


SUN	MON	TUES	WED	THURS	FRI	SAT
 <small>CENTRAL NEIGHBOURHOOD HOUSE NEIGHBOURHOOD LINK ST. STEPHEN'S COMMUNITY HOUSE</small> <h1>May 2025</h1> <p>Unity Circle Adult Day Program 340 College Street, Suite 360</p>				1 Zoom Chair Exercise (Chinese/English) & Fun Facts about May One On One Program Group Table Games	2 Zoom Chair Exercise (Chinese/English) & Current News One On One Program	3
4 Zoom Chair Exercise (Chinese/English) & Charades One On One Program Group Table Games	5 Zoom Chair Exercise (Chinese/English) & Charades One On One Program Group Table Games	6 Zoom Chair Exercise (Chinese/English) & Mother's Day Craft Flower Bouquets One On One Program Group Table Games	7 Zoom-Memory Lane: Mother's Day Story Sharing (Cantonese/Mandarin)	8 Zoom Chair Exercise (Chinese/English) & Mother's Day Trivia One On One Program Group Table Games	9 Zoom Chair Exercise (Chinese/English) & Emergency Preparedness Week One On One Program Group Table Games	10
11 Zoom Chair Exercise (Chinese/English) & Home Safety Workshop One On One Program Group Table Games	12 Zoom Chair Exercise (Chinese/English) & Home Safety Workshop One On One Program Group Table Games	13 Zoom Chair Exercise (Chinese/English) & Spot The Difference One On One Program Group Table Games	14 Zoom-You Be the Judge (Cantonese/Mandarin)	15 Zoom Chair Exercise (Chinese/English) & Monarchs of the World One On One Program Group Table Games	16 Zoom Chair Exercise (Chinese/English) & Guess That Flower One On One Program Group Table Games	17
18	19 Victoria Day Program Closed	20 Zoom Chair Exercise (Chinese/English) & Higher or Lower One On One Program Group Table Games	21 Zoom-Spring Around the World (Cantonese/Mandarin)	22 Zoom Chair Exercise (Chinese/English) & cultural Sharing Day One On One Program Group Table Games	23 Zoom Chair Exercise (Chinese/English)& Hypertension Awareness One On One Program Group Table Games	24
25	26 Zoom Chair Exercise (Chinese/English) & Gratitude Circle One On One Program Group Table Games	27 Zoom Chair Exercise (Chinese/English) & Fishing Game One On One Program Group Table Games	28 Zoom-Dragon Boat Fun Sharing (Cantonese/Mandarin)	29 Zoom Chair Exercise (Chinese/English) & Herb & Spice Scent Challenge One On One Program Group Table Games	30 Zoom Chair Exercise (Chinese/English) & Dragon Boat Festival Celebration One On One Program Group Table Games	31

**For more information on the Unity Circle Adult Day Program, please contact Wendy Leung,
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