




Peel Manor Adult Day Services Virtual and In-Person Programs

December 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Support Workers Arlene, Nana, Kate, Evelyn Ext. 3761</p> <p style="text-align: center;">ADS Assistants Juliet, Tricia, Al, Blessing, Ama, Krystal, Rachel, Melissa, Chelsea Ext. 3761</p>	<p style="text-align: center;">Supervisor: Anna Endrizzi, Ext. 3708</p> <p style="text-align: center;">Coordinator: Kayla Le (A) 437-224-8759</p> <p style="text-align: center;">Social Worker: Yasmeen Rafik Ext. 2113</p> <p style="text-align: center;">Physiotherapist: Avani Shah Ex. 3728</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">10:00 am – Bingo 11:00 am – Puzzles 1:30 pm – Movies and Snacks 2:15 – Sorting and Colors 2:45 - Physiotherapy 3:30 pm – Plant Care</p> <p style="text-align: center;">2:00 pm – Virtual Bingo https://zoom.us/j/86867850945</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">10:00 am – Group Exercise 11:00 am – Christmas Crafts 1:30 pm – Trivia 2:15 pm – Sing Along 2:45 - Physiotherapy 3:00 pm – Hot Chocolate Social 3:30 pm – Family Feud 2:00 pm- Virtual Reading Group/Trivia https://zoom.us/j/89295618252</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">10:00 am – Bingo 11:00 am – Men’s Club 1:30 pm – Dominos 2:00 pm Black Creek Pioneer Virtual Tour 2:45 - Physiotherapy 3:00 pm – Snack Time 3:30 pm- 1:1 2:00 pm – Black Creek Virtual: https://zoom.us/j/87189725634</p>
<p style="text-align: center;">6</p> <p style="text-align: center;">10:00 am- Montessori 1:1/ Group Exercise 11:00 am- Sensory Box 1:30 pm- Word Game 2:15 pm Hanukkah Celebration 2:45 - Physiotherapy 3:30 pm- Table Games</p> <div style="text-align: center;">  </div> <p style="text-align: center;">2:00 pm- Holiday Bingo https://zoom.us/j/83453117717</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">10:00 am- Bingo 11:00 am- Group Exercise 1:30 pm – Trivia 2:15 - Christmas Crafts 2:45 - Physiotherapy 3:30 pm- Plant Care</p> <p style="text-align: center;">2:00pm - Virtual Gentle Movement/Meditation https://zoom.us/j/88576707469</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">10:00 am- Sensory Boxes 11:00 am- Group Exercise 1:30 pm – Name that Phrase 2:15 pm – Drumming Circle 2:45 - Physiotherapy 3:30 pm – Music Jukebox</p> <p style="text-align: center;">2:00 pm - Virtual “Name that Carol” https://zoom.us/j/86867850945</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">10:00 am - Bingo 11:00 - News and Views Discussion 1:30 pm – Christmas Carols 2:15 pm – History and Facts 2:45 - Physiotherapy 3:30 pm – Armchair Yoga</p> <p style="text-align: center;">2:00 pm – Virtual Reading Group/Trivia https://zoom.us/j/89295618252</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">10:00 am – Group Exercise 11:00 am – Matching Games 1:30 pm - News and Views 2:00 pm – Virtual Smile Theatre 2:45 - Physiotherapy 3:30 pm – 1:1</p> <p style="text-align: center;">2:00 pm- Virtual Smile Theatre – Making Merry https://zoom.us/w/82903307179</p>
<p style="text-align: center;">13</p> <p style="text-align: center;">10:00 am-Puzzles 11:00 – Sensory Box 1:30 pm- Music and Movement 2:00 pm – You be the Judge 2:45 - Physiotherapy 3:30 pm – Armchair Yoga</p> <p style="text-align: center;">2:00 pm – Virtual Sing Along https://zoom.us/j/89427783090</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">10:00 am-Bingo 11:00 am- Christmas Carols 12:00 pm Swiss Chalet Lunch at ADS 1:30 pm - Word Games 2:15: Dance Party 2:45 - Physiotherapy 3:30 pm – 1:1</p> <p style="text-align: center;">2:00pm - Virtual Gentle Movement/Meditation https://zoom.us/j/88576707469</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">10:00 am- Bingo 11:00 am- International Tea Day 12:00 pm Swiss Chalet Lunch at ADS 1:30 pm- Drumming Circle 2:15 pm – Hangman 2:45 - Physiotherapy 3:30 pm – Banana Grams</p> <p style="text-align: center;">2:00 pm- Virtual Bingo https://zoom.us/j/86867850945</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">10:00 am- Christmas Crafts 11:00 am- Chicken Soup for the Soul Conversation 12:00 pm Swiss Chalet Lunch at ADS 1:30 pm- Finish the Phrase 2:15 pm – Virtual Laughter Yoga 2:45 - Physiotherapy 3:30 pm – Table Games</p> <p style="text-align: center;">2:00 pm - Virtual Laughter Yoga https://zoom.us/j/89427783090</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">10:00 am- Bingo 11:00 am - Group Exercise 1:30 pm - How it’s made 2:15 pm – Hangman 2:45 - Physiotherapy 3:00 pm – Hot Chocolate Social 3:30 pm - Trivia</p> <p style="text-align: center;">2:00 pm – Virtual Religious Service/Music https://zoom.us/j/87235059650</p>

