



November 2023 ADP AM Program



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*In Flanders fields the poppies
blow Between the crosses, row
on row, That mark our place,
and in the sky, The larks, still
bravely singing, fly, Scarce
heard amid the guns below.*

John McCrae

Veterans Memorial Lodge Adult Day Program

Contact

250-658-3289

**4579 Chatterton Way
Victoria BC V8X 4Y7**

Please note: programs are subject to change

5. Day Light Saving Time Ends



9:45 Morning Social
10:30 Gentle Stretches
11:15 Finish the Advice
12:00 Lunch
12:45 Travel Log
1:15 Air Hockey
1:45 Snack & Chat

12. 9:45 Morning Social
10:45 Chair Fit
11:15 Finish the Line
12:00 Lunch
12:45 Coloring/Puzzles
1:15 Washer Toss
1:45 Snack & Chat

19. 9:45 Morning Social
10:30 Stretch & Strength
11:15 Big Ball Bounce
12:00 Lunch
12:45 Kings in the Corner
1:15 Bowling
1:45 Snack & Chat

26. 9:45 Morning Social
10:30 Chair Yoga
11:15 Travel Log
12:00 Lunch
12:45 Word Ladder
1:15 Bean Bag Toss
1:45 Snack & Chat

6.

9:45 Morning Social
10:30 Gentle Stretches
11:15 Crossword
12:00 Lunch
12:45 Coloring/Puzzles
1:15 Ladder Ball
1:45 Snack & Chat

13. 9:45 Morning Social
10:30 Chair Yoga
11:15 Jacko
12:00 Lunch
12:45 Word Unscramble
1:15 Ladder Ball
1:45 Snack & Chat

20. 9:45 Morning Social
10:30 Music with Bonnie
11:30 Gentle Stretches
12:00 Lunch
12:45 Puzzles
1:15 Bowling
1:45 Snack & Chat

27. 9:45 Morning Social
10:30 Chair Fit
11:15 Name that Tune
12:00 Lunch
12:45 Armchair Travel
1:15 Air Hockey
1:45 Snack & Chat

7.

9:45 Morning Social
10:30 Chair Yoga
11:15 Riddles
12:00 Lunch
12:45 Travel log
1:15 Bowling
1:45 Snack & Chat

14. 9:45 Morning Social
10:30 Music with Brian
11:30 Stretch & Strength
12:00 Lunch
12:45 Armchair Travel
1:15 Bean Bag Toss
1:45 Snack & Chat

21. 9:45 Morning Social
10:30 Stretch & Strength
11:15 Word Game
12:00 Lunch
12:45 Coloring & Puzzles
1:15 Ladder Ball
1:45 Snack & Chat

28. 9:45 Morning Social
10:30 Chair Exercise
11:15 Food Trivia
12:00 Lunch
12:45 Cross Word
1:15 Floor Shuffle
1:45 Snack & Chat

1. 9:45 Morning Social
10:30 Gentle Stretches
11:15 Craft
12:00 Lunch
12:45 Board Games
1:15 Bowling
1:45 Snack & Chat

8.

9:45 Morning Social
10:30 Stretch & Strength
11:15 Remembrance Day
Craft
12:00 Lunch
12:45 Bingo
1:25 Big Ball Bounce
1:45 Snack & Chat

15. 9:45 Morning Social
10:30 Chair Yoga
11:15 Craft
12:00 Lunch
12:45 Word Unscramble
1:15 Washer Toss
1:45 Snack & Chat

22. 9:45 Morning Social
10:30 Chair Fit
11:15 Brain Fit
12:00 Lunch
12:45 Name That Tune
1:15 Air Hockey
1:45 Snack & Chat

29. 9:45 Morning Social
10:30 Music with Bonnie
11:30 Gentle Stretches
12:00 Lunch
12:45 Board Games
1:15 Bowling
1:45 Snack & Chat

2. 9:45 Morning Social
10:30 Chair Yoga
11:15 Sing Along
12:00 Lunch
12:45 Coloring & Puzzles
1:15 Washer Toss
1:45 Snack & Chat

9.

9:45 Morning Social
10:30 Chair Fit
11:15 Remembrance Day
Crossword
12:00 Lunch
12:45 Famous Veterans
1:15 Air Hockey
1:45 Snack & Chat

16. 9:45 Morning Social
10:30 Gentle Stretches
11:15 Name that Tune
12:00 Lunch
12:45 Armchair Travel
1:15 Big Ball Bounce
1:45 Snack & Chat

23. 9:45 Morning Social
10:30 Chair Yoga
11:15 Name that Tune
12:00 Lunch
12:45 Coloring & Puzzles
1:15 Washer Toss
1:45 Snack & Chat

30. 9:45 Morning Social
10:30 Chair Fit
11:15 Crossword
12:00 Lunch
12:45 Trouble/ Ker Plunk
1:15 Air Hockey
1:45 Snack & Chat

3. 9:45 Morning Social
10:30 Stretch & Strength
11:15 Name that Tune
12:00 Lunch
12:45 Board Games
1:15 Air Hockey
1:45 Snack & Chat

10.

9:45 Morning Social
10:30 Stretch & Strength
11:15 Remembrance Day
Crossword
12:00 Lunch
12:45 Board games
1:15 Washer Toss
1:45 Snack & Chat

17. 9:45 Morning Social
10:30 Music with Leslie
11:30 Gentle Stretches
12:00 Lunch
12:45 Coloring & Puzzles
1:15 Big Ball Bounce
1:45 Snack & Chat

24. 9:45 Morning Social
10:30 Chair Fit
11:15 Word Ladder
12:00 Lunch
12:45 Food Trivia
1:15 Mini Golf
1:45 Snack & Chat

4. 9:45 Morning Social
10:30 Chair Yoga
11:45 Finish The Line
12:00 Lunch
12:45 Coloring
1:15 Balloon Ball
1:45 Snack & Chat

11.



18. 9:45 Morning Social
10:30 Stretch & Strength
11:15 Mystery Message
12:00 Lunch
12:45 Word Ladder
1:15 Washer Toss
1:45 Snack & Chat

25. 9:45 Morning Social
10:30 Chair Yoga
11:15 Finish the Line
12:00 Lunch
12:45 Armchair Travel
1:15 Air Hockey
1:45 Snack & Chat

