

ADULT VIRTUAL DAY ACTIVITIES



August

M	T	W	T	F	S	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

ACTIVITIES - Please register for "live" sessions: BYOS & Games Day

[Registration info and Link to Flyers](#)

MON

9am: Mornings with Mike: Rise and Shine with songs and adventures!
2:30pm Oh the Places we'll go!

TUES

9am: Mornings with Mike: Rise and Shine with songs and adventures!
2pm: Come win with Katrina & Corrin: Today is Bingo Day - get your dabbers ready. Your game card will have been sent to you in an email.

WED

9am: Mornings with Mike: Rise and Shine with songs and adventures!
2:30pm BYOS: Bring your snack and join in on the chat!

THURS

9am: Mornings with Mike: Rise and Shine with songs and adventures!
THEME PARK THURSDAYS: Take a virtual amusement park ride through Jurassic Park or have some fun at DISNEY! Click on the video links in the calendar.
3pm: Belt It Out & Boogie: August 6, 13, 20, and 27

FRI

9am: Mornings with Mike: Rise and Shine with songs and adventures!
10am: Laughter & Latte: Drop in virtual social group
2pm: Come win with Katrina & Corrin: August 7th (Trivia), August 14th (Family Feud), August 21st (Music Trivia), August 28th (Surprise)

WEEKLY SCHEDULE

MON	TUES	WED	THURS	FRI
9:00 am Mornings with Mike	9:00 am Mornings with Mike	9:00 am Mornings with Mike	9:00 am Mornings with Mike	9:00 am Mornings with Mike
MUSICAL MONDAYS "Chill music" Click here to see video	SWEET TOOTH TUESDAYS "Banana Muffins" Click here to see video	WORKOUT WEDNESDAYS "Hallway over and under" Click here to see video	THEME PARK THURSDAYS Jurassic Park - Universal Studios	10:00 am Laughter & Latte
"Relaxation - Aquarium" Click here to see video	"Skittle Sorting Activity" Click here to see video	"Take off and landing (Jump)" Click here to see video	Top 10 DISNEY Rides	CRAFTY FRIDAYS "Henry's Fun Art" Birds - 3 colours
"Relaxation - Nature" Click here to see video	Oat Balls Click here to see video	"Towel Skate Activity" Click here to see video	Top 10 Fastest Rides at DISNEY	Underwater painting Click here to see video
Movement Mondays Bench crossover	Pancake Art recipe Click here to see how to make the dough	Partner Pull (Magic Carpet Ride) Click here to see video	Pancake Art McDonald's Menu	Pancake Art Soda pop
Yoga with Jessie Click here to see video	Yoga with Jessie Click here to access webcam	"Horizontal Slide Activity" Click here to see video	THEME PARK THURSDAYS SOARIN - Ride at EPCOT in Disneyworld	WEBCAM - Ripley's Aquarium Click here to see video
2:30pm (Live) "Oh the places we'll go!"	2:00 pm (Live) Game day: BINGO	2:30pm (live) BYOS (Bring Your Own Snack)	AVATAR - Journey down the luminescent river	2:00 pm (Live) Game day: see details on right
Starfish Activity	Mr. Mike's Tuesday Tunes Videos Click here to see video	"Sit to Stand Activity" Click here to see video	3:00 pm "Belt It Out Boogie": August 6, 13, 20, 27	Game day - Skills "Bowling at Home"
Sock Star Activity - Outside	Historical Photos - What was once there! Click here to see video	"Basket Push/Pull" Click here to see video	THEME PARK THURSDAYS Canada's Wonderland - Yukon Stryker	Bounce Pass Activity

At a Glance:

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	9:00am: Every day: Mornings with Mike			Theme Park Thursdays	10:00am: Laughter & Latte
			Workout Wednesdays		Henry's Fun Art
Lunchtime	Movement Mondays	Pancake Art recipe		Pancake Art	Pancake Art
Afternoons	2:30pm: Oh the Places We'll Go	2:00pm: Game day- BINGO	2:30pm: BYOS	3:00pm: Belt It Out Boogie	2:00pm: Game day
	Virtual Visits		Bring Your Own Snack & Chat		See Calendar for Details