









# VLH January 2026

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