







# Peel Manor Adult Day Services Virtual and In-Person Programs December 2022






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>DAILY EVENTS</b></p> <p><b>8:00 am Morning Refreshment and Individual Activities</b></p> <p><b>11:00 am Physical Activity or Group Exercise</b></p> <p><b>12:00 pm Lunch</b></p> <p><b>2:45 pm Physiotherapy</b></p> <p><b>3:30 pm Snack</b></p>	<p><b>ONE VIRTUAL LINK AT 2:00 PM</b></p> <p><b><u>**Unless otherwise posted**</u></b></p>		<p>1</p> <p>10:00 am Holiday Arts and Crafts and Baking</p> <p>1:00 pm Doll Therapy</p> <p>2:15 pm Hot Chocolate Social and Christmas Stories</p> <p>3:30 pm Tabletop Activities</p> <p><b>2:00 pm Virtual Reading Group</b></p>	<p>2</p> <p>10:00 am Amazon Warehouse Virtual Tour</p> <p>1:00 pm Table Games and Planet Earth Documentary</p> <p>2:15 pm Word Games</p> <p>3:30 pm Tabletop Activities</p> <p><b>2:00 pm PAMA Museum</b></p>	<p>3</p> <p>10:00 am Holiday Arts and Crafts and Baking</p> <p>1:00 pm Doll Therapy</p> <p>2:15 pm Hot Chocolate Social and Christmas Stories</p> <p>3:30 pm Tabletop Activities</p>
<p>5</p> <p>10:00 am National Cookie Day Discussion and Beanbag Toss</p> <p>1:00 pm Food Network Show</p> <p>2:15 pm Christmas Stories and Nail Spa</p> <p>3:30 pm Music for You</p> <p><b>2:00 Musical Monday</b></p> 	<p>6</p> <p>10:00 am Bingo and Group Discussion</p> <p><b>12:00 pm Swiss Chalet Lunch at the program</b></p> <p>1:00 pm Table Games and Just for Laughs</p> <p>2:15 pm Eggnog Social and Wreath Decorating</p> <p>3:30 pm Music for You</p> <p><b>2:00 pm Botanical Gardens: Holiday Traditions</b></p>	<p>7</p> <p>10:00 am Hymn Sing and Montessori Activity</p> <p><b>12:00 pm Swiss Chalet Lunch at the program</b></p> <p>1:00 pm Individual Activities</p> <p>2:15 pm Eggnog Social and Christmas Poems</p> <p>3:30 pm Folding/Sorting</p> <p><b>2:00 pm Virtual December Birthday Party</b></p>	<p>8</p> <p>10:00 am Christmas Around the World Discussion and Christmas Carols</p> <p><b>12:00 pm Swiss Chalet Lunch at the program</b></p> <p>1:00 pm Beading Activity and Doll Therapy</p> <p>2:15 pm Eggnog Social Wreath Decorating</p> <p>3:30 pm Tabletop activities</p> <p><b>2:00 pm Laughter Yoga</b></p>	<p>9</p> <p>10:00 am Bingo and Current Event Discussion</p> <p>1:00 pm Individual Activities/ Just for Laughs</p> <p>2:00 pm Holiday Celebration and Live Entertainment</p> <p>3:30 pm Finish the Phrase</p> <p><b>2:00 pm Feel Good Friday</b></p>	<p>10</p> <p>10:00 am Hymn Sing and Montessori Activity</p> <p><b>12:00 pm Swiss Chalet Lunch at the program</b></p> <p>1:00 pm Individual Activities</p> <p>2:15 pm Eggnog Social Wreath Decorating</p> <p>3:30 pm Folding/Sorting</p>
<p>12</p> <p>10:00 am Christmas Card Writing and Christmas Caroling</p> <p>1:00 pm Food Network Discussion</p> <p>2:15 pm Poetry Corner and Nail Spa</p> <p>3:30 pm Music for You</p> <p><b>2:00 Sparklettes Christmas Show</b></p> <p>Virtual link to be provided at a later date</p>	<p>13</p> <p>10:00 am Bingo and News Discussion</p> <p>1:00 pm</p> <p>2:15 pm Holiday Card Writing and New Years Discussion</p> <p>3:30 pm Planet Earth Documentary</p> <p><b>2:00 Centre Wide Bingo</b></p>	<p>14</p> <p>10:00 am Sing A long and Nail Spa</p> <p>1:30 Entertainment</p> <p>2:00 pm Holiday Celebration and Live Entertainment</p> <p>3:30 pm Puzzles</p> <p><b>2:00 pm Exercise and Meditation</b></p>	<p>15</p> <p>10:00 am You be the Judge</p> <p>1:00 pm Table Games</p> <p>2:15 pm How its Made and History of Christmas</p> <p>3:30 pm 1 to 1 Activities</p> <p><b>2:00 pm Virtual Reading Group</b></p> 	<p>16</p> <p>10:00 am Bingo and Discussion Group</p> <p>1:00 pm Individual Activities</p> <p>2:15 pm Movie Matinee – Christmas Chronicles</p> <p>3:30 pm Tabletop activities</p> <p><b>2:00 pm Feel Good Friday</b></p>	<p>17</p> <p>10:00 am Hanukkah discussion</p> <p>1:00 pm Montessori based Programs</p> <p>2:15 pm Poetry Corner and Painting</p> <p>3:30 pm Animal Planet</p> 

