

# Craigviel Adult Day Program

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Monday to Friday

9:00-4:00

## Daily Activities

- 10:00 ~ coffee and chitchat
- 11:00 ~ laundry helpers
- 11:30 ~ exercises
- 12:30 ~ Lunch
- 1:30 ~ scheduled Activity
- 2:30 ~ hydration station
- 3:00 ~ departure for home



# 2026

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| Marilyn 2nd<br>Sarah 4th<br>Mae 7th  | Laura 15th<br>Ann 17th<br>Amalia 23rd  | Betty S 27th<br>Pam 29th<br>James 30th  |   | 10:00 ~ coffee and chitchat<br>11:00 ~ laundry helpers<br>11:30 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ Butterflies  |
| 10:00 ~ coffee and chitchat<br>11:00 ~ laundry helpers<br>11:30 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ a Trip to Italy | 10:00 ~ coffee and chitchat<br>11:00 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ Mexican Fun      | 10:00 ~ coffee and chitchat<br>11:00 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ Ausable Singers                   | 10:00 ~ coffee and chitchat<br>11:00 ~ PlaySchool<br>12:30 ~ lunch<br>1:30 ~ Around the world | 10:00 ~ coffee and chitchat<br>11:00 ~ Gary McGill<br>12:30 ~ lunch<br>1:30 Remembering our mothers                 |
| 10:00 ~ coffee and chitchat<br>11:00 ~ Exercises<br>12:30 ~ lunch<br>1:30 ~ Shake the Truth                            | 10:00 ~ coffee and chitchat<br>11:00 ~ Music Martin<br>12:30 ~ lunch<br>1:30 ~ Tea Challenge | 10:00 ~ coffee and chitchat<br>11:00 ~ laundry helpers<br>11:30 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ Farkle | 10:00 ~ coffee and chitchat<br>11:00 ~ exercises<br>12:30 ~ lunch<br>1:30 Drive               | 10:00 ~ coffee and chitchat<br>11:00 ~ laundry helpers<br>11:30 ~ exercises<br>1:30 ~ Bingo                         |
| <b>CLOSED</b>  | 10:00 ~ coffee and chitchat<br>12:30 ~ lunch<br>1:30 ~ Art with Sheri                        | 10:00 ~ coffee and chitchat<br>11:30 ~ Leaving Tracks<br>12:30 ~ lunch<br>1:30 ~ Kentucky De                  | 10:00 ~ coffee and chitchat<br>11:00 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ Judy Coyle        | 10:00 ~ coffee and chitchat<br>11:00 ~ laundry helpers<br>11:30 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ Music- Marie |
| 10:00 ~ coffee and chitchat<br>10:30 Susie Q<br>11:00 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ Karis                     | 10:00 ~ Coffee<br>11:00 ~ exercises<br>12:30 ~ lunch<br>1:30 - Hunting fun                   | 10:00 ~ coffee and chitchat<br>11:00 ~ exercises - parachute<br>12:30 ~ Lunch<br>1:30 ~ Deer toss             | 10:00 ~ coffee and chitchat<br>11:00 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ Deb & Fred        | 10:00 ~ coffee and chitchat<br>11:00 ~ Susie -Music<br>11:30 ~ exercises<br>12:30 ~ lunch<br>1:30 ~ Drive           |