

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Stroke Survivors Adult Day Program
349 Ontario Street.



<p>1 Program Closed</p>		<p>2 Program Closed</p>		<p>3 Program Closed</p>		<p>4 10:30am Coffee & Conversation 11:15am Fun & Fitness 12:00pm Lunch 1:00pm Just Say It</p>							
<p>5 10:30am Coffee & Conversation 11:15am Fun & Fitness/Yoga 12:00pm Lunch 1:00pm Friendly Fire</p>		<p>6 10:00am Coffee & Conversation 11:15am TIME Program 12:00pm Lunch 1:00pm Food Glorious Food</p>		<p>7 10:30am Coffee & Conversation 11:15am Fun & Fitness 12:00pm Lunch 1:00pm Trivia Time</p>		<p>8 Program Closed</p>		<p>9 Program Closed</p>		<p>10 10:30am Coffee & Conversation 11:15am Fun & Fitness 12:00pm Lunch 1:00pm Winter Around the World Food and Discussion Pairing</p>		<p>11</p>	
<p>12 10:30am Coffee & Conversation 11:15am Fun & Fitness/Yoga 12:00pm Lunch 1:00pm A First Time for Everything Trivia</p>		<p>13 10:00am Coffee & Conversation 10:30am TIME Program 12:00pm Lunch 1:00pm Scategories</p>		<p>14 10:30am Coffee & Conversation 11:15am Fun & Fitness 12:00pm Lunch 1:00pm Etta James Movement and Music</p>		<p>15 Program Closed</p>		<p>16 Program Closed</p>		<p>17 10:30am Coffee & Conversation 11:15am Fun & Fitness 12:00pm Lunch 1:00pm January Bingo – Jingo!</p>		<p>18</p>	
<p>19 10:30am Coffee & Conversation 11:15am Fun & Fitness/Yoga 12:00pm Lunch 1:00pm Sports Trivia</p> <p><small>Activity Professionals Week</small></p>		<p>20 10:00am Coffee & Conversation 10:30am TIME Program 12:00pm Lunch 1:00pm Parlour Games</p> <p><small>Martin Luther King Jr. Day</small></p>		<p>21 10:30am Coffee & Conversation 11:15am Fun & Fitness 12:00pm Lunch 1:00pm Chinese New Year Discussion</p>		<p>22 Program Closed</p>		<p>23 Program Closed</p>		<p>24 10:30am Coffee & Conversation 11:15am Fun & Fitness 12:00pm Lunch 1:00pm Wheel Of Fortune</p>		<p>25</p>	
<p>26 10:30am Coffee & Conversation 11:15am Fun & Fitness/Yoga 12:00pm Lunch 1:00pm Jeopardy</p> <p><small>Australia Day (Observed)</small></p>		<p>27 10:00am Coffee & Conversation 10:30am TIME Program 12:00pm Lunch 1:00pm Who? What? Where?</p>		<p>28 10:30am Coffee & Conversation 11:15am Fun & Fitness 12:00pm Lunch 1:00pm Name One or All</p> <p><small>Chinese New Year (Year of the Snake)</small></p>		<p>29 Program Closed</p>		<p>30 Program Closed</p>		<p>31 10:30am Coffee & Conversation 11:15am Fun & Fitness 12:00pm Lunch 1:00pm Quizniac</p>			

For more information about the Stroke Survivors Adult Day Program, please contact ADP Team Lead – Paul Hundert (416.925.4363 x 2525, paul.hundert@tngcs.org)