**ABSENCE LINE: Call 905-453-4140 ext. 3761 before 11am to report all participant absences**



# Peel Manor Adult Day Services Virtual and In-Person Programs December 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:00 am Sing Along and Nail Spa 1:00 pm Individual Activities 2:15 pm Painting and Hannukah Discussion 3:30 pm Stories and More <b>2:00 Musical Monday</b>	20 10:00 am Bingo and Discussion Group 1:00 pm Table Games and Doll Therapy 2:15 pm Name the Price and Gingerbread Making 3:30 pm World Cup Highlights <b>2:00 Virtual Movement &amp; Meditation</b>	21 10:00 am Christmas Caroling Current Events 1:00 pm Montessori based Programs 2:15 pm Poetry Corner and Painting 3:30 pm Animal Planet <b>2:00 pm Improv Show</b>	22 10:00 am Word Games and Discussion Group 1:00 pm Nail Spa 2:15 pm How it's Made and Just for Laughs 3:30 pm Dominos <b>2:00 pm Virtual Reading Group</b>	23` 10:00 am Bingo and Table Discussion 1:00 pm Dominoes 2:15 pm Andre Rui Concert and Table Games 3:30 pm Current Events <b>2:00 pm Feel Good Friday</b>	24 ADS closed  
26 <b>ADS Closed</b>  	27 <b>ADS closed</b>  	28 10:00 am Beanbag Toss 1:00 pm Nail Spa 2:15 pm Baking 3:30 pm Sorting <b>2:00 pm Virtual Bingo</b>	29 10:00 am Hymn Sing and Puzzles 1:00 pm Doll Therapy 2:15 pm Reading from Chicken Soup Book and Nail Spa 3:30 pm Finish the Phrase <b>2:00 pm Virtual Reading Group</b>	30 10:00 am Bingo 1:00 pm Planet Earth Documentary 2:15 pm New Year's Celebration and Live Entertainment 3:30 pm Music Corner <b>2:00 pm Feel Good Friday</b>	31 ADS closed  

This calendar also lists our group virtual programs that you can join by phone or computer, but you can also participate in one-to-one programs with any member of our virtual team. Programs include participating in guided discussions of your choice, expressing yourself and giving us your feedback for upcoming ideas and events, trivia, or word puzzles. If you are interested in participating in any of our programs, please reach out to one of our staff members. If you are interested in joining our Adult Day Service call us at 905-453-4140, extension 3761.

**ABSENCE LINE: Call 905-453-4140 ext. 3761 before 11am to report all participant absences**