







# Tall Pines and Malton Village Adult Day Service



## November 2022 Zoom Virtual Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>11:00 Chair Yoga</b> <b>2:00-Men's Health Presentation</b> 	2 <b>11:00-Group Exercise</b> <b>2:00-Name that Stache</b>  MOVEMBER	3 <b>11:00-Group Exercise</b> <b>2:00-Travel to the Netherlands</b> <b>2:00-Music Therapy</b>	4 <b>11:00-Group Exercise</b> <b>2:00-Peel Art Gallery &amp; Museum Archives Presentation: Toys</b> 
7 <b>11:00-Group Exercise</b> <b>2:00-Gardeners Eye</b> 	8 <b>11:00-Group Exercise</b> <b>2:00-Word Lists</b> 	9 <b>11:00-Group Exercise</b> <b>2:00-War Time Songs by Mark Kersey</b> 	10 <b>11:00-Group Exercise</b> <b>2:00-War Plane Museum</b> 	11 <b>10:30-Remembrance Day Presentation</b> <b>2:00-Exercise</b> 
14 <b>11:00-Group Exercise</b> <b>2:00-Client Voice</b> 	15 <b>11:00-Chair Yoga</b> <b>2:00-Center Wide Bingo</b> 	16 <b>11:00-Group Exercise</b> <b>2:00-IMPROV</b> 	17 <b>11:00-Group Exercise</b> <b>2:00-Biography of The Beatles</b> <b>2:00-Music Therapy</b> 	18 <b>11:00-Group Exercise</b> <b>2:00-Name that Celebrity</b> 
21 <b>11:00-Group Exercise</b> <b>2:00-Word Game Boggle</b> 	22 <b>11:00-Group Exercise</b> <b>2:00-Jeopardy</b> 	23 <b>11:00-Group Exercise</b> <b>2:00-Name that Tune</b> 	24 <b>11:00-Group Exercise</b> <b>2:00-Laughter Yoga</b> 	25 <b>11:00-Group Exercise</b> <b>1:30-Toronto Zoo: African Rain Forest</b> 
28 <b>11:00-Group Exercise</b> <b>2:00-Travel to the Amazon Rainforest</b> 	29 <b>11:00-Chair Yoga</b> <b>2:00-Birthday Party</b> 	30 <b>11:00-Group Exercise</b> <b>2:00-Unique Animal Trivia</b> 		<b>Zoom Information:</b> <b>Meeting ID: 870 9305 1605</b> <b>Passcode: tallpines1</b>
	<b>To access a program, hover your mouse over the program and then press the left button on your mouse to open the Zoom link. Select 'Open' and then enter passcode: tallpines1</b>			

### PROGRAM DESCRIPTIONS:

**Group Exercise:** Seated exercise designed for seniors consisting of cardio exercises to increase your breathing and heart rate, strength exercises to make your muscles stronger, and flexibility exercises to stretch your muscles.

**Chair Yoga:** Participate in seated chair yoga where you get to do different stretches and movements to improve your overall physical health.

**Bingo:** Play a game of bingo with your friends from the day program. BINGO cards will be provided in advance.

**Name that Tune/ Hymn Sing:** Join us for musical trivia and hymn singing.

**Jeopardy:** Test your knowledge with some fun trivia games!

**Laughter Yoga:** Simple stretches while laughing, after all, laughter is the best medicine.

**Gardeners Eye:** Name that Plant trivia.

**Word Game Boggle:** Find words with the letters presented.

**Name that Stache:** Guess the mustache of the famous celebrity.

**Inside out Theatre:** Get creative and join us in an improv session.

**New!! Music Therapy:** Join us for a fun music therapy session offered by Miya Music Therapy. Space is limited, so please contact the ADS staff if you are interested in participating!

**If any questions, please call us at:**

**Malton Village:**  
**(905) 791-1179 ext. 7337**

**Tall Pines:**  
**(905) 791-2449 ext. 2388**