

VLH February 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.						
1 11:30 Songs of praise 1:30 Movie Matinee ‘West Side Story’ (DISNEY+)	2 10:00 Walking group 11:00 Table games 1:30 Bingo! 3:00 Documentary	3 11:15 Exercise w physio 1:30 Alby’s café & Op shop 	4 11:15 Exercise group 1:30 Bingo with Veronica 2:45 Trivia	5 10:45 Visit from NIDO 1:30 Jumbo dice games 3:00 Room visits	6 10:00 Exercise w physio 11:00 Singalong w Rob 2:00 Catholic Mass	7 1:30 Movie Matinee: ‘The Absent-Minded Professor’ (DISNEY+)
8 11:30 Songs of praise 1:30 Movie Matinee ‘Rodgers & Hammerstein’s Cinderella (DISNEY+)’	9 10:00 Walking group 11:00 Table games 1:30 Bingo! 3:00 Documentary	10 11:15 Exercise w physio 1:30 Alby’s café & Op shop 	11 10:00 Walking group 11:15 Exercise group 1:30 Bingo! 3:00 Trivia	12 10:00 Walking group 11:00 Baptist Church 1:30 Jumbo dice games 3:00 Room visits	13 10:00 Exercise w physio 11:00 Word games 2:00 Valentines High tea 	VALENTINES DAY 14 1:30 Movie Matinee: Letters to Juliet (NETFLIX) 
15 11:30 Songs of praise 1:30 Movie Matinee: ‘Eddie the Eagle’ (DISNEY+)	OLYMPIC DAY 16 11:00 Floor game tournament  1:30 Bingo! 3:00 Documentary	17 11:15 Exercise w physio 2:00 Resident & Relative Meeting 3:00 Word games	18 10:00 Walking group 11:15 Exercise group 1:30 Bingo! 3:00 Trivia 	19 10:45 Visit from NIDO 1:30 Jumbo dice games 3:00 Room visits	20 10:00 Exercise w physio 11:00 Communion 2:00 Ice cream station	21 1:30 Movie Matinee: ‘Miracle’ (DISNEY+)
22 11:30 Songs of praise 1:30 Movie Matinee ‘Hamilton’ (DISNEY+)	23 10:00 Walking group 11:00 Table games 1:30 Bingo! 3:00 Documentary	24 11:15 Exercise w physio 1:30 Alby’s café & Op shop 	25 10:00 Walking group 11:15 Exercise group 1:30 Bingo! 3:00 Trivia	26 10:00 Walking group 11:00 Jumbo dice games 2:00 Church of Christ	27 10:00 Exercise w physio 10:45 Singalong w Rob 2:00 Craft group with MCW 	28 1:30 Movie Matinee: ‘Mrs Doubtfire’ (DISNEY+)