












VLH- June 2024

Winter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.30 Movie Matinee: Blithe Spirit (NETFLIX) 
2 11.00 Songs of Praise 1.30 Movie Matinee: Notting Hill (Stan)	3 10.00 Morning Walk 10.45 Word Games 1.30 Bingo with Veronica 2.00 Cooking Group (Alby's) 3.30 Board / Table Games	4 10.45 Gentle Exercise (Burgandy Lounge) 11.15 Balance with Physio 1.30 Bell Choir 3.00 Painting 4.00 Afternoon Walk	5 10.00 Morning Walk 10.45 Art & Craft with Brenda 11.00 Room Visits 1.30  3.30 Chair Karate	6 English Day  10.00 Morning Walk 10.45 Crosswords 1.30 Afternoon Tea 3.00 Music Appreciation – Famous English Music	7 10.00 Exercise with Physio 2.00 Catholic Mass 3.45 Drinks and Chat	8 1.30 Movie Matinee: A Million Miles away (NETFLIX)
9 11.00 Songs of Praise 1.30 Movie Matinee: Miad in Manhattan (STAN)	10 King's Birthday  Public Holiday 1.30 Bingo with Veronica 2.00 Movie Matinee: Serving the Royals (NETFLIX)	11 10.45 Gentle Exercise (Burgandy Lounge) 11.15 Balance with Physio 1.30 Bell Choir 3.00 Painting 4.00 Afternoon Walk	12 10.00 Morning Walk 10.45 Art & Craft with Brenda 11.00 Room Visits 1.30  3.30 VR- Green Lounge	13 10.00 Morning Walk 11.00 Baptist Church 1.30 Gentle Exercise 3.00 Music Appreciation	14 10.00 Exercise with Physio 10.30 Sing-a-long with Rob 2.00 Happy Hour	15 1.30 Movie Matinee: The Little Princess (NETFLIX) 
16 Beauty and the Beast Week 11.00 Songs of Praise 1.30 Movie Matinee: Beauty and the Beast (DVD)	17 10.00 Morning Walk 10.45 Gaston's Target Practice 1.30 Bingo with Veronica 2.00 Sensory Stimulation 3.30 Board / Table Games	18 10.15 Visit to NIDO 11.15 Balance with Physio 2.00 Resident & Relative Meeting 3.15 Story Telling and Reminiscing	19 10.00 Morning Walk 10.45 Art & Craft with Brenda (Beauty and the Beast) 1.30  3.00 Skittles	20 10.00 Morning Walk 11.00 Glengollan Theatre Company presents: Beauty and the Beast (Green dining room) 	21 10.00 Exercise with Physio 11.00 Communion 2.00 Happy Hour at Gaston's Tavern	22 1.30 Movie Matinee: Dog (STAN)
23 11.00 Songs of Praise 1.30 Movie Matinee: It's Wonderful Life (STAN)	24 10.00 Morning Walk 10.45 Word Games 1.30 Bingo with Veronica 2.00 Sensory Stimulation 3.30 Board / Table Games	25 10.45 Gentle Exercise (Burgandy Lounge) 11.15 Balance with Physio 1.30 1.30 Alby's Café & Opp Shop	26 10.00 Morning Walk 10.45 Art & Craft with Brenda 11.00 Room Visits 1.30  3.30 VR- Green Lounge	27 10.00 Morning Walk 10.45 Crosswords 1.30 Church of Christ 3.00 Music and Pamper	28 10.00 Exercise with Physio 10.30 Sing-a-long with Rob 2.00 Happy Hour	29 1.30 Movie Matinee: The Stepford Wives (STAN) 
30 11.00 Songs of Praise 1.30 Movie Matinee: Miss Congeniality (STAN)	10.00 Morning Walk 10.45 Word Games 1.30 Bingo with Veronica 2.00 Sensory Stimulation 3.30 Board / Table Games					