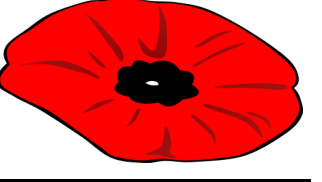



# NOVEMBER 2023 ADP PM Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY	
<b>Veterans Memorial Lodge Adult Day Program</b> <i>Contact #</i> <b>250-658-3289</b> <b>4579 Chatterton Way</b> <b>Victoria BC V8X 4Y7</b>		<i>Programs may be subject to change!</i>	<b>1. VHC booking</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Active games 4:30—Mind Power 5:00—Dinner 6:00— <i>Music w/ Jean</i>	<b>2.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Ladder Ball 4:30—Painting 5:00—Dinner 5:45— <b>Music with Jesse</b>	<b>3.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Bowling 4:30—Painting 5:00—Dinner 6:00—Word Games	<b>4.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Sequence 4:30—Mind Power 5:00—Dinner 6:00—Online concert	
<b>5.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Table games 4:30—Mind Power 5:00—Dinner 6:00—News & Trivia	<b>6.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Bowling 4:30—Mind Power 5:00—Dinner 6:00— Shuffle Board		<b>7. VHC booking</b> 3:00—Chat & Coffee 3:30—Chair Yoga 4:00—Winter Crafts 4:30—Mind Power 5:00—Dinner 6:00— <i>Music w/Barry</i>	<b>8.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Bocce Ball 4:30—Arts / Crafts 5:00—Dinner 6:00— News/Puzzle	<b>9.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Bocce ball 4:30—Word Games 5:00—Dinner 6:00—News/Puzzle	<b>10.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Bocce Ball 4:30—Mind Power 5:00—Dinner 5:45— <b>Music wi/Brian</b>	<b>11. ADP CLOSED for</b>  <i>Let us not forget</i> <b>REMEMBRANCE DAY</b> 
<b>12.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Mini Golf 4:30—Painting 5:00—Dinner 6:00—Word Games	<b>13.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Active games 4:30—Mind Power 5:00—Dinner 6:00—Tabletop Games		<b>14.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Winter Crafts 4:30—Mental aerobics 5:00—Dinner 6:00—Word Games	<b>15.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Bocce Ball 4:30—Mind Power 5:00—Dinner 6:00—News & Trivia	<b>16. VHC booking</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Active games 4:30—Cranial crunches 5:00—Dinner 6:00— <i>Music w/Jesse</i>	<b>17.</b> 3:00—Chat & Coffee 3:30—Chair Yoga 4:00—Bowling 4:30—Painting 5:00—Dinner 6:00—News/Puzzle	
<b>19.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Active games 4:30—Word hunt 5:00—Dinner 6:00—Canadian Trivia	<b>20. VHC booking</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Ladder Ball 4:30—Word games 5:00—Dinner 6:00— <i>Music w/Brian</i>	<b>21.</b> 3:00—Chat & Coffee 3:30—Chair Yoga 4:00—Arts & Crafts 4:30—Mind Power 5:00—Dinner 5:45— <b>Music wi/ Brian</b>	<b>22.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Sequence 4:30—Mind Power 5:00—Dinner 5:45— <b>Music w/Mark</b>	<b>23.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Painting 4:30—Word games 5:00—Dinner 6:00—Bingo	<b>24. VHC booking</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Ladder Ball 4:30—Mind Power 5:00—Dinner 6:00—Bird watching	<b>25.</b> 3:00—Chat & Coffee 3:30— <b>Music w/Jesse</b> 4:30—Active games 4:45—Mind Power 5:00—Dinner 6:00—Tabletop Games	
<b>26.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Active games 4:30—Mind Power 5:00—Dinner 6:00—Tabletop Games	<b>27..</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Ladder Ball 4:30—Word games 5:00—Dinner 5:45— <b>Music w/Jesse</b>	<b>28.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Crafts 4:30—Mind Power 5:00—Dinner 6:00—Shuffle Board	<b>29.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Winter Crafts 4:30—Word games 5:00—Dinner 6:00—Word Games	<b>30.</b> 3:00—Chat & Coffee 3:30—Exercises 4:00—Active games 4:30—Cranial crunches 5:00—Dinner 6:00—Bingo	