

MiLife-Victoria Online Timetable



Monday

10am – 11am	Gentle Stretching	Chair Aerobics	Aerobics
11am – 12pm	Name That Tune	Bingo	Celebrity Heads
12pm – 1pm	No Bake Cooking	Cardboard/Recycle Art	Roblox Gaming
2pm – 3pm	Dance to the Music	Scavenger Hunt	Talent Time
3pm—4pm	Music Jam	Colour by Numbers	Music Classics
4pm – 5pm	Karaoke	Story Time	TV Favourites

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Tuesday

10am – 11am	Yoga	Chair Aerobics	Dance Beat/Aerobics
11am – 12pm	High Tea	Family Feud	Virtual Tours
12pm – 1pm	No Bake Cooking	Write Your Journal/Diary	Relaxation and Music
2pm – 3pm	Dance to the Music	Scavenger Hunt	Talent Time
3pm—4pm	Music Jam	Online Scrabble	Comedy Hour
4pm – 5pm	Name That Tune	Eye Spy	World Culture

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Wednesday

10am – 11am	Gentle Stretching	Chair Aerobics	Dance Beat/Aerobics
11am – 12pm	Writing Skills	Eye Spy	Name That Tune
12pm – 1pm	No Bake Cooking	Minecraft	High Tea
2pm – 3pm	Dance To the Music	Scavenger Hunt	Talent Time
3pm - 4pm	Music Jam	Bingo	Cardboard/Recycle Art
4pm – 5pm	Karaoke	Story Hour	TV Favourites

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Thursday

10am – 11am	Yoga	Chair aerobics	Dance Beat/Aerobics
11am – 12pm	Colour by Numbers	Music Classic	Comedy Hour
12pm – 1pm	No Bake Cooking	Virtual Tours	Meditation
2pm – 3pm	Dance To the Music	Scavenger Hunt	Talent Time
3pm - 4pm	Music Jam	Cardboard/Recycle Art	Bingo
4pm – 5pm	TV Favourites	Eye Spy	High Tea

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Friday

10am – 11am	Gentle Stretching	Chair Aerobics	Dance Beat/Aerobics
11am – 12pm	Online Scrabble	Name that Tune	Bingo
12pm – 1pm	No Bake Cooking	Virtual Tour	Relaxation and Music
2pm – 3pm	Dance To the Music	Scavenger Hunt	Talent Time
3pm - 4pm	Music Jam	Writing skills	News Week
4pm – 5pm	Learn Recorder	Story Time	High Tea