

VLH July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			11:00 Documentary 1:30 Bingo! 3:00 Music appreciation	*Footy tipping 11:00 Floor games 1:45 Alby's Café 	10:00 Exercise w physio 11:00 Word game 2:00 Catholic Mass	1:30 Movie matinee
	5	6	7	8	9	10
	NAIDOC WEEK 11:30 Songs of praise 1:30 Movie matinee	11:00 Bell choir 1:30 Bingo 3:30 Keep it up!	11:15 Exercise w physio 1:30 Craft with Brenda 	11:15 Exercise group 1:30 Bingo! 3:30 Nails & pamper	*Footy tipping 11:00 Baptist Church 2:00 Sensory with Veronica 3:00 1:1 Room visits	1:30 Movie matinee 
	12	13	14	15	16	17
11:30 Songs of praise 1:30 Movie matinee	11:00 Bell Choir 1:30 Bingo! 3:30 Keep it up!	BASTILLE DAY 10:00 Morning Melody 11:15 Exercise w physio 1:30 Bunnings craft	10:30 Bus outing to Chocolatarie 1:30 Bingo with Veronica 	*Footy tipping 11:00 Floor games 2:00 Sensory with Veronica 3:00 1:1 Room visits	10:00 Exercise w physio 11:00 Quiz 2:00 Happy Hour	1:30 Movie matinee
19	20	21	22	23	24	25
11:30 Songs of praise 1:30 Movie matinee	WINTER FROLICS 11:00 Bell Choir 1:30 Bingo!  3:30 Keep it up!	11:15 Exercise w physio 1:30 Craft with Brenda	11:15 Exercise group 2:00 Dog show 	*Footy tipping 11:00 Floor games 2:00 Church of Christ	10:00 Exercise w physio 11:00 Singalong w Rob 2:00 Pancake afternoon in MCW	1:30 Movie matinee
26	27	28	29	30	31	
11:30 Songs of praise 1:30 Movie matinee	11:00 Visit from NIDO 1:30 Bingo! 3:30 Keep it up!	11:15 Exercise w physio 1:30 Cinema experience 	11:15 Exercise group 1:30 Bingo! 3:30 Nails & pamper	*Footy tipping 11:30 Pub lunch 1:30 Trivia with Veronica 3:00 Room visits	10:00 Exercise w physio 11:00 Word game 2:00 Happy hour 	*Activities subject to change. Please view the noticeboards that are updated daily.