




October 2024 ADP AM Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Veterans Memorial Lodge Adult Day Program Contact 250-658-3289 4579 Chatterton Way Victoria BC V8X 4Y7 Please note: Programs are subject to change		1 9:45 Morning Social 10:30 Chair Fit 11:15 October Trivia 12:00 Lunch 1:00 Target Throw 1:45 Snack	2 9:30 Morning Social 10:30 Chair Fit 11:15 October Trivia 12:00 Lunch 1:00 Air Hockey 1:45 Snack	3 9:45 Morning Social <u>10:30 Music with Barry</u> 11:30 Gentle Stretches 12:00 Lunch 1:00 Discus Throw Game 1:45 Snack	4 9:45 Morning Social 10:30 Stretch & Strength 11:15 October Trivia 12:00 Lunch 1:00 Basket Ball 1:45 Snack	5 9:45 Morning Social 10:30 Chair Fit 11:15 October Trivia 12:00 Lunch 1:00 Table Games 1:45 Snack
	6 9:45 Morning Social 10:30 Chair Fit 11:15 Rebus Puzzles 12:00 Lunch 1:00 Discus Throw Game 1:45 Snack	7 9:45 Morning Social 10:30 Gentle Workout 11:15 Geography Quiz 12:00 Lunch 1:00 Bowling 1:45 Snack	8 9:45 Morning Social 10:30 Stretch & Strength 11:15 Rebus Puzzles 12:00 Lunch 1:00 Basket Ball 1:45 Snack	9 9:45 Morning Social 10:30 Stretch & Strength 11:15 Thanksgiving Craft 12:00 Lunch 1:00 Basket Ball 1:45 Snack	10 9:45 Morning Social 10:30 Stretch & Strength 11:15 Thanksgiving Trivia 12:00 Lunch 1:00 Ladder Ball Game 1:45 Snack	11 9:45 Morning Social 10:30 Stretch & Strength 11:15 Thanksgiving Craft 12:00 Lunch 1:00 Board games 1:45 Snack
13 9:45 Morning Social <u>10:30 Music with Kenan</u> 11:30 Thanksgiving Trivia 12:00 Lunch 1:00 Corn Hole 1:45 Snack	14  Sorry, we're CLOSED THANKSGIVING DAY	15 9:45 Morning Social 10:30 Chair Yoga 11:15 Brain Power 12:00 Lunch 1:00 Bocce Ball 1:45 Snack	16 9:45 Morning Social 10:30 Chair Yoga 11:15 Finish The Line 12:00 Lunch 1:00 Shuffle Board 1:45 Snack	17 9:45 Morning Social 10:30 Chair Yoga 11:15 Brain Power 12:00 Lunch 1:00 Basket Ball 1:45 Snack	18 9:45 Morning Social 10:30 Chair Yoga 11:15 Riddles & Jokes 12:00 Lunch 1:00 Bocce Ball 1:45 Snack	19 9:45 Morning Social 10:30 Chair Yoga 11:15 Word Scrabble 12:00 Lunch 1:00 Discus Throw Game 1:45 Snack
20 9:45 Morning Social 10:30 Chair Yoga 11:15 Geography Quiz 12:00 Lunch 1:00 Basket Ball 1:45 Snack	21 9:45 Morning Social <u>10:30 Music with Barry</u> 11:30 Stretch & Strength 12:00 Lunch 1:00 Target Throw 1:45 Snack	22 9:45 Morning Social 10:30 Gentle Stretches 11:15 Rebus Puzzles 12:00 Lunch 1:00 Target Throw 1:45 Snack	23 9:45 Morning Social 10:30 Chair Fit 11:15 Scrabble 12:00 Lunch 1:00 Kings in the Corner 1:45 Snack	24 9:45 Morning Social 10:30 Gentle Workout 11:15 Word Scramble 12:00 Lunch 1:00 Table Games 1:45 Snack	25 9:45 Morning Social 10:30 Gentle Stretches 11:15 Crossword 12:00 Lunch 1:00 Target Throw 1:45 Snack	26 9:45 Morning Social 10:30 Micro Workout 11:15 Rebus Puzzles 12:00 Lunch 1:00 Basket Ball 1:45 Snack
27 9:45 Morning Social 10:30 Strength Training 11:15 Word Game 12:00 Lunch 1:00 Target Throw 1:45 Snack	28 9:45 Morning Social 10:30 Chair Yoga 11:15 Guggenheim 12:00 Lunch 1:00 Air Hockey 1:45 Snack	29 9:45 Morning Social 10:30 Chair Fit 11:15 Riddles & Jokes 12:00 Lunch 1:00 Halloween Bingo 1:45 Snack	30 9:45 Morning Social 10:30 Strength Training 11:15 Halloween Craft 12:00 Lunch 1:00 Halloween Bingo 1:45 Snack	31 Halloween 9:45 Morning Social 10:30 Chair Fit 11:15 Halloween Trivia 12:00 Lunch 1:00 Halloween Bingo 1:45 Snack 