p>	<p>25. 9:30 Morning Welcome 10:00 Horse Shoes 11:00 Exercise and Mental Aerobics 11:30 Walk then lunch 12:30 Rest and Individual Activities 1:15 Special Event – Labour Day Songs 2:15 Coffee Shop</p>	<p>26.</p> <p>Note: Programs Are Subject To Change Questions? Please contact Margaret 613-527-2170-ext. 237</p>	<p>27. 9:30 Morning Welcome 10:00 Fun & Fitness 11:00 Mental Aerobics 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Millionaire Trivia 2:15 Coffee Shop</p>

