


ACTIVITIES FOR DECEMBER 2018

wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	31 10.00 Exercises 11.00 Bingo 2.00 Golf					1 2.00 Video & a Cuppa (Independent Activity in Activity Room)	2 2.00 Tree Decorating (Independent Activity in Activity Room