ABSENCE LINE: Call 905-453-4140 ext. 3761 before 11am to report all participant absences



Peel Manor Adult Day Services Virtual and In-Person Programs December 2021



<p style="text-align: center;">20</p> <p>10:00 am- Montessori Program 11:00 am - Sort by Colors 1:30 pm- Group Exercise 2:00 pm – Virtual Birthday Party 2:45 - Physiotherapy 3:30 pm – Table Games</p> <p>2:00 pm - Virtual Birthday Party https://zoom.us/j/82473415501</p>	<p style="text-align: center;">21</p> <p>10:00 am- Bingo 11:00 am - Group Exercise 1:30 pm- Finish the Phrase 2:15 pm – Puzzles 2:45 - Physiotherapy 3:30 pm – Table Games</p> <p>2:00pm - Virtual Gentle Movement/Meditation https://zoom.us/j/88576707469</p>	<p style="text-align: center;">22</p> <p>10:00 am- Play Dough 11:00 am – Sing Along 1:30 pm- Travelogue 2:15 pm – Word Games 2:45 - Physiotherapy 3:00 pm – Snack Time 3:30 pm- 1:1</p> <p>2:00 pm - Virtual Bingo https://zoom.us/j/86867850945</p>	<p style="text-align: center;">23</p> <p>10:00 am- Bingo 11:00 am- Group Exercise 1:30 pm- Hang Man 2:00 pm – Christmas Party 2:45 - Physiotherapy 3:00 pm – Snack Time 3:30 pm – Plant Care</p> <p>2:00 pm – Holiday Party with Marie Gogo https://zoom.us/j/83953483347</p>	<p style="text-align: center;">24 ADS Closes at 4 pm</p> <p>10:00 am- Bingo 11:00 am- Chicken Soup for the Soul Conversation 1:30 pm- Christmas Carols 2:15 pm – Drumming Circle 2:45 - Physiotherapy 3:00 pm - Snack Time 3:30 pm – Afternoon Meditation</p> <p>2:00 pm – Virtual Religious Service/Music https://zoom.us/j/87235059650</p>
<p style="text-align: center; color: red; font-weight: bold;">27 ADS Closed</p> 	<p style="text-align: center; color: red; font-weight: bold;">28 ADS Closed</p> 	<p style="text-align: center;">29</p> <p>10:00 am- Bingo 11:00 am- Travelogue 1:30 pm- Word Games 2:15 pm – Dance Party 2:45 - Physiotherapy 3:30 pm- 1:1</p> <p>2:00 pm - Virtual Bingo https://zoom.us/j/86867850945</p>	<p style="text-align: center;">30</p> <p>10:00 am- Bingo 11:00 am- Group Exercise 1:30 pm- Finish the Phrase 2:15 pm – 2:45 - Physiotherapy 3:00 pm - 3:30 pm –</p> <p>2:00 pm – Virtual Reading Group/Trivia https://zoom.us/j/89295618252</p>	<p style="text-align: center; color: red; font-weight: bold;">31 ADS Closes at 4 pm</p> <p>10:00 am- Bingo 11:00 am- Chicken Soup for the Soul Conversation 1:30 pm- Puzzles 2:15 pm – New Year's Eve Party 2:45 - Physiotherapy 3:00 pm - Snack Time 3:30 pm – Afternoon Meditation 2:00 pm – Virtual Religious Service/Music https://zoom.us/j/87235059650</p>

This calendar also lists our group virtual programs that you can join by phone or computer, but you can also participate in one-to-one programs with any member of our virtual team. Programs include participating in guided discussions of your choice, expressing yourself and giving us your feedback for upcoming ideas and events, trivia, or word puzzles. If you are interested in participating in any of our programs and if you are interested in our iPad Lending program call Kayla Le at 437-224-8759 for more information.

ABSENCE LINE: Call 905-453-4140 ext. 3761 before 11am to report all participant absences