

# VLH January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Due to unforeseen circumstances, activities may be changed or cancelled. Please see whiteboards for changes. All walks are subject to weather.				<b>NEW YEARS DAY</b> 1 PUBLIC HOLIDAY 1:30 Movie: The Greatest Showman (STAN)	2 10:00 Exercise w physio 11:00 Singalong w Rob 1:30 Bingo and sip	3 1:30 Movie Matinee: A Sunburnt Christmas (STAN)
4 11:30 Songs of praise 1:30 Movie Matinee: Daddy Day Care (STAN)	5 10:00 Walking group 11:00 Table games 1:30 Bingo! 3:00 Word games	6 11:15 Exercise w physio 1:30 Afternoon tea at Alby's 	7 11:15 Exercise group 1:30 Bingo! 3:00 Trivia	8 10:00 Walking group 11:00 Jumbo dice games 1:30 Art & craft 3:00 Room visits	9 10:00 Exercise w physio 11:00 Singalong w Rob 1:30 Garden craft with MCW 	10 1:30 Movie Matinee: Wonder (STAN)
11 11:30 Songs of praise 1:30 Movie Matinee: What to expect when you're expecting (STAN)	12 10:00 Walking group 11:00 Table games 1:30 Bingo! 3:00 Word games	13 11:15 Exercise w physio 1:30 Singalong in the garden 	14 11:15 Exercise group 1:30 Bingo! 3:00 Trivia	15 10:00 Walking group 11:00 Jumbo dice games 1:30 Art & craft 3:00 Room visits	16 10:00 Exercise w physio 11:00 Communion 2:00 Ice cream station 	17 1:30 Movie Matinee: The Princess Bride (STAN)
18 11:30 Songs of praise 1:30 Movie Matinee: Crocodile Dundee (STAN)	19 10:00 Walking group 11:00 Table games 2:00 Food Focus Meeting 3:00 Word games	20 11:15 Exercise w physio 1:30 Alby's café & Op shop 	21 11:15 Exercise group 1:30 Bingo! 3:00 Trivia	22 10:00 Walking group 11:00 Jumbo dice games 2:00 Church of Christ	23 10:00 Exercise w physio 1:30: Independent activities in the Activity Room 	24 1:30 Movie Matinee: Ferris Bueller's day off (STAN)
25 11:30 Songs of praise 1:30 Movie Matinee: Robin Hood Prince of Thieves (STAN)	26 <b>AUSTRALIA DAY</b> PUBLIC HOLIDAY 1:30 Movie: Paper Planes (STAN) 	27 11:15 Exercise w physio 1:30 Australia Day celebrations 3:00 Room visits 	28 11:15 Exercise group 1:30 Bingo! 3:00 Trivia	29 10:00 Walking group 11:00 Jumbo dice games 1:30 Bingo! 3:00 Room visits	30 10:00 Exercise w physio 1:30: Independent activities in the Activity Room	31 1:30 Movie Matinee: The Castle (STAN)