













VLH – September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2</p> <p>10:00 Morning walk 10:30 Men's group 10:45 Cooking Group (Alby's) 1:30 Bingo with Veronica 2:00 Sensory stimulation 3:30 Board games</p>	<p>3</p> <p>11:15 Balance with physio 11:00 Keep it up (Lounge) 1:30 Bell choir 3:00 Word Categories 4:00 Sensory Garden</p>	<p>4</p> <p>10:00 Morning walk 10:45 Art and craft with Brenda 11:00 Keep it up (Lounge) 1:30 BINGO 3:30 Armchair travel</p>	<p>5</p> <p>10:00 Morning walk 10:45 Visit from NIDO 1:30 Shopping trolley 3:30 Music Appreciation</p> 	<p>6</p> <p>10:00 Exercise with physio 10:45 Sing-a-long with Rob 2:00 Catholic Mass 3:00 Drinks & Chats</p>	<p>7</p> <p>1:30 Movie Matinee: Audrey Hepburn - Remembered (PRIME)</p> 
<p>8</p> <p>11:30 Songs of praise 1:30 Movie Matinee: Wagons East! (PRIME)</p> 	<p>9</p> <p>10:00 Morning walk 10:30 Men's Group 10:45 Word games 2:00 Upwey Highschool Performance 3:30 Board games</p>	<p>10</p> <p>11:15 Balance with physio 11:00 Keep it up (Lounge) 1:30 Bell choir 3:00 Word categories 4:00 Sensory Garden</p> 	<p>11</p> <p>10:00 Morning walk 10:45 Art and craft with Brenda 11:00 Keep it up (Lounge) 1:30 BINGO 3:30 Armchair travel</p>	<p>12</p> <p><u>RUOK DAY</u></p> <p>10:00 Morning walk 11:00 Baptist Church 2:00 Entertainer: Cassandra</p> 	<p>13</p> <p>10:00 Exercise with physio 10:45 Sing-a-long with Rob 2:00 Bundles of Fun (MCW)</p>	<p>14</p> <p>1:30 Movie Matinee: The Electrical Life of Louis Wain (PRIME)</p>
<p>15</p> <p>11:30 Songs of praise 1:30 Movie Matinee: Guys and Dolls (PRIME)</p>	<p>16</p> <p>10:00 Morning walk 10:30 Men's Group 10:45 Word games 1:30 Bingo with Veronica 2:00 Sensory stimulation 3:30 Board games</p>	<p>17</p> <p>11:15 Balance with physio 11:00 Keep it up (Lounge) 1:30 Bell choir 3:00 Word Categories 4:00 Sensory Garden</p>	<p>18</p> <p>10:00 Morning walk 10:45 Art and craft with Brenda 11:00 Keep it up (Lounge) 1:30 BINGO 3:30 Armchair travel</p>	<p>19</p> <p><u>Middle Eastern Day</u></p> <p>10:00 Morning walk 10:45 Mosque Lantern craft 1:30 Arabian Nights Movie 3:30 Music Appreciation</p> 	<p>20</p> <p>10:00 Exercise with physio 11:00 Communion 2:00 Drinks & Games (Green Dining)</p>	<p>21</p> <p><u>International Day of Peace</u></p> <p>1:30 Movie Matinee: Shirley Temple - America's Little Darling (PRIME)</p> 
<p>22</p> <p>11:30 Songs of praise 1:30 Movie Matinee: Anne of Green Gables Fire and Dew (PRIME)</p> 	<p>23</p> <p>10:00 Morning walk 10:30 Men's Group 10:45 Word games 1:30 Bingo with Veronica 2:00 Sensory stimulation 3:30 Board games</p>	<p>24</p> <p>11:15 Balance with physio 11:00 Keep it up (Lounge) 3:00 Alby's Café and Op Shop</p> 	<p>25</p> <p>10:00 Morning walk 10:45 Art and craft with Brenda 11:00 Keep it up (Lounge) 1:30 Documentary 3:30 Armchair travel</p>	<p>26</p> <p>10:00 Morning Walk 10:45 Quiz 1:30 AFL Grand Final Presentation</p> 	<p>27</p> <p><u>Public Holiday</u></p> <p>1:30 Movie Matinee: The Final Quarter (PRIME)</p>	<p>28</p> <p>2:30: AFL Grand final (CHANNEL 7)</p> 
<p><u>World Heart Day</u> 29</p> <p>11:30 Songs of praise 1:30 Movie Matinee: The Bishop's Wife (PRIME)</p>	<p>30</p> <p>10:00 Morning walk 10:30 Men's Group 10:45 Word games 1:30 Bingo with Veronica 2:00 Sensory stimulation 3:30 Board games</p>	<p>*Due to unforeseen circumstances, activities may be changed or cancelled. Please see whiteboards for changes. All walks are subject to weather</p>	