

JANUARY 2020 - Lifestyle Activity Program

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|---|--|
|  | | NEW YEAR'S DAY 1 st 11.00am Quiz Activity Room 1:30 Magic Memories 3:00 Movie & Afternoon Tea | 2 nd 10:00 Visit w/ Harvey 11.15 Quiz 1.15 Bocce 2.30 <u>Music w/ Michael</u> 3.00 Rumikin | 3 rd 11.15 Quiz 1.30 Bingo with Norm 1.30 Music Appreciation 3.45 Happy Hour | 4 th Exercise with Rose | 5 th 11:00 Communion 1.0 Exercise With Dale |
| 6 th 10:30 Exercise with Danielle 11:15 Quiz 1.30 Book grp with Danielle 1.30 Craft with Pamela 3.00 Golf with Dale & Jack | 7 th Hairdressing 11:15 Quiz in physio room 1.30 Bingo with Norm 3.00 Chords of Life | 8 th 10.30 <u>Men's Grp</u> 10.00 Scrabble with Charlie 10.30 Catholic Comm. 1:30 Movie activity Room 3:00 Quiz | 9 th 10:00 Visit w/ Harvey 11.15 Quiz 1.15 Bocce 2.30 <u>Music w/ Michael</u> 3.00 Rumikin | 10 th 11.15 Quiz 1.30 Bingo with Norm 1.30 Music Appreciation 3.45 Happy Hour | 11 th 1.30 Exercise with Rose | 12 th 11:00 Communion Music with Michael |
| 13 th 10.00 Morning Tea/Jan & Robyn 10:30 Exercise with Danielle 11:15 Quiz 1.30 Book grp with Jenni 1.30 Craft with Pamela 3.00 Golf with Dale & Jack | 14 th Hairdressing 11:15 Quiz in physio room 1.00 Cycling Without Age 12:15 Movies Little Women 3.00 Knitting and Chat 3.00 Chords of Life | 15 th 10.30 <u>Men's Group</u> Cycling Without Age 10.00 Scrabble 10.30 Catholic Comm. 1.0 Cycling Without Age 1:30 Activity with Marg & Erika | 16 th 10:00 Visit w/ Harvey 11.15 Quiz 1.15 Bocce 2.30 <u>Music w/ Michael</u> 3.00 Rumikin | 17 th Cycling Without Age 11.15 Quiz 1.30 Bingo with Norm 1.30 Music Appreciation 3.45 Happy Hour | 18 th 1.00 Exercise with Rose | 19 th 11:00 Communion 1.00 Exercise with Dale |
| 20 th Cycling Without Age 10.00 Morning Tea/Jan & Robyn 10:30 Exercise with Danielle 11:15 Quiz 1:30 Book grp with Jenni 1.30 Craft with Pamela 3.00 Golf with Dale & Jack | 21 st Hairdressing Cycling Without Age 11:15 Quiz in physio room 1.00 Cycling Without Age 1.30 Bingo with Norm 3.00 Knitting and Chat 3.00 Chords of Life | 22 nd Cycling Without Age 10.00 Scrabble 10.30 Catholic Comm. 1.00 Cycling Without Age 1:30 Activity with Marg & Erika | 23 rd Cycling Without Age 9:00 <u>Men's Grp B'fast</u> 1000 Visit w/ Harvey 1.15 Bocce 2.30 <u>Music w/ Michael</u> 3.00 Rumikin | 24 th Cycling Without Age 11.15 Quiz 1.30 Bingo with Norm 1.30 Music Appreciation 3.45 Happy Hour | 25 th 1.30 Exercise with Rose | 26 th AUSTRALIA DAY 11:00 Communion 1.00 Exercise with Rose |
| PUBLIC HOLIDAY AUSTRALIA DAY 27 th 12:00 BBQ Lunch 1.30 Craft with Pamela 1.30 Book Grp with Jenni 3.00 Golf with Dale & Jack | 28 th Hairdressing 11:15 Quiz 1.00 Cycling Without Age 1.30 Bingo with Norm 3.00 Knitting and Chat 3.00 Chords of Life | 29 th Cycling Without Age 10.00 Scrabble 10.30 <u>Men's Group</u> 10.30 Catholic Comm. 1.00 Cycling Without Age 1:30 Activity with Marg & Erika | 30 th 11.15 Quiz 1.15 Bocce 2.30 <u>Music w/ Michael</u> 3.00 Rumikin | 31 st Cycling Without Age 11.15 Quiz 1.30 Bingo with Norm 1.30 Music Appreciation 3.45 Happy Hour | | |