

SUN	MON	TUES	WED	THURS	FRI	SAT		
	1 LABOUR DAY	2 10:00am Coffee & Conversation 10:30am Who Am I? 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Connect Four	3 10:00am Coffee & Conversation 10:30am Hangman 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Shuffleboard	4 10:00am Coffee & Conversation 10:30am Reading Group 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Balloon Badminton	5 10:00am Coffee & Conversation 10:30am Crosswords 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Guggenheimer	6		
7	8 10:00am Coffee & Conversation 10:30am Armchair Travel 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Bean Bag Toss	9 10:00am Coffee & Conversation 10:30am Reading Group 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Horseshoes	10 10:00am Coffee & Conversation 10:30am Crosswords 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Bingo	11 10:00am Coffee & Conversation 10:30am Who Am I? 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Ladderball	12 10:00am Coffee & Conversation 10:30am Hangman 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Olympia Race	13		
14	15 10:00am Coffee & Conversation 10:30am Reading Group 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Spin the Bottle	16 10:00am Coffee & Conversation 10:30am Crosswords 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Ring Toss	17 10:00am Coffee & Conversation 10:30am Who Am I? 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Stop and Go	18 10:00am Coffee & Conversation 10:30am Hangman 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Dart Ball	19 10:00am Coffee & Conversation 10:30am Armchair Travel 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Ping Pong Basketball	20		
21	22 10:00am Coffee & Conversation 10:30am Crosswords 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Shake out the Truth	23 10:00am Coffee & Conversation 10:30am Who Am I? 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Bowling	24 10:00am Coffee & Conversation 10:30am Hangman 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Wheel of Fortune	25 10:00am Coffee & Conversation 10:30am Armchair Travel 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Horseshoes	26 10:00am Coffee & Conversation 10:30am Reading Group 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Bingo	27		
28	29 10:00am Coffee & Conversation 10:30am Who Am I? 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Foot Toss	30 10:00am Coffee & Conversation 10:30am Hangman 11:30am Horoscopes 11:40am Exercises 12:15pm Mental Aerobics 12:30pm Lunch 1:45pm Bean Bag Pyramid	<h1>September 2025</h1> <p>Golden Moments Adult Day Program 11 Main Street</p>				 <p>TNG Community Services</p> <p>CENTRAL NEIGHBOURHOOD HOUSE NEIGHBOURHOOD LINK ST. STEPHEN'S COMMUNITY HOUSE</p>	

For more information on the Golden Moments Adult Day Program, please contact Ellen White (416.698.5908 , ellen.white@tngcs.org)