

SUN	MON	TUES	WED	THURS	FRI	SAT
 July 2026 <i>Golden Mosaic - West Adult Day Program</i> 302 Spadina			1 CLOSED FOR CANADA DAY	2 Zoom Chair Exercise (Chinese /English) Guess the Sound Challenge One On One Program Group Table Games	3 Zoom Chair Exercise (Chinese /English) Injury Prevention Workshop One On One Program Group Table Games	4
5	6 Zoom Chair Exercise (Chinese /English) Things I Forgot One On One Program Group Table Games	7 Zoom Chair Exercise (Chinese /English) Funny News Review One On One Program Group Table Games	8 Zoom - Canada Through the Decades (Cantonese/Mandarin)	9 Zoom Chair Exercise (Chinese /English) Family Feud One On One Program Group Table Games	10 Zoom Chair Exercise (Chinese /English) Current News One On One Program Group Table Games	11
12	13 Zoom Chair Exercise (Chinese /English) Moral Dilemma One On One Program Group Table Games	14 Zoom Chair Exercise (Chinese /English) Price is Right One On One Program Group Table Games	15 Zoom - Secrets of Longevity Around the World (Cantonese/Mandarin)	16 Zoom Chair Exercise (Chinese /English) Spot the Difference One On One Program Group Table Games	17 Zoom Chair Exercise (Chinese /English) Name 5 One On One Program Group Table Games	18
19	20 Zoom Chair Exercise (Chinese /English) Secrets of Happiness One On One Program Group Table Games	21 Zoom Chair Exercise (Chinese /English) Guess the Invention One On One Program Group Table Games	22 Zoom - Heat Safety for Seniors (Cantonese/Mandarin)	23 Zoom Chair Exercise (Chinese /English) Pictionary One On One Program Group Table Games	24 Zoom Chair Exercise (Chinese /English) Self-Care Tips One On One Program Group Table Games	25
26	27 Zoom Chair Exercise (Chinese /English) Old TV Commercials We Remember One On One Program Group Table Games	28 Zoom Chair Exercise (Chinese /English) Name that Famous Landmark One On One Program Group Table Games	29 Zoom - Foods that Help Memory (Cantonese/Mandarin)	30 Zoom Chair Exercise (Chinese /English) Finish the Proverb One On One Program Group Table Games	31 Zoom Chair Exercise (Chinese /English) You Be the Judge One On One Program Group Table Games	