











VHC November Morning Program



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>ALISON/DEREK'S DESK: 250-658-3268</p> <p>RECEPTION: 250-658-3270</p>	<p>THEY SHALL GROW NOT OLD, AS WE THAT ARE LEFT GROW OLD: AGE SHALL NOT WEARY THEM, NOR THE YEARS CONDEMN. AT THE GOING DOWN OF THE SUN AND IN THE MORNING WE WILL REMEMBER THEM. - LAURENCE BINYON -</p> <p><small>LIBQUOTES.COM</small></p>		<p>1</p> <p>10:00 Coffee Social 10:30 Word Challenge 11:00 Cardio Yoga 12:00 Lunch 1:00 Brian Porter</p> 	<p>2</p> <p>10:00 Coffee Social 10:30 Anagrams 11:00 Balloon Hockey 12:00 Lunch 1:00 Putting Practice</p>	<p>3</p> <p>10:00 Coffee Social 10:30 Group XWord 11:00 Name that Tune 12:00 Lunch 1:00 Bocce Ball</p>	<p>4</p> <p>10:00 Coffee Social 10:30 Word Challenge 11:00 Board Games 12:00 Lunch 1:00 Celebrity Concentration</p>
<p>5 DAYLIGHT SAVINGS (FALL BACK)</p>  <p>10:00 Coffee Social 10:30 Word Challenge 11:00 Poppy Coaster 12:00 Lunch 1:00 Seated Thai Chi</p>	<p>6</p> <p>10:00 Coffee Social 10:30 Anagrams 11:00 Poppy Coasters 12:00 Lunch 1:00 Barry Eaglestone</p> 	<p>7</p> <p>10:00 Coffee Social 10:30 Word Challenge 11:00 Poppy Coasters 12:00 Lunch 1:00 Exercises with Annette</p>	<p>8</p> <p>10:00 Coffee Social 10:30 Brain Games 11:00 Poppy Coasters 12:00 Lunch 1:00 Washer Tossing</p>	<p>9</p> <p>10:00 Coffee Social 10:30 Group XWord 11:00 Poppy Coasters 12:00 Lunch 1:00 Ann Nightingale</p> 	<p>10</p> <p>10:00 Coffee Social 10:30 Anagrams 11:00 Poppy Coasters 12:00 Lunch 1:00 Barry Eaglestone</p> 	<p>11 REMEMBRANCE DAY CENTER CLOSED</p>  <p><small>REMEMBRANCE DAY lest we forget</small></p>
<p>12</p> <p>10:00 Coffee Social 10:30 Word Challenge 11:00 Bus Outing 12:00 Lunch 1:00 Sequence</p>	<p>13 CENTER CLOSED</p> 	<p>14</p> <p>10:00 Coffee Social 10:30 Anagram 11:00 Creative Art 12:00 Lunch 1:00 Exercises with Annette</p>	<p>15</p> <p>10:00 Coffee Social 10:30 Group XWord 11:00 DrumFit 12:00 Lunch 1:00 Ann Nightingale</p>	<p>16</p> <p>10:00 Coffee Social 10:30 Word Challenge 11:00 Visit with Naden In the Center 12:00 Lunch 1:00 DrumFit</p>	<p>17</p> <p>10:00 Coffee Social 10:30 Brain Games 11:00 Creative Painting 12:00 Lunch 1:00 Washer Toss</p>	<p>18</p> <p>10:00 Coffee Social 10:30 Anagrams 11:00 Balloon Hockey 12:00 Lunch 1:00 Putting Practice</p>
<p>19</p> <p>10:00 Coffee Social 10:30 Brain Games 11:00 Creative Art 12:00 Lunch 1:00 Yoga Deep Breathing</p>	<p>20</p> <p>10:00 Coffee Social 10:30 Word Challenge 11:00 Fall Scenes Photography 12:00 Lunch 1:00 Yoga for Joints</p>	<p>21</p> <p>10:00 Coffee Social 10:30 Group XWord 11:00 Fall Scenes Photography 12:00 Lunch 1:00 Jean Bedard</p>	<p>22</p> <p>10:00 Coffee Social 10:30 Anagrams 11:00 Fall Scenes Photography 12:00 Lunch 1:00 Bocce Ball</p>	<p>23</p> <p>10:00 Coffee Social 10:30 Brain Games 11:00 Fall Scenes Photography 12:00 Lunch 1:00 Chair Dance</p>	<p>24</p> <p>10:00 Coffee Social 10:30 Word Challenge 11:00 Fall Scenes Photography 12:00 Lunch 1:00 Putting Practice</p>	<p>25</p> <p>10:00 Coffee Social 10:30 Group XWord 11:00 Creative Painting 12:00 Lunch 1:00 Bocce Ball</p>
<p>26</p> <p>10:00 Coffee Social 10:30 Group XWord 11:00 Outing 12:00 Lunch 1:00 Sequence</p>	<p>27</p> <p>10:00 Coffee Social 10:30 Group XWord 11:00 Bus Outing 12:00 Lunch 1:00 Bocce Ball</p>	<p>28</p> <p>10:00 Coffee Social 10:30 Brain Games 11:00 DrumFit 12:00 Lunch 1:00 Brian Porter</p> 	<p>29</p> <p>10:00 Coffee Social 10:30 Word Challenge 11:00 Balance Yoga 12:00 Lunch 1:00 Name that Tune</p>	<p>30</p> <p>10:00 Coffee Social 10:30 Anagrams 11:00 Name that Tune 12:00 Lunch 1:00 Balloon Hockey</p>	<p>31</p> <p>10:00 Coffee Social 10:30 Group XWord 11:00 DrumFit 12:00 Lunch 1:00 Celebrity Concentration</p>	<p>Thank You</p> 