

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



MARCH 2025



Unity Circle Adult Day Program
340 College Street

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Zoom Chair Exercise (Chinese/English) & Rhythm Clap Along	4 Zoom Chair Exercise (Chinese /English) & Bean Bag Toss	5 Zoom-Pictionary (Cantonese/ Mandarin)	6 Zoom Chair Exercise (Chinese /English) & Women Who Make a Difference	7 Zoom Chair Exercise (Chinese /English) & The Wisdom of Senior Women	8
9 Daylight Saving Time Begins	10 Zoom Chair Exercise (Chinese /English) & Memory Match	11 Zoom Chair Exercise (Chinese /English) & Memory Box Show and Tell	12 Zoom- Golden Song Sharing (Cantonese/ Mandarin)	13 Zoom Chair Exercise (Chinese /English) & The Good Old Days Reminiscence	14 Zoom Chair Exercise (Chinese /English) & Health Talk: Glaucoma	15
16	17 Zoom Chair Exercise (Chinese /English) & What's in the Bag	18 Zoom Chair Exercise (Chinese /English) & Higher Or Lower	19 Zoom- Current News (Cantonese/ Mandarin)	20 Zoom Chair Exercise (Chinese /English) & Oral Health Talk	21 Zoom Chair Exercise (Chinese /English) & Balloon Volleyball	22
23	24 Zoom Chair Exercise (Chinese /English) & This or That	25 Zoom Chair Exercise (Chinese /English) & Chinese idioms	26 Zoom- Sleep and Health (Cantonese/ Mandarin)	27 Zoom Chair Exercise (Chinese /English) & Name 5	28 Zoom Chair Exercise (Chinese /English) & Funny Trivia	29
30	31 Zoom Chair Exercise (Chinese /English) & You Be the Judge	<p>For more information about the Unity Circle Adult Day Program, please contact Wendy Leung, ADP Team Lead (416-925-2103 ext. 3118, wendy.leung@tngcs.org)</p>				



CENTRAL NEIGHBOURHOOD HOUSE
NEIGHBOURHOOD LINK
ST. STEPHEN'S COMMUNITY HOUSE