







January VHC Afternoon Program 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Donna & Troy's desk 250-658-3268 VHC Reception Desk 250 658-3270	1 VHC Closed 	2 3:00 Coffee & Tea 3:30 Music games with Annette 4:30 Exercises 5:00 Dinner 6:00 Music with Jean	3 3:00 Coffee & Tea 3:30 Afternoon Drive 4:30 ball drumming 5:00 Dinner 6:00 Music with Mark	4 3:00 Coffee & Tea 3:30 Active games 4:30 Exercises 5:00 Dinner 6:00 Music with Mark	5 3:00 Coffee & Tea 3:30 Dice Game 4:30 Exercises 5:00 Dinner 6:00 Active games	6 
7 	8 3:00 Coffee & Tea 3:30 Dice Games 4:30 Ball drumming 5:00 Dinner 6:00 Music with Jesse	9 3:00 Coffee & Tea 3:30 Music games with Annette 4:30 Ball drumming 5:00 Dinner 6:00 Active games	10 3:00 Coffee & Tea 3:30 Afternoon Drive 4:30 Chair yoga 5:00 Dinner 6:00 Documentary	11 3:00 Coffee & Tea 3:30 Sequence Game 4:30 Ball drumming 5:00 Dinner 6:00 Active games	12 3:00 Coffee & Tea 3:30 Water color art 4:30 Chair yoga 5:00 Dinner 6:00 Music Brian	13
14	15 3:00 Coffee & Tea 3:30 Yahtzee 4:30 Exercises 5:00 Dinner 6:00 Music Mark Davie	16 3:00 Coffee & Tea 3:30 Music games with Annette 4:30 Chair yoga 5:00 Dinner 6:00 Music with Barry	17 3:00 Coffee & Tea 3:30 Dice Game 4:30 Ball drumming 5:00 Dinner 6:00 Active games	18 3:00 Coffee & Tea 3:30 Water colour art 4:30 Chair yoga 5:00 Dinner 6:00 Music Brian Porter	19 3:00 Coffee & Tea 3:30 Yahtzee 4:30 Chair dancing 5:00 Dinner 6:00 Active games	20
21	22 3:00 Coffee & Tea 3:30 Bingo 4:30 Chair yoga 5:00 Dinner 6:00 Board games	23 3:00 Coffee & Tea 3:30 Music games with Annette 4:30 Exercises 5:00 Dinner 6:00 Games	24 3:00 Coffee & Tea 3:30 Yahtzee 4:30 Chair dancing 5:00 Dinner 6:00 Music with Jesse	25 3:00 Coffee & Tea 3:30 Active games 4:30 Chair dancing 5:00 Dinner 6:00 Documentary	26 3:00 Coffee & Tea 3:30 Sequence Game 4:30 Ball drumming 5:00 Dinner 6:00 Bird show with Ann	27
28 	29 3:00 Coffee & Tea 3:30 Water colour art 4:30 Ball drumming 5:00 Dinner 6:00 Active games	30 3:00 Coffee & Tea 3:30 Music games with Annette 4:30 Chair dancing 5:00 Dinner 6:00 Active games	31 3:00 Coffee & Tea 3:30 Afternoon Drive 4:30 Chair fitness 5:00 Dinner 6:00 Active games	