

Veterans Health Centre – Morning Program

January 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|---|
| Derek & Alison's Desk 250-658-3268 VHC Reception 250-658-3270 | VHC Closed 1  | 2 10:00 Coffee Social 10:30 Word Challenge 11:00 Watercolour Art 12:00 Lunch 1:00 Board Games | 3 10:00 Coffee Social 10:30 Anagrams 11:00 New Year's Drive 12:00 Lunch 1:00 Bocce Ball | 4 10:00 Coffee Social 10:30 Brain Games 11:00 Watercolour Art 12:00 Lunch 1:00 Putting Practice | 5 10:00 Coffee Social 10:30 Group Crossword 11:00 Drum Fit 12:00 Lunch 1:00 Washer Toss | 6 10:00 Coffee Social 10:30 Anagrams 11:00 Board Games 12:00 Lunch 1:00 Putting Practice |
| 7 10:00 Coffee Social 10:30 Scenic Drive 12:00 Lunch 1:00 Sequence | 8 10:00 Coffee Social 10:30 Group Crossword 11:00 Seated Tai Chi 12:00 Lunch 12:45 Bird Presentation | 9 10:00 Coffee Social 10:30 Anagrams 11:00 Chair Yoga 12:00 Lunch 1:00 Washer Toss | 10 10:00 Coffee Social 10:30 Word Challenge 11:00 Drum Fit 12:00 Lunch 1:00 Music with Barry | 11 10:00 Coffee Social 10:30 Group Crossword 11:00 Drum Fit 12:00 Lunch 1:00 Bocce Ball | 12 10:00 Coffee Social 11:00 Brain Games 10:30 Balloon Hockey 12:00 Lunch 1:00 Putting Practice | 13 10:00 Coffee Social 10:30 Anagrams 11:00 Bowling 12:00 Lunch 1:00 Washer Toss |
| 14 10:00 Coffee Social 10:30 Balance Yoga 11:00 Creative Art 12:00 Lunch 1:00 Bocce Ball | 15 10:00 Coffee Social 10:30 Anagrams 11:00 Balloon Hockey 12:00 Lunch 1:00 Bocce Ball | 16 10:00 Coffee Social 10:30 Brain Games 11:00 Chair Dance 12:00 Lunch 1:00 Music with Brian | 17 10:00 Coffee Social 10:30 Group Crossword 11:00 Watercolour Art 12:00 Lunch 1:00 Washer Toss | 18 10:00 Coffee Social 10:30 Anagrams 11:00 Balloon Hockey 12:00 Lunch 1:00 Bird Presentation | 19 10:00 Coffee Social 10:30 Anagrams 11:00 Bocce Ball 12:00 Lunch 1:00 Music with Brian | 20 10:00 Coffee Social 10:30 Group Crossword 11:00 Board Games 12:00 Lunch 1:00 Bocce Ball |
| 21 10:00 Coffee Social 10:30 Scenic Drive 12:00 Lunch 1:00 Sequence | 22 10:00 Coffee Social 10:30 Anagrams 11:00 Balance Yoga 12:00 Lunch 1:00 Putting Practice | 23 10:00 Coffee Social 10:30 Name that Tune 11:00 Drum Fit 12:00 Lunch 1:00 Bocce Ball | 24 10:00 Coffee Social 10:30 Brain Games 11:00 Balance Yoga 12:00 Lunch 1:00 Music with Mark | 25 10:00 Coffee Social 10:30 Haggis & Famous Poems 12:00 Lunch 1:00 Music w/ Barry Robbie Burns Day | 26 10:00 Coffee Social 10:30 Group Crossword 11:00 Watercolour Art 12:00 Lunch 1:00 Washer Toss | 27 10:00 Coffee Social 10:30 Maritime Trivia 11:00 Drum Fit 12:00 Lunch 1:00 Putting Practice |
| 28 10:00 Coffee Social 10:30 Scenic Drive 12:00 Lunch 1:00 Drum Fit | 29 10:00 Coffee Social 10:30 Scenic Drive 12:00 Lunch 1:00 Chair Yoga | 30 10:00 Coffee Social 10:30 Group Crossword 11:00 Balloon Hockey 12:00 Lunch 1:00 Bird Presentation | 31 10:00 Coffee Social 10:30 Anagrams 11:00 Balloon Hockey 12:00 Lunch 1:00 Putting Practice |  | The first recorded Polar Bear Swim took place in Boston in 1904. In many communities around the world plunging into icy water for a swim is a New Year's Day tradition. | |