









# VLH October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00 Music with Maya 1:30 Bingo with Veronica 2:45 Calendar  Discussion Group	2 10:00 Walking group 10:45 Trivia with Veronica 1:30 Bus outing 3:30 Room visits	3 <b>SMILE DAY</b> 10:00 Exercise w physio 11:00 Music moments 1:30 Animal farm 	4 1:30 Movie Matinee: The Thursday Murder Club (NETFLIX)
5 11:30 Songs of praise 1:30 Movie Matinee: The Golden Compass (NETFLIX)	6 10:45 Active games 1:30 Bingo! 3:15 Men's group-MCW 3:00 Walking group	7 11:15 Exercise w physio 11:30 Keep it up! 1:30 Dice games 3:00 Documentary: Lost city of Melbourne	8 10:00 Walking group 11:00 Skittles 1:30 Bingo with Veronica 3:30 Library trolley	9 10:00 Walking group 11:00 Baptist Church 1:30 Shopping trolley 3:30 Afternoon short walks	10 10:00 Exercise w physio 10:45 Singalong w Rob 1:30 Spring craft with MCW 	11 1:30 Movie Matinee: The Art of Racing in the Rain (NETFLIX)
12 11:30 Songs of praise 1:30 Movie Matinee: Junior (NETFLIX)	13 10:45 Active games 1:30 Bingo! 3:15 Men's group-MCW 3:00 Walking group	14 10:45 Visit from NIDO 2:00 Resident & Relative Meeting 3:30 Room visits	15 10:00 Walking group 11:00 Skittles 1:30 Bingo with Veronica 3: Library trolley 	16 10:00 Walking group 11:00 Floor games 1:30 Trivia with Veronica 3:30 Afternoon short walks	17 10:00 Exercise w physio 11:00 Music moments 1:30 Sunflower craft with MCW	18 1:30 Movie Matinee: Holiday in the Wild (NETFLIX)
19 11:30 Songs of praise 1:30 Movie Matinee: Shall we Dance? (NETFLIX)	20 <b>DIWALI</b> 10:45 Active games 1:30 Diwali High Tea 3:15 Men's group-MCW 	21 11:15 Exercise w physio 11:30 Keep it up! 1:30 Bingo! 3:00 Quizzes	22 10:00 Walking group 11:00 Skittles 1:30 Bingo with Veronica 3:30 Library trolley	23 10:00 Walking group 11:00 Battleships 2:00 Church of Christ	24 10:00 Exercise w physio 10:45 Singalong w Rob 1:30 Poppy making with MCW	25 1:30 Movie Matinee: The Karate Kid (NETFLIX)
26 11:30 Songs of praise 1:30 Movie Matinee: E.T. (NETFLIX)	27 10:45 Active games 1:30 Bingo! 3:15 Men's group-MCW 3:00 Walking group	28 11:15 Exercise w physio 11:30 Keep it up! 3:00 Alby's café and Op shop 	29 10:00 Walking group 11:00 Skittles 1:30 Bingo with Veronica 3:30 Library trolley	30 <b>SPOOKY EVE</b> 11:00 Floor games 1:30 Trick or treat 3:30 Afternoon short walks 	31 10:00 Exercise w physio 11:00 Music moments 1:30 Decorate your walker	*Due to unforeseen circumstances, activities may be changed or cancelled. Please see whiteboards for changes. All walks are subject to weather.