



October VHC Afternoon Program 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Donna & Troy's desk 250-658-3268</p> <p>VHC Reception Desk 250 658-3270</p>		<p>1</p> <p>3:00 Coffee & Tea 3:30 Active games 4:30 Chair Fitness 5:00 Dinner 6:00 VHC Music with Mark</p>	<p>2</p> <p>3:00 Coffee & Tea 3:30 Bingo 4:00 Exercise 5:00 Dinner 6:00 VHC Music with Charlie</p>	<p>3</p> <p>3:00 Coffee & Tea 3:30 Jacko 4:00 Chair Yoga 5:00 Dinner 6:00 Give a penny Take a penny</p>	<p>4</p> <p>3:00 Coffee & Tea 3:30 Water Color Art 4:30 games 5:00 Dinner 6:00 Active game</p>	<p>5</p> 
<p>6</p> 	<p>7</p> <p>3:00 Coffee & Tea 3:30 Bocce 4:30 Chair Fitness 5:00 Dinner 5:30 Music</p>	<p>8</p> <p>3:00 Coffee & Tea 3:30 Give a penny 4:30 Ball drumming 5:00 Dinner 6:00 Games</p>	<p>9</p> <p>3:00 Coffee & Tea 3:30 Jacko 4:30 Exercise 5:00 Dinner 6:00 Active games</p>	<p>10</p> <p>3:00 Coffee & Tea 3:30 Water color Art 4:30 Chair fitness 5:00 Dinner 6:00 Bocce</p>	<p>11</p> <p>3:00 Coffee & Tea 3:30 Active games 4:30 Ball drumming 5:00 Dinner 6:00 Documentary</p>	<p>12</p>
<p>13</p>	<p>14</p> 	<p>15</p> <p>3:00 Coffee & Tea 3:30 Crokinole 4:30 Chair fitness 5:00 Dinner 6:00 Music with Brian</p>	<p>16</p> <p>3:00 Coffee & Tea 3:30 Crokinole 4:30 Chair fitness 5:00 Dinner 6:00 Documentary</p>	<p>17</p> <p>3:00 Coffee & Tea 3:30 Games 4:30 Chair fitness 5:00 Dinner 6:00 VHC Music with Jean</p>	<p>18</p> <p>3:00 Coffee & Tea 3:30 Give a penny 4:30 Exercise 5:00 Dinner 6:00 Active games</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>3:00 Coffee & Tea 3:30 Give a penny take a penny 4:30 exercise 5:00 Dinner 6:00 VHC Music with Mark</p>	<p>22</p> <p>3:00 Coffee & Tea 3:30 Games 4:30 Chair fitness 5:00 Dinner 6:00 Documentary</p>	<p>23</p> <p>3:00 Coffee & Tea 3:30 Water color Art 4:30 Exercise 5:00 Dinner 6:00 Crokinole</p>	<p>24</p> <p>3:00 Coffee & Tea 3:30 Crokinole 4:30 Ball drumming 5:00 Dinner 6:00 Active Games</p>	<p>25</p> <p>3:00 Coffee & Tea 3:30 Active games 4:30 Chair Fitness 5:00 Dinner 6:00 VHC Music with Jesse</p>	<p>26</p>
<p>27</p> 	<p>28</p> <p>3:00 Coffee & Tea 3:30 Water Color Art 4:30 Exercise 5:00 Dinner 6:00 Documentary</p>	<p>29</p> <p>3:00 Coffee & Tea 3:30 Water color Art 4:30 Chair fitness 5:00 Dinner 6:00 Pumpkin carving</p>	<p>30</p> <p>3:00 Coffee & Tea 3:30 Games 4:30 Chair fitness 5:00 Dinner 5:30 Music with Tony</p>	<p>31</p> <p>3:00 Coffee & Tea 3:30 Pumpkin carving 4:30 spooky exercise 5:00 Dinner 6:00 Trick or Treat game</p>	 	