















VLH- February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10.00 Walking Group 1 10.30 Table Games 1.30 Room Visits 2.00 Volleyball 3.45 Music Appreciation	10.00 Exercise with Physio 2 10.00 Room Visits 11.00 Word Games 2.00 Happy Hour 3.45 Afternoon Walk	3  Movie: The Curious Case of Benjamin Button (NETFLIX)
4 11.00 Songs of Praise 2.00 Movie: Pretty Woman (NETFLIX) 	5 10.00 Walking Group 11.00 Cooking Group 1.30 Bingo with Veronica 3.00 Room Visits 4.00 Scrabble	6 10.00 Balance with Physio 10.45 Snakes and Ladders 2.00 Bell Choir 4.15 Afternoon Walk	7 10.00 Walking Group 10.45 Art & Craft with Brenda 11.00 Room Visits 1.30  2.45 Armchair Travel/VR 3.45 Gentle Exercise	8 10.00 Walking Group 11.00 Baptist Church 1.30 Room Visits 2.00 Active Games 3.45 Music Appreciation	9 10.00 Exercise with Physio 10.00 Room Visits 11.00 Word Games 2.00 Happy Hour- Lunar New Year Celebrations 3.45 Tech Support 	10  Lunar New Year Year of the Dragon Bingo 2.00 Movie: Freedom Writers (NETFLIX)
11 11.00 Songs of Praise 2.00 Movie: Dirty Dancing (NETFLIX)	12 10.00 Walking Group 10.30 Morning in the Garden with Amelie 10.45 Word Games 1.30 Bingo with Veronica 1.30 Room Visits 3.30 Scrabble	13 10.00 Balance with Physio 10.45 Snakes and Ladders 2.00 Bell Choir 4.15 Afternoon Walk	14 Valentines Day  10.00 Walking Group 10.45 Art & Craft with Brenda Cookie Decorating 1.30  2.45 Armchair Travel/VR 3.45 Dance Exercise	15 10.00 Walking Group 10.30 Table Games 1.30 Room Visits 2.00 Target Games 3.45 Music Appreciation	16 10.00 Exercise with Physio 10.00 Room Visits 11.00 Communion 2.00 Happy Hour 3.45 Afternoon Walk	17  2.00 Movie: Olivia Newton-John (STAN)
18 11.00 Songs of Praise 2.00 Movie: Mona Lisa Smile (STAN) 	19 10.00 Walking Group 10.30 Morning in the Garden with Amelie 10.45 Word Games 1.30 Bingo with Veronica 1.30 Room Visits 3.30 Scrabble	20 10.00 Balance with Physio 10.15 Bus Outing- NIDO Childcare 2.00 Resident and Relative Meeting (Consumer Advisory Committee) 3.00 Bell Choir 4.15 Afternoon Walk	21 10.00 Walking Group 10.45 Art & Craft with Brenda 11.00 Room Visits 1.30  2.45 Armchair Travel/VR 3.45 Gentle Exercise	22 10.00 Walking Group 10.30 Table Games 2.00 Church of Christ 3.45 Music Appreciation	23 10.00 Exercise with Physio 10.00 Room Visits 11.00 Word Games 2.00 Happy Hour 3.45 Tech Support	24 Bingo 2.00 Movie: What Woman Want (STAN)
25 11.00 Songs of Praise 2.00 Movie: The Iron Lady (STAN)	26 10.00 Walking Group 10.30 Morning in the Garden with Amelie 10.45 Word Games 1.30 Bingo with Veronica 1.30 Room Visits 3.30 Scrabble	27 10.00 Balance with Physio 10.45 Snakes and Ladders 3.00 Alby's Caffe & Op Shop 	28 10.00 Walking Group 10.45 Art & Craft with Brenda 11.00 Room Visits 1.30  2.45 Armchair Travel 3.45 Chair Karate (Exercise)	29 10.00 Walking Group 10.30 Table Games 2.00-4.00 Shoes on the Go 3.45 Music Appreciation	Please note: Activities may change due to unforeseen circumstances.	