

Craigviel Adult Day Program

Pam Tweddle
ptweddle@craigvielgardens.on.ca
Ext 226

Colleen Steeper
csteeper@craigvielgardens.on.ca
Ext 228

519-293-3215
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
 3 10:00 ~ coffee and chitchat 11:00 ~ exercises 12:30 ~ lunch 1:30 ~ Glow Fun	10:00 ~ coffee and chitchat 4 10:30 Exercises 12:30 ~ lunch 1:30 ~ Gary McGill	10:00 ~ coffee and chitchat 5 11:00 ~ Leaving Tracks 12:30 ~ lunch 1:30 ~ Duck Fun	10:00 ~ coffee and chitchat 6 11:30 ~ Laundry 12:30 ~ lunch 1:30 ~ Craigviel idol	10:00 ~ coffee and chitchat 7 11:00 ~ Salt Haven 12:30 ~ lunch 1:30 Duck Races
10:00 ~ coffee and chitchat 10 11:00 ~ exercises 12:30 ~ lunch 1:30 ~ Glow Fun	10:00 ~ coffee and chitchat 11 11:00 ~ Martin Music 12:30 ~ lunch 1:30 ~ Glitter and glow	10:00 ~ coffee and chitchat 12 11:00 ~ Leaving tracks 12:30 ~ lunch 1:30 Glitter & Glow	10:00 ~ coffee and chitchat 13 11:00 ~ exercises 12:30 ~ Lunch 1:30 ~ Summer Games	10:00 ~ coffee and chitchat 14 11:00 ~ Exercises 12:30 ~ lunch 1:30 Music-Marie
10:00 ~ coffee and chitchat 17 11:00 ~ Exercises 12:30 ~ lunch 1:30 ~ Karis	10:00 ~ coffee and chitchat 18 11:30 ~ exercises 12:30 ~ lunch 1:30 ~ Deb & Fred	10:00 ~ coffee and chitchat 19 11:00 ~ laundry helpers 12:30 ~ lunch 1:30 ~ Ice Cream Drive	10:00 ~ coffee and chitchat 20 11:30 ~ exercises 12:30 ~ lunch 1:30 ~ Susie Q	10:00 ~ coffee and chitchat 21 11:00 ~ exercises 12:30 ~ lunch 1:30 ~ Rootbeer floats
10:00 ~ coffee and chitchat 24 11:00 ~ Exercises 12:30 ~ lunch 1:30 ~ Farkle	10:00 ~ coffee and chitchat 25 11:30 ~ exercises 12:30 ~ lunch 1:30 ~ Ice Cream Drive	10:00 ~ coffee and chitchat 26 11:00 ~ exercises 12:30 ~ lunch 1:30 ~ Paris Fun	10:00 ~ coffee and chitchat 27 11:00 ~ exercises 12:30 ~ lunch 1:30 ~ Music Cam	10:00 ~ coffee and chitchat 28 11:00 ~ Art with S 12:30 ~ lunch 1:30 Paris Fun
10:00 ~ coffee and chitchat 31 11:00 ~ laundry helpers 11:30 ~ exercises 12:30 ~ lunch 1:30 ~ Ice Cream				