

Tall Pines Adult Day Service

September 2021 Zoom Virtual Calendar

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.

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

Did You Know?: How many of these interesting facts do you know about animals? Join us and find out!

Essential Oils: Find out the benefits of essential oils and how to use them.

Strange Laws: Learn some interesting and strange laws around the world.

Karaoke: Request some of your favourite songs and sing a long with us!

Tall Pines Birthday Social: A separate birthday celebration just for Tall Pines clients to celebrate those who have birthdays in September.

Birthday Party Entertainment: Live entertainment to celebrate all the birthdays in September.

Guess Who: Guess who your friends are from these childhood photos.

Category Trivia: Trivia on different categories.

Math Class: Answering simple to hard math questions.

True or False: Animal trivia.

Interesting Facts: Facts that will blow your mind away.

Niagara Falls: Learning more about Niagara Falls and the history of it.

The Price is Right: A game show where you must guess the correct price in order to gain points.

Sea Songs and Shanties: Name that beach tune.

True and False: True and false questions all about animals!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:00—Group Exercise 2:00—Category Trivia	2 11:00—Group Exercise 2:00—Bingo	3 11:00—Group Exercise 2:00—Math Class
6 Labour Day—ADS CLOSED 	7 11:00—Group Exercise 2:00— Did You Know? 	8 11:00—Group Exercise 2:00—Entertainment with Michael Kelly 	9 11:00—Group Exercise 2:00—Bingo 	10 11:00—Group Exercise 2:00—Essential Oils 
13 11:00—Group Exercise 2:00 —Strange Laws 	14 11:00—Group Exercise 1:30— Centre-Wide Bingo	15 11:00—Group Exercise 2:00—Karaoke 	16 11:00—Group Exercise 2:00—Bingo 	17 11:00—Group Exercise 2:00—Tall Pines Birthday Social 
20 11:00—Group Exercise 2:00—Interesting Facts	21 11:00—Group Exercise 2:00—True or False 	22 11:00—Group Exercise 2:00—Baseball Trivia 	23 11:00—Group Exercise 2:00—Bingo 	24 11:00—Group Exercise 2:00—Niagara Falls Presentation 
27 11:00—Group Exercise 2:00—The Price is Right	28 11:00—Group Exercise 2:00—Sea Songs and Shanties, Name that Tune	29 11:00—Group Exercise 2:00— Hockey Trivia 	30 11:00—Group Exercise 1:30 — TP Guess Who Program 	