



August 2024 ADP PM Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	<p><i>Programs may be subject to change!</i></p>	<p style="text-align: center;">Veterans Memorial Lodge Adult Day Program Contact # 250-658-3289 4579 Chatterton Way</p>		<p>1. 3:00 Chat & Coffee 3:30 Stretch/Meditation 4:00 Canadian Trivia 5:00 Dinner 6:00 Jenga</p>	<p>2. 3:00 Chat & Coffee 3:30 Chair Fit 4:00 Jack-O Game 5:00 Dinner 6:00 Bocce Ball</p>	<p>3. 3:00 Chat & Coffee 3:30 Chair Fit 4:00 Mind Power 5:00 Dinner 6:00 Scrabble Game</p>
<p>4. 3:00 Socials & Coffee 3:30 Exercise 4:30 Active Games 5:00 Dinner 6:00 Scrabble game</p>	<p><i>ADP CLOSED FOR CIVIC HOLIDAY</i></p>	<p>6. 3:00 Socials & Coffee 3:30 Chair Yoga 4:00 Guess The Song 5:00 Dinner 5:40 Music with Jean</p>	<p>7. 3:00 Socials & Coffee 3:30 Chair Yoga 4:00 Trivia/ Rebus 5:00 Dinner 5:40 Music with Jesse</p>	<p>8. 3:00 Socials & Coffee 3:30 Chair Yoga 4:00 Karaoke time 5:00 Dinner 6:00 Scrabble Game</p>	<p>9. 3:00 Socials & Coffee 3:30 Chair Yoga 4:00 Active Games 5:00 Dinner 5:30 Music with Tony</p>	<p>10. 3:00 Socials & Coffee 3:30 Chair Yoga 4:00 White Board games 5:00 Dinner 6:00 Arm Chair Travel</p>
<p>11. 3:00 Chat & Coffee 3:30 Stretch /Meditation 4:00 Trivia /Rebus 5:00 Dinner 6:00 Bocce Ball Game</p>	<p>12. 3:00 Chat & Coffee 3:30 Stretch/Meditation 4:00 Canadian Trivia 5:00 Dinner 5:30 Music with Brian</p>	<p>13. 3:00 Chat & Coffee 3:30 Stretch /Meditation 4:00 Shuffle Board 5:00 Dinner 6:00 Jenga</p>	<p>14. 3:00 Chat & Coffee 3:30 Stretch/Meditation 4:00 Canadian Trivia 5:00 Dinner 6:00 Documentary</p>	<p>15. 3:00 Chat & Coffee 3:30 Chair Fit 4:00 Jack-O Bingo 5:00 Dinner 5:40 Music with Jesse</p>	<p>16. 3:00 Chat & Coffee 3:30 Chair Fit 4:00 Karaoke Time 5:00 Dinner 6:00 Ladder ball</p>	<p>17. 3:00 Chat & Coffee 3:30 Exercise 4:30 Jack-O Game 5:00 Dinner 6:00 Scrabble Game</p>
<p>18. 3:00 Coffee/Social 3:30 Physical Exercise 4:00 Bocce Ball 5:00 Dinner 6:00 Documentary</p>	<p>19. 3:00 Coffee/Social 3:30 Physical Exercise 4:00 Trivia/Rebus Puzzle 5:00 Dinner 5:40 Music with Mark</p>	<p>20. 3:00 Coffee/Social 3:30 Physical Exercise 4:00 Mind Power/ Logic 5:00 Dinner 6:00 Documentary</p>	<p>21. 3:00 Coffee/Social 3:30 Physical Exercise 4:00 Finishing the Line! 5:00 Dinner 6:00 Arm chair travel</p>	<p>22. 3:00 Coffee/Social 3:30 Physical Exercise 4:00 Trivia Puzzles 5:00 Dinner 6:00 Bingo</p>	<p>23. 3:00 Coffee/Social 3:30 Physical Exercise 4:00 Mind Power 5:00 Dinner 6:00 Jenga</p>	<p>24. 3:00 Coffee/Social 3:30 Physical Exercise 4:00 Active games 5:00 Dinner 6:00 Music Trivia</p>
<p>25. 3:00 Coffee/News 3:30 Chair Fit 4:00 Ball & Ring Toss 5:00 Dinner 6:00 Arm Chair Travel</p>	<p>26. 3:00 Coffee/News 3:30 Chair Fit 4:00 Mind Power 5:00 Dinner 6:00 Scrabble</p>	<p>27. 3:00 Coffee/News 3:30 Chair Fit 4:00 White Board games 5:00 Dinner 6:00 Ladder Ball</p>	<p>28. 3:00 Coffee/News 3:30 Chair Fit 4:00 Mind Power 5:00 Dinner 5:30 Music with Jesse</p>	<p>29. 3:00 Coffee/News 3:30 Chair Fit 4:00 Karaoke time 5:00 Dinner 6:00 Scrabble</p>	<p>30. 3:00 Chat & Coffee 3:30 Chair Fit 4:00 Mind Power 5:00 Dinner 5:40 Music with Mark</p>	<p>31. 3:00 Chat & Coffee 3:30 Chair Fit 4:00 Ball & Ring Toss 5:00 Dinner 6:00 Documentary</p>