

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Day Program For Older Adults

August 2018

				Coffee Klatch Crosswords Exercises Lunch Smoothie Social News & Views	1	Coffee Klatch Piano in the CH with Kelvin Exercises Lunch Art Therapy Time in the Garden	2	Coffee Klatch News & Views Exercises Lunch Snooker & Ladies Gab Rick's 17 th year Anniversary with DPOA	3	Coffee Klatch Stories to Warm the Heart Exercises Lunch Smoothie Social in the Garden	4		
5		6	BC DAY CLOSED	Coffee Klatch Suet Making for the Birds Exercises Lunch Music Therapy All About BC Birds	7	Coffee Klatch The Art of Spreading Joy Exercises Dine In Lunch Operation Kindness- Practicing Random Acts Of Kindness	8	Coffee Klatch Gentleman's Club Exercises Lunch Ice Cream Garden Social Getting To Know You	9	Coffee Klatch Art Therapy Exercises Lunch Documentary Day- "Happy" Cards	10	Coffee Klatch Piano with Joanne Exercises Lunch Travels to Ireland Create with Color	11
12	Coffee Klatch Exercises Rebus Puzzles Lunch Root Beer Floats & Facts Cards	13	Coffee Klatch Let's Chat- Ways to Spread Joy Exercises Lunch Music Therapy Create with Color	14	Coffee Klatch Do You Know? Exercises Lunch Music with Liz & Steve Wonders of the World	15	Coffee Klatch Let's Celebrate National Tell a Joke Day Exercises Lunch Art Therapy August Fun Facts	16	Ladner Garden Tour Lunch Exercises Debate & Discuss Crosswords	17	Coffee Klatch All Things Golf Exercises Lunch Let's Bake- Make Your Own Ice Cream Sandwiches	18	
19	Coffee Klatch Exercises Mindfulness Practice Lunch Bean Bag Toss & Lemonade Trivia	20	Coffee Klatch All Things Peaches Trivia Exercises What's Cooking- Baked Peaches with Ice Cream Lunch Music Therapy	21	Coffee Klatch Music Trivia Exercises Lunch Health Presentation- Parkinson's Disease	22	Coffee Klatch Piano with Joanne Exercises Dine In- Lunch All Things Dogs in Celebration of National Dog Day	23	Coffee Klatch Art therapy Exercises Lunch Operation Kindness Hartley's 10 th Year Anniversary in DPOA	24	Coffee Klatch Music Appreciation Exercises Lunch Health Presentation- Parkinson's Disease	25	
26	Coffee Klatch Exercises You Be The Judge Lunch DIY: Ice Cream Sandwiches Can You Name 5?	27	Coffee Klatch Arm Chair Travels Exercises Lunch Music Therapy Time in the Garden	28	Coffee Klatch News & Views Exercises Lunch Bingo Games	29	Coffee Klatch Gentleman's Club Exercises Lunch Art Therapy Reminiscing	30	Coffee Klatch Exercises Lunch Snooker & Ladies Gab Name that Tune Brain Teasers	31			



