

Monday

Tuesday

Wednesday

Thursday

Friday



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| <p>4</p> <p>10:30 LIGHTEN UP</p> <p>11:15 SMART FIT</p> <p>1:30 ALPINE ROCKERY</p> <p>2:15 PUZZLES</p> | <p>5</p> <p>10:30 MARDI GRAS</p> <p>11:00 LIBRARY</p> <p>1:30 CROSSWORDS</p> <p>2:15 NAME THAT TUNE</p> | <p>6</p> <p>10:30 CHAPEL</p> <p>11:15 SMART FIT</p> <p>1:30 ARTIST'S CORNER</p> <p>2:15 BINGO</p> | <p>7</p> <p>10:30 YOGA WITH LOU</p> <p>11:15 SMART FIT</p> <p>1:30 IN SEARCH OF HEIDI</p> <p>2:15 GAMES</p> | <p>8</p> <p>10:30 Humor</p> <p>11:15 SMART FIT</p> <p>12 FISH & CHIPS LUNCH OUTING</p> |
| <p>11</p> <p>10:30 READINGS</p> <p>11:15 SMART FIT</p> <p>1:30 YAHTZEE</p> <p>2:15 CRAFTS</p> | <p>12</p> <p>10:30 WHO WHAT WHEN?</p> <p>11:15 SMART FIT</p> <p>1:30 WALK ABOUT</p> <p>2:15 GAMES</p> | <p>13</p> <p>10:30 YOGA WITH LOU</p> <p>11:15 SMART FIT</p> <p>1:30 JAMBOREE BAND</p> | <p>14</p> <p>10:30 SMART FIT</p> <p>11:15 LUNCH & MOVIES</p> | <p>15</p> <p>10:00 PANCAKES WITH EARLY ON</p> <p>11:15 SMART FIT</p> <p>1:30 LUCK OF THE IRISH</p> <p>2:15 MUSIC </p> |
| <p>18</p> <p>10:30 PAT'S KITCHEN</p> <p>11:15 SMART FIT</p> <p>1:30 WALK ABOUT</p> <p>2:15 GAMES</p> | <p>19</p> <p>10:30 JEOPARDY</p> <p>11:15 SMART FIT</p> <p>1:30 HANGMAN</p> <p>2:15 </p> | <p>20</p> <p>8:30 SHOPPING IN NEWMARKET, UPPER CANADA MALL</p> | <p>21</p> <p>10:30 TRIVIA</p> <p>11:15 SMART FIT</p> <p>1:30 Guest Speaker: Olivia and Courtney "Seniors at Risk"</p> | <p>22</p> <p>10:30 DISCUSS & RECALL</p> <p>11:15 SMART FIT</p> <p>1:30 MUSIC</p> <p>2:15 GAMES</p> |
| <p>25</p> <p>10:30 BAKING WITH PAT</p> <p>11:15 SMART FIT</p> <p>1:30 MOVIE MATINEE</p> | <p>26</p> <p>10:30 CLIENT VOICE</p> <p>11:15 SMART FIT</p> <p>1:30 PLANTS & ANIMALS</p> <p>2:15 CHARADES</p> | <p>27</p> <p>10:30 CRANIUM CRUNCHES</p> <p>11:15 SMART FIT</p> <p>1:30 WALK ABOUT</p> <p>2:15.GAMES</p> | <p>28</p> <p>10:30 SMART FIT</p> <p>11:15 LUNCH & MOVIES</p> | <p>29</p> <p>10:30 GAMES</p> <p>11:15 SMART FIT</p> <p>1:30 ART THERAPY WITH TIFFANY</p> |



**Dates to Remember: Yogo with Lou, March 7, 13th.
Art Therapy with Tiffany, March 29th.**

**Daylight saving time 2019 in Canada will begin at 3:00 a.m. on
Sunday March 10, 2019**



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| March 8th | Lunch Outing to Hyland Fish & Chips ***Buy your own lunch*** |
| March 14th | Lunch Outing and Movies in Orangeville ***Buy your own lunch and movie pass*** |
| March 20th | Shopping at Upper Canada Mall, in Newmarket ***Buy your own lunch*** |
| March 28th | Lunch Outing and Movies in Orangeville ***Buy your own lunch and movie pass*** |

Quote of the Month;

*If you want something done, ask a busy person to do it.
The more things you do, the more you can do. – Lucille Ball*

**The Adult Day Program is operated out of the MEL LLOYD CENTRE at
167 Centre Street Shelburne, Ontario and is open every Monday,
Tuesday, Wednesday, Thursday and Friday
from 9:45 a.m. to 3:15 p.m.**

**The program fee is \$15.00 per day plus \$7.00 for
Transportation, including lunch,
unless otherwise stated in the calendar.**

**For more information about the Adult Day Program
Contact Kara Purdie, Marg Sidey or Charlene Timmins
519-925-5452 or dccss.adp@dufferincounty.ca
Dufferin County Community Support Services
167 Centre Street, Shelburne, Ontario L9V 3R8**

- 1. To be referred to this program, please call Home and Community Care – Patient Information and Referral, 310- 2222.**
- 2. Due to weather or other circumstances, activities can change or be rescheduled.**