









VLH May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Exercise w physio 11:00 Bell choir 2:00 Catholic Mass	2 1:30 Movie Matinee: 'PAN' (NETFLIX)
3 11:30 Songs of praise 1:30: Movie Matinee: 'Wicked' (NETFLIX)	4 10:00 Walking Group 11:00 Bell Choir 1:30 Bingo!	5 11:15 Exercise w physio 2:00 Glengoldies 	6 10:00 Walking group 11:00 Word games 1:30 Bus outing to Beechworth Bakery	7 11:00 Documentary 1:30 Bingo! 3:00 Room visits	8 10:00 Exercise w physio 10:45 Singalong w Rob 2:00 High Tea 	9 1:30 Movie Matinee: 'How to train your dragon' (NETFLIX)
10 <u>MOTHER'S DAY</u> 11:30 Songs of praise 1:30: Movie Matinee: 'Mama Mia' (NETFLIX)	11 11:00 Visit from NIDO 2:00 Entertainer: Margie the soloist 	12 11:15 Exercise w physio 1:30 Bunnings craft 3:00 Keep it up!	13 10:00 Walking group 11:00 Bell choir 1:30 Bingo!	14 11:00 Baptist Church 1:30 Singalong with Lyica 3:00 Word games	15 10:00 Exercise w physio 11:00 Singalong 1:30 Floor games 	16 1:30 Movie Matinee: 'Mamma Mia here we go again' (NETFLIX)
17 11:30 Songs of praise 1:30: Movie Matinee: 'Michael' (NETFLIX)	18 11:00 Bell choir 1:30 Bingo 3:00 Keep it up!	19 11:15 Exercise w physio 2:00 Art & craft with Brenda 3:00 Documentary	20 11:00 Singalong with Lyica 1:30 Bingo! 3:00 Quiz 	21 <u>INTL. TEA DAY</u> 11:00 Floor game 2:00 Mad Hatter's Tea Party 	22 10:00 Exercise w physio 11:00 Communion 1:30 Music appreciation	23 1:30 Movie Matinee: 'Enola Holmes' (NETFLIX)
24 11:30 Songs of praise 1:30: Movie Matinee: Enola Holmes 2 (NETFLIX)	25 11:00 Bell choir 1:30 Bingo! 3:00 Keep it up! 	26 11:15 Exercise w physio 2:00 Alby's with Veronica	27 11:00 Floor game 1:30 Bingo with Veronica 3:00 Keep it up!	28 11:00 Trivia with Veronica 2:00 Church of Christ	29 10:00 Exercise w physio 10:45 Singalong with Rob 2:00 Happy hour	30 1:30 Movie Matinee: 'Mary Poppins returns' (DISNEY)
31 11:30 Songs of praise 1:30: Movie Matinee: 'Australia' (DISNEY)	