
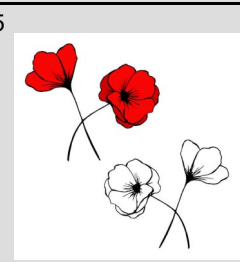








November VHC Afternoon Program 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 			1 3:00 Coffee & Tea 3:30 Dice game 4:00 Chair fitness 5:00 Dinner 6:00 Music with Jean	2 3:00 Coffee & Tea 3:30 Sequence 4:00 Yoga 5:00 Dinner 6:00 Music with Jesse	3 3:00 Coffee & Tea 3:30 Water color art 4:00 Yahtzee 5:00 Dinner 6:00 Documentary	4 Donna & Troy's desk 250-658-3268 VHC Reception Desk 250 658-3270
5 	6 3:00 Coffee & Tea 3:30 Dice game 4:00 Exercises 5:00 Dinner 6:00 Active games	7 3:00 Coffee & Tea 3:30 Music games with Annette 4:00 Exercises 5:00 Dinner 6:00 Music with Barry	8 3:00 Coffee & Tea 3:30 Yahtzee 4:00 Ball drumming 5:00 Dinner 6:00 Active games	9 3:00 Coffee & Tea 3:30 Penny game 4:00 Chair fitness 5:00 Dinner 6:00 Active games	10 3:00 Coffee & Tea 3:30 Ball tossing 4:00 Active games 5:00 Dinner 6:00 Music with Brian	11 
12	13 VHC Closed 	14 3:00 Coffee & Tea 3:30 Music games with Annette 4:00 Chair fitness 5:00 Dinner 6:00 Active Games	15 3:00 Coffee & Tea 3:30 Table games 4:00 Chair yoga 5:00 Dinner 6:00 Documentary	16 3:00 Coffee & Tea 3:30 Bingo 4:00 Ball Drumming 5:00 Dinner 6:00 Music with Jesse	17 3:00 Coffee & Tea 3:30 Penny game 4:00 Exercise 5:00 Dinner 6:00 Golf	18
19	20 3:00 Coffee & Tea 3:30 Yahtzee 4:00 Ball Drumming 5:00 Dinner 6:00 Music with Brian	21 3:00 Coffee & Tea 3:30 Music games with Annette 4:00 Ball drumming 5:00 Dinner 6:00 Music with Brian	22 3:00 Coffee & Tea 3:30 Golf 4:00 Ball games 5:00 Dinner 6:00 Music with Mark	23 3:00 Coffee & Tea 3:30 Golf 4:00 Chair yoga 5:00 Dinner 6:00 Documentary	24 3:00 Coffee & Tea 3:30 Yahtzee 4:00 Exercise 5:00 Dinner 6:00 Bird show with Ann	25
26 	27 3:00 Coffee & Tea 3:30 Water color art 4:00 Chair Yoga 5:00 Dinner 6:00 Music with Jesse	28 3:00 Coffee & Tea 3:30 Music games with Annette 4:00 Chair dancing 5:00 Dinner 6:00 Documentary	29 3:00 Coffee & Tea 3:30 Water color art 4:00 Active Games 5:00 Dinner 6:00 Bocce	30 3:00 Coffee & Tea 3:30 Bingo 4:00 Exercises 5:00 Dinner 6:00 Golf		 LEST WE FORGET