




Veterans Health Centre

Morning Program

Derek & Alison's
Desk
250-658-3268

VHC Reception
250-658-3270

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Coffee Social 10:30 Anagrams 11:00 Chair Yoga 12:00 Lunch 1:00 Oktoberfest - Pretzels and Beer	2 10:00 Coffee Social 10:30 Idiom Solver 11:00 Tai Chi 12:00 Lunch 1:00 Birds-Eye View with Ann	3 10:00 Coffee Social 10:30 Word Pyramid 11:00 Chair Dance 12:00 Lunch 1:00 Oktoberfest – Pretzels and Beer	4 10:00 Coffee Social 10:30 Idiom Solver 11:00 Balloon Hockey 12:00 Lunch 1:00 Family Feud	5 10:00 Coffee Social 10:30 Group Crossword 11:00 Concentration 12:00 Lunch 1:00 Sequence
	6 10:00 Coffee Social 10:30 Texture Art-Application 12:00 Lunch 1:00 Sequence	7 10:00 Coffee Social 10:30 Word Pyramid 11:00 Balance Yoga 12:00 Lunch 1:00 Music with Brian	8 10:00 Coffee Social 10:30 Word Challenge 11:00 Concentration 12:00 Lunch 1:00 Balloon Hockey	9 10:00 Coffee Social 10:30 Texture Art – Application 12:00 Lunch 1:00 Curious Events	10 10:00 Coffee Social 10:30 Idiom Solver 11:00 Resistance Training 12:00 Lunch 1:00 Music with Barry	11 10:00 Coffee Social 10:30 Word Challenge 11:00 Chair Yoga 12:00 Lunch 1:00 Jack-O
13 10:00 Coffee Social 10:30 Texture Art - Painting 12:00 Lunch 1:00 Trivia	VHC Closed 14 	15 10:00 Coffee Social 10:30 Idiom Solver 11:00 Balance Yoga 12:00 Lunch 1:00 Music with Barry	16 10:00 Coffee Social 10:30 Texture Art - Painting 12:00 Lunch 1:00 Music Bingo	17 10:00 Coffee Social 10:30 CFB Esquimalt Visits 12:00 Lunch 1:00 Birds-Eye View With Ann	18 10:00 Coffee Social 10:30 Anagrams 11:00 Tai Chi 12:00 Lunch 1:00 Circle Painting	19 10:00 Coffee Social 10:30 Idiom Solver 11:00 Drum Fit 12:00 Lunch 1:00 Family Feud
20 10:00 Coffee Social 10:30 Group Crossword 11:00 Tai Chi 12:00 Lunch 1:00 Sequence	21 10:00 Coffee Social 10:30 Idiom Solver 11:00 Balloon Pickleball 12:00 Lunch 1:00 Military Trivia	22 10:00 Coffee Social 10:30 Word Jumble 11:00 Chair Dance 12:00 Lunch 1:00 Watercolour Art	23 10:00 Coffee Social 10:30 Word Pyramid 11:00 Balloon Pickleball 12:00 Lunch 1:00 Military Trivia	24 10:00 Coffee Social 10:30 Pumpkin Decorating 12:00 Lunch 1:00 Chair Yoga	25 10:00 Coffee Social 10:30 Pumpkin Decorating 12:00 Lunch 1:00 Music Bingo	26 10:00 Coffee Social 10:30 Idiom Solver 11:00 Tai Chi 12:00 Lunch 1:00 Circle Painting
27 10:00 Coffee Social 10:30 Pumpkin Decorating 12:00 Lunch 1:00 Guided Meditation	28 10:00 Coffee Social 10:30 Pumpkin Decorating 12:00 Lunch 1:00 Chair Dance	29 10:00 Coffee Social 10:30 Anagrams 11:00 Resistance Training 12:00 Lunch 1:00 Tai Chi	30 10:00 Coffee Social 10:30 Group Crossword 11:00 Watercolour Art 12:00 Lunch 1:00 Music with Barry	Happy Halloween 31  10:00 Coffee Social 10:30 Trivia 11:00 Yoga 12:00 Lunch 1:00 Sequence	We strive to include a wide range of activities to encourage connection, well-being and good health. If there is an activity or topic you would like to see included in our Program please let us know and will do our best to accommodate your interest(s).	