

VLH January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 New Year's Day PUBLIC HOLIDAY	2 10:00 Walking group 10:45 Quiz 1:30 ARMCHAIR TRAVEL 3:30 Connections	3 10:00 Exercise with physio 10:30 Word Games 2:00 Afternoon Drinks	4 1:30 Movie Matinee 'Hidden Figures' (Netflix)
5 11:30 Songs of praise 1:30 Movie Matinee 'Downton Abbey' (Netflix)	6 10:00 Walking group 10:45 Word Games 1:30 BINGO 3:00 Men's group 3:30 Board Games	7 11:15 Balance with physio 11:30 Keep it up! 1:30 Bell Choir 3:30 Theme Word Search	8 10:00 Walking group 10:45 Art and craft with Brenda 1:30 BINGO 3:30 Music Appreciation	9 10:00 Walking group 10:45 Quiz 1:30 ARMCHAIR TRAVEL 3:30 Connections	10 10:00 Exercise with physio 10:30 Sing-along with Rob 2:00 Afternoon Drinks	11 1:30 Movie Matinee 'Little Woman' (Netflix)
12 11:30 Songs of praise 1:30 Movie Matinee 'Judy' (Netflix)	13 10:00 Walking group 10:45 Word Games 12:00 Men's Group Pub Lunch 1:30 BINGO 3:30 Board Games	14 11:15 Balance with physio 11:30 Keep it up! 2:00 MAX the MAGICIAN  3:30 Theme Word Search	15 10:00 Walking group 10:45 Art and craft with Brenda 1:30 BINGO 3:30 Music Appreciation	16 10:00 Walking group 10:45 Quiz 1:30 ARMCHAIR TRAVEL 3:30 Connections	17 10:00 Exercise with physio 11:00 COMMUNION 2:00 Afternoon Drinks	18 1:30 Movie Matinee 'The Dig' (Netflix)
19 11:30 Songs of praise 1:30 Movie Matinee 'Gifted Hands' (Netflix)	20 10:00 Walking group 10:45 Word Games 1:30 BINGO 2:00 Food Focus Meeting 3:00 Men's group 3:30 Board Games	21 11:15 Balance with physio 11:30 Keep it up! 1:30 Knitting Group 3:30 Theme Word Search	22 10:00 Walking group 10:45 Art and craft with Brenda 11:00 WE VISIT NIDO 1:30 BINGO 3:30 Music Appreciation	23 10:00 Walking group 10:45 Quiz 1:30 ARMCHAIR TRAVEL 2:00 CHURCH of CHRIST 3:30 Connections	24 10:00 Exercise with physio 10:30 Sing-along with Rob 2:00 Afternoon Drinks	25 1:30 Movie Matinee 'Ride Like a Girl' (Netflix)
26 AUSTRALIA DAY 11:30 Songs of praise 1:30 Movie Matinee 'Heaven is For Real' (Netflix)	27 PUBLIC HOLIDAY	28 11:15 Balance with physio 11:30 Keep it up! 1:30 Bell Choir 3:30 Theme Word Search	29 CHINESE NEW YEAR 10:00 Walking group 10:45 Art and craft with Brenda 1:30 BINGO 3:30 Music Appreciation	30 10:00 Walking group 10:45 Quiz 12:00 BBQ Lunch 1:30 ARMCHAIR TRAVEL to CHINA 3:30 Connections	31 10:00 Exercise with physio 10:30 Word Games 2:00 Afternoon Drinks	1 *Due to unforeseen circumstances, activities may be changed or cancelled. Please see whiteboards for changes. All walks are subject to weather