

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Unity Circle Adult Day Program
340 College Street



New Year's Day

			1 HAPPY NEW YEAR New Year's Day	2 Zoom Chair Exercise (Cantonese/English) & New Year Resolution	3 Zoom Chair Exercise (Cantonese/English) & Knowing New Year Traditions in the World	4
5	6 Zoom Chair Exercise (Cantonese/English) & Moral Dilemma	7 Zoom Chair Exercise (Cantonese/English) & Math Fun	8 Zoom- Internet Information Sharing (Cantonese/Mandarin)	9 Zoom Chair Exercise (Cantonese/English) & Family Feud	10 Zoom Chair Exercise (Cantonese/English) & Health Info: Brand Name VS. Generic drug	11
12	13 Zoom Chair Exercise (Cantonese/English) & Brain Teaser	14 Zoom Chair Exercise (Cantonese/English) & True or False	15 Zoom- You Be the Judge (Cantonese/Mandarin)	16 Zoom Chair Exercise (Cantonese/English) & Higher or Lower	17 Zoom Chair Exercise (Cantonese/English) & Idiom Solitaire	18
19 Activity Professionals Week	20 Zoom Chair Exercise (Cantonese/English) & Animal Bingo Martin Luther King Jr. Day	21 Zoom Chair Exercise (Cantonese/English) & Current News	22 Zoom- Chinese New Year Plan Sharing (Cantonese/Mandarin)	23 Zoom Chair Exercise (Cantonese/English) & This Day in History	24 Zoom Chair Exercise (Cantonese/English) & Debates & Opinions	25
26 Australia Day (Observed)	27 Zoom Chair Exercise (Cantonese/English) & Name 5	28 Zoom Chair Exercise (Cantonese/English) & Chinese New Year Eve Celebration	29 Zoom- Chinese New Year Celebration (Cantonese/Mandarin) Chinese New Year (Year of the Snake)	30 Zoom Chair Exercise (Cantonese/English) & Chinese New Year Traditions	31 Zoom Chair Exercise (Cantonese/English) & Chinese New Year Wheel of Fortune	



For more information about the Unity Circle Adult Day Program, please contact Wendy Leung, ADP Team Lead (416-925-2103 ext. 3118, wendy.leung@tnqcs.org)