

Monday

Tuesday

Wednesday

Thursday

Friday

November 2019

Adult Day Services at Oakland Centre



				<p>10:00 Mental Aerobics with Tricia 10:30 Chair Aerobics with Missy 11:00 Music Therapy with Kelsey or Game Time with Missy 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 'Drive In Movie' with Team OC Perry the Therapy Dog 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>
<p>4 10:00 Mental Aerobics with Linette 10:30 Chair Aerobics with Lisa 11:00 Music Therapy with Kelsey 12:00 Lunch 1:00 Music Therapy with Kelsey or Small Group with Team OC 2:00 Game Time with Missy 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia</p>	<p>5 10:00 Mental Aerobics with Lisa 10:30 Chair Aerobics with Tricia 11:00 Game Time with Nicole & Pat 12:00 Lunch 1:00 Game Time with Lisa 2:00 Music Therapy with Kelsey 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>	<p>6 10:00 Mental Aerobics with Linette 10:30 Chair Aerobics with Nicole 11:00 Game Time with Missy or Cards w/ Michelle 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 Music Therapy with Kelsey or Small Group with Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia</p>	<p>7 10:00 Mental Aerobics with Nicole 10:30 Musical Aerobics with Kelsey 11:00 Music Therapy with Kelsey or Game Time with Tricia 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 Game Time with Linette & Aimee 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia</p>	<p>8 10:00 Mental Aerobics with Tricia 10:30 Chair Aerobics with Missy 11:00 Music Therapy with Kelsey or Game Time with Missy 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 <u>Singer Songwriter Chris Sloan</u> 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>
<p>11 10:00 Mental Aerobics with Linette 10:30 Chair Aerobics with Missy 11:00 Veteran's Day Celebration 12:00 Lunch 1:00 Music Therapy with Kelsey or Small Group with Team OC 2:00 Game Time with Missy 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>	<p>12 10:00 Mental Aerobics with Lisa 10:30 Chair Aerobics with Tricia 11:00 Game Time with Missy & Pat 12:00 Lunch 1:00 Game Time with Lisa 2:00 Music Therapy with Kelsey 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>	<p>13 10:00 Mental Aerobics with Lisa 10:30 <u>Tai Chi with Ryan</u> 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 Music Therapy with Kelsey or Small Group with Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia</p>	<p>14 10:00 Mental Aerobics with Nicole 10:30 Musical Aerobics with Kelsey 11:00 Music Therapy with Kelsey or Game Time with Tricia 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 Game Time with Linette & Aimee 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia</p>	<p>15 10:00 Mental Aerobics with Tricia 10:30 Chair Aerobics with Missy 11:00 Music Therapy with Kelsey or Game Time with Missy 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 'Drive In Movie' with Team OC Perry the Therapy Dog 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>
<p>18 10:00 Mental Aerobics with Linette 10:30 Chair Aerobics with Missy 11:00 <u>Michael Accordion Player</u> 12:00 Lunch 1:00 Music Therapy with Kelsey or Small Group with Team OC 2:00 Game Time with Missy 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>	<p>19 10:00 Mental Aerobics with Lisa 10:30 Chair Aerobics with Tricia 11:00 Game Time with Nicole & Pat 12:00 Lunch 1:00 Game Time with Lisa 2:00 Music Therapy with Kelsey 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>	<p>20 10:00 Mental Aerobics with Linette 10:30 Chair Aerobics with Tricia 11:00 Game Time with Nicole or Cards w/ Michelle 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 Music Therapy with Kelsey or Small Group with Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>	<p>21 10:00 Mental Aerobics with Nicole 10:30 Musical Aerobics with Kelsey 11:00 Music Therapy with Kelsey or Game Time with Tricia 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 Game Time with Linette & Aimee 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia</p>	<p>22 10:00 Mental Aerobics with Tricia 10:30 Chair Aerobics with Missy 11:00 Music Therapy with Kelsey or Game Time with Missy 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 'Drive In Movie' with Team OC Perry the Therapy Dog 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>
<p>25 10:00 Mental Aerobics with Linette 10:30 Chair Aerobics with Missy 11:00 Music Therapy with Kelsey 12:00 Lunch 1:00 Music Therapy with Kelsey or Small Group with Team OC 2:00 Game Time with Missy 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia</p>	<p>26 10:00 Mental Aerobics with Lisa 10:30 Chair Aerobics with Tricia 11:00 Game Time with Missy & Pat 12:00 Lunch 1:00 Game Time with Lisa 2:00 Music Therapy with Kelsey 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>	<p>27 10:00 Mental Aerobics with Linette 10:30 Chair Aerobics with Nicole 11:00 Game Time with Tricia or Cards w/ Michelle 12:00 Lunch 1:00 Music Therapy with Kelsey 2:00 Music Therapy with Kelsey or Small Group with Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Allan</p>	<p>28 Center Closed</p>	<p>29 Center Closed</p>

Beauty Shop Open on Wednesdays by Appointment Only