










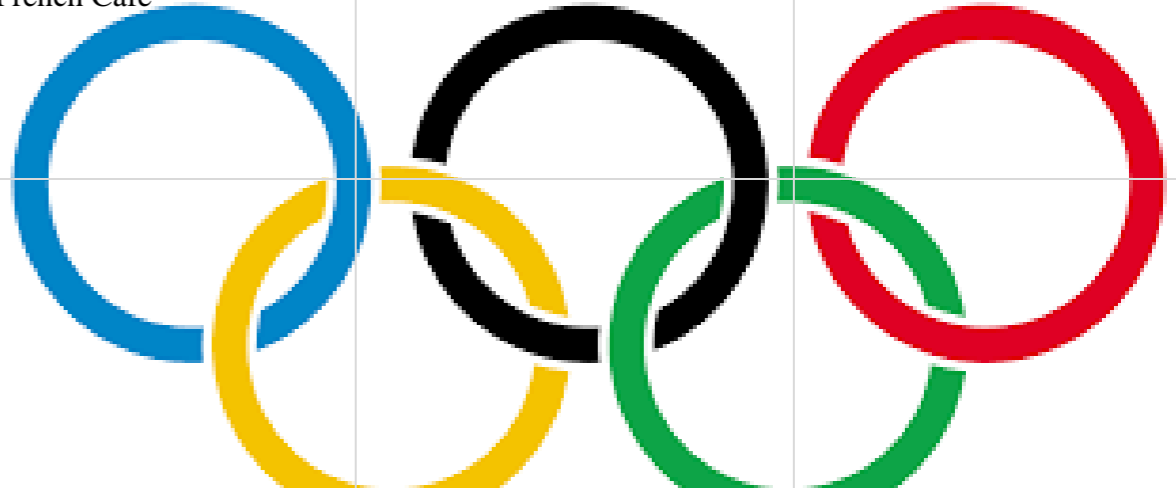



# VLH – July 2024

# Winter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Please note: Due to unforeseen circumstances, activities may change. Please read white boards daily for any changes.</p> <p>* Walks are subject to the weather.</p>	<p>10.00 Morning Walk 10.45 Word Games 1.30 Bingo with Veronica <b>2.00 Cooking Group (Alby's)</b> 3.30 Board/ Table Games</p>	<p>11.15 Balance with Physio 11.00 Keep It Up (TV Room) 1.30 Bell Choir 3.00 Painting 4.00 Afternoon Walks</p>	<p>10.00 Morning Walk 10.45 Art &amp; Craft with Brenda 11.00 Sensory Stimulation 1.30 </p>	<p><b>11.00 Glengollan Theater Company Presents: Beauty and the Beast</b> (Green Dining Room)  1.30 Documentary</p>	<p>10.00 Exercise with Physio 10.45 Sing-along with Rob with NIDO <b>2.00 Communion</b> 3.45 Drinks and Chat</p>	<p>1.30 Movie Matinee: Titanic (NETFLIX) </p>	
<p>7</p> <p>11.00 Songs of Praise</p> <p>1.30 Movie Matinee: The Fault in Our Stars (NETFLIX) </p>	<p><b>NAIDOC Week</b></p> <p>8</p> <p>10.00 Morning Walk 10.45 Word Games 1.30 Bingo with Veronica 2.00 Sensory Stimulation (TV Room) 3.30 Board/ Table Games</p>	<p>9</p> <p>11.15 Balance with Physio 11.00 Keep It Up (TV Room) 1.30 Bell Choir 3.00 Painting 4.00 Afternoon Walks</p>	<p>10</p> <p>10.00 Morning Walk 10.45 Art &amp; Craft with Brenda 11.00 Sensory Stimulation (TV Room) 11.00 Room Visits 1.30  3.30 Chair Karate</p>	<p>11</p> <p>10.00 Morning Walk <b>11.00 Baptist Church</b> 1.30 Gentle Exercise 3.00 Music Appreciation</p>	<p>12</p> <p>10.00 Exercise with Physio 10.45 Sing-along with Rob with NIDO <b>2.00 Entertainer: Puppets Alive</b>  3.30 Dinks &amp; Chat</p>	<p>13</p> <p>1.30 Movie Matinee: Ladies in Black (NETFLIX)</p>	
<p>14</p> <p>11.00 Songs of Praise</p> <p>1.30 Movie Matinee: Pride &amp; Prejudice (NETFLIX) </p>	<p>15</p> <p>10.00 Morning Walk 10.45 Word Games 1.30 Bingo with Veronica 2.00 Sensory Stimulation (TV Room) 3.30 Board/ Table Games</p>	<p>16</p> <p>11.15 Balance with Physio 11.00 Keep It Up (TV Room) 1.30 Bell Choir 3.00 Painting 4.00 Afternoon Walks</p>	<p>17</p> <p> <b>Winter Frolics</b> 10.00 Morning Walk 10.45 Art &amp; Craft with Brenda <b>2.00 Entertainer: Susan- Harpist</b></p>	<p>18</p> <p>10.00 Morning Walk 10.45 Crosswords 1.30 Gentle Exercise 3.00 Music Appreciation</p>	<p>19</p> <p>10.00 Exercise with Physio 11.00 Communion 2.00 Sips &amp; Shenanigans (MCW)</p>	<p>20</p> <p>1.30 Movie Matinee: Hairspray (NETFLIX) </p>	
<p>21</p> <p>11.00 Songs of Praise</p> <p>1.30 Movie Matinee: The American President (Prime) </p>	<p>22</p> <p>10.00 Morning Walk 10.45 Word Games 1.30 Bingo with Veronica 2.00 Sensory Stimulation (TV Room) 3.30 Board/ Table Games</p>	<p>23</p> <p>11.15 Balance with Physio 11.00 Keep It Up (TV Room) 1.30 Bell Choir 3.00 Painting 4.00 Afternoon Walks</p>	<p>24</p> <p>10.00 Morning Walk 10.45 Art &amp; Craft with Brenda 11.00 Room Visits 1.30  3.30 Skittles</p>	<p><b>French Day</b> </p> <p>25</p> <p>10.00 Morning Walk 10.30 French Quiz <b>2.00 Church of Christ</b> 3.00 French Café</p>	<p><b>Olympic Opening Ceremony</b></p> <p>26</p> <p>10.00 Exercise with Physio 2.00 Drinks and Games</p>	<p>27</p> <p>1.30 Matinee: Olympics </p>	
<p>28</p> <p>11.00 Songs of Praise</p> <p>1.30 Movie Matinee: City Slickers (Prime)</p>	<p>29</p> <p>10.00 Morning Walk 10.45 Word Games 1.30 Bingo with Veronica 2.00 Sensory Stimulation (TV Room) 3.30 Board/ Table Games</p>	<p>Friendship Day</p> <p>30</p> <p>11.15 Balance with Physio 11.00 Keep It Up (TV Room) <b>3.00 Alby's Café &amp; Opp Shop</b></p>	<p>31</p> <p>10.00 Morning Walk 10.45 Art &amp; Craft with Brenda 11.00 Room Visits 1.30  3.30 VR</p>				