

















VLH - October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>International Day for Older Persons</u> 1 11:15 Balance with physio 11:00 Keep it up! (Lounge) 1:30 Reflections of a lifetime 3:30 Word Categories	2 10:00 Walking group 10:45 Art and craft with Brenda 2:00 Elder Rights Advocacy Education Session 3:30 Music Appreciation	3 10:00 Walking group 10:45 Shopping trolley 1:30 Chair yoga – Active Ageing Week 3:30 Connections	<u>WORLD SMILE DAY</u> 4 10:00 Exercise with physio 10:45 Sing-a-long with Rob 2:00 Catholic Mass 3:30 Live, Laugh, Love 	5 1:30 Movie Matinee: Instant Family (NETFLIX) 
6 11:30 Songs of praise 1:30 Movie Matinee: Oddball (STAN) 	7 10:00 Walking group 10:45 Cooking Group (Alby's) 1:30 Bingo! 3:00 Men's group 3:30 Board Games	8 11:15 Balance with physio 11:00 Keep it up! (Lounge) 1:30 Bell Choir 3:30 Trivia & Quiz	9 10:00 Walking group 10:45 Art and craft with Brenda 1:30 BINGO 3:30 Music Appreciation	<u>World Mental Health Day</u> 10 10:00 Walking group 11:00 Baptist Church 1:30 Tree of Thanks 3:30 Connections 	11 10:00 Exercise with physio 10:45 Visit from NIDO 2:00 Canapes & Choir (MCW)	12 1:30 Movie Matinee: Billy Elliot (PRIME)
13 11:30 Songs of praise 1:30 Movie Matinee: Shine (PRIME)	14 10:00 Walking group 10:45 Word Games 1:30 Bingo! 3:00 Men's group 3:30 Board Games	15 11:15 Balance with physio 11:00 Keep it up! (Lounge) 1:30 Bell Choir 3:30 Word Categories	16 10:00 Walking group 10:45 Art and craft with Brenda 1:30 Documentary 3:30 Music Appreciation 	17 10:00 Walking group 10:45 Crosswords 1:30 Armchair travel/VR 3:30 Connections	18 10:00 Exercise with physio 11:00 Communion 2:00 High Tea – Breast Cancer Awareness 	19 <u>International Day Against Breast Cancer</u> 1:30 Movie Matinee: A Fish Called Wanda (PRIME)
20 11:30 Songs of praise 1:30 Movie Matinee: Saving Flora (PRIME) 	<u>CARNIVAL WEEK</u> 21 10:00 Walking group 10:45 Word Games 1:30 Carnival games 3:30 Board Games 	22 11:15 Balance with physio 11:00 Keep it up! (Lounge) 1:30 Bell Choir 3:30 Circus Word Search	23 10:00 Walking group 10:45 Art and craft with Brenda 2:00 Entertainer: Skylarkers 	24 10:00 Walking group 10:45 Carnival photobooth 2:00 Church of Christ 3:30 Drinks & Chat 	25 10:00 Exercise with physio 10:45 Sing-a-long with Rob 2:00 Entertainer: 'Stretch' the Clown 	26 1:30 Movie Matinee: Cirque Du Soleil Without a Net (PRIME) 
27 11:30 Songs of praise 1:30 Movie Matinee: Forrest Gump (PRIME) 	28 10:00 Walking group 10:45 Word Games 1:30 Bingo! 3:00 Men's group 3:30 Board Games	29 11:15 Balance with physio 11:00 Keep it up! (Lounge) 3:00 Alby's café and op shop 	30 10:00 Walking group 10:45 Art and craft with Brenda 1:30 BINGO 3:30 Music Appreciation	31 <u>DIWALI</u> 10:00 Walking group 10:45 Quiz 2:00 High Tea - Diwali 	*Due to unforeseen circumstances, activities may be changed or cancelled. Please see whiteboards for changes. All walks are subject to weather	