

# January 2022

· MONDAY ·      · TUESDAY ·      · WEDNESDAY ·      · THURSDAY ·      · FRIDAY ·      · SATURDAY ·      · SUNDAY ·



## Douro Lodge Activities

								<b>New Year's Day!</b> Games/puzzles Individual activities		1 Songs of Praise Craft 2	
Exercises/ball games Gardening		Bingo Manicures Art and craft		Exercises/ball games Individual activities		Painting Manicures Games/puzzles		Exercises and stretches Bingo		Ball games Individual activities	
3		4		5		6		7		8	
9		10		11		12		13		14	
Exercises		Bingo		Ten Pin Bowling		Painting		Exercises/ball games		Games/puzzles	
10		11		12		13		14		15	
Movie Afternoon		Manicures Individual Activities		Craft		Games/puzzles		Bingo		Individual activities	
16		17		18		19		20		21	
Exercises/ball games Gardening		Bingo Individual activities Art and craft		Exercises Singalong		<b>Ladies morning</b> Individual activities		Exercises Bingo		Ball games Individual activities	
22		23		24		25		26		27	
23		24		25		26		27		28	
Exercises		<b>Australia Day BBQ lunch</b>		<b>Australia Day</b> Ten Pin Bowling		Games/puzzles		Bingo		Games/puzzles	
24		25		26		27		28		29	
Movie Afternoon		Individual Activities		Art and Craft		<b>Men's afternoon</b>		<b>Happy Hour and birthday party</b>		Individual activities	
30		31								30	
Exercises/ball games Gardening										Songs of Praise Craft	

**Activities may change without notice.**