







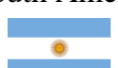






VLH- AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*All Olympic games can be seen on Channel 9 until the 11th</p> 	<p>*Due to unforeseen circumstances activities may be changed or cancelled. Please see whiteboards for changes.</p> <p>*All walks are subject to the weather</p>		<p>10.00 Morning Walks 10.45 Skittles 1.30 Crosswords 1.30 Keep it up (Lounge) 3.00 Music Appreciation-Jazz/Big Band</p>	<p>10.00 Exercise with Physio 1.30 Communion 2.00 Goodbye Drinks for Amilie and Janick</p> 	<p>1.30 Movie Matinee: Titanic (NETFLIX)</p> 
<p>4</p> <p>11.00 Songs of Praise 1.30 Movie Matinee: Downton Abbey Movie (Prime)</p> 	<p>5</p> <p>10.00 Morning Walks 10.45 Cooking Group (Alby's) 1.30 Bingo with Veronica 2.00 Sensory Stimulation (lounge) 3.30 Boad games/Table Games</p>	<p>6</p> <p>11.15 Balance with Physio 11.00 Keep it Up (Lunge) 1.30 Bell Choir 3.00 Word Categories 4.00 Afternoon Walks</p>	<p>7</p> <p>10.00 Morning Walks 10.45 Art & Craft with Brenda 11.00 Active Games (Lounge) 1.30  3.30 VR</p>	<p>8</p> <p>10.00 Morning Walks 11.00 Baptist Church 1.30 Crosswords 1.30 Keep it up (Lounge) 3.00 Music Appreciation-Aussie Classics</p>	<p>9</p> <p>10.00 Exercise with Physio 11.00 Visit from NIDO 2.00 Drinks and Games</p>	<p>10</p> <p>1.30 Movie Matinee: The Greatest Showman (NETFLIX)</p>
<p>11</p> <p>11.00 Songs of Praise 1.30 Movie Matinee: Twister (Prime)</p>	<p>12</p> <p>10.00 Morning Walks 10.45 Word Games 1.30 Bingo with Veronica 2.00 Sensory Stimulation 3.30 Boad games/Table Games</p> 	<p>13</p> <p>11.15 Balance with Physio 11.00 Keep it Up (Lunge) 1.30 Word Categories 3.00 Painting 4.00 Afternoon Walks</p>	<p>14</p> <p>10.00 Morning Walks 10.45 Art & Craft with Brenda 11.00 Active Games (Lounge) 1.30 Bingo 3.30 VR</p>	<p>15</p> <p> South American Day</p> <p>10.00 Morning Walks 10.45 Skittles 1.30 Carnival 3.00 Music Appreciation-South American</p>  	<p>16</p> <p>Janick's Last Day 10.00 Exercise with Physio 10.45 Sing-a-long with Rob 2.00 Catholic Mass 3.00 Chats and Snacks</p>	<p>17</p> <p>1.30 Movie Matinee: The dressmaker (NETFLIX)</p> 
<p>18</p> <p>11.00 Songs of Praise 1.30 Movie Matinee: Royal Wedding (Prime)</p> 	<p>19</p> <p>10.00 Morning Walks 10.45 Word Games 2.00 Food Focus Meeting 3.30 Boad games/Table Games</p>	<p>20</p> <p>11.15 Balance with Physio 11.00 Keep it Up (Lunge) 3.00 Alby's Café and Op Shop</p>	<p>21</p> <p>10.00 Morning Walks 10.45 Art & Craft with Brenda 11.00 Active Games (Lounge) 1.30  3.30 VR</p>	<p>22</p> <p>10.00 Morning Walks 10.45 Skittles 2.00 Church of Christ 3.00 Music Appreciation-Musical Theater Hits</p>	<p>23</p> <p>Amelie's Last Day 10.00 Exercise with Physio 11.00 Visit From NIDO 2.00 Drinks and Games</p>	<p>24</p> <p>1.30 Movie Matinee: Brooklyn (iView)</p>
<p>25</p> <p>11.00 Songs of Praise 1.30 Movie Matinee: Mama Mia, Here We Go Again (Prime)</p>	<p>26</p> <p>10.00 Morning Walks 10.45 Word Games 1.30 Bingo with Veronica 2.00 Sensory Stimulation 3.30 Boad games/Table Games</p> 	<p>27</p> <p>11.15 Balance with Physio 11.00 Keep it Up (Lunge) 2.00 Entertainer: GlenGoldies 4.00 Afternoon Walks</p>	<p>28</p> <p>10.00 Morning Walks 10.45 Art & Craft with Brenda 11.00 Active Games (Lounge) 1.30 Documentary 3.30 VR</p>	<p>29</p> <p>10.00 Morning Walks 10.45 Skittles 1.30 Crosswords 1.30 Keep it up (Lounge) 3.00 Music Appreciation- Rock & Roll</p>	<p>30</p> <p>11.00 Karaoke Sing a long 10.45 Sing-a-long with Rob 2.00 Drinks and Games</p>	<p>31</p> <p>1.30 Movie Matinee: Must Love Dogs (iView)</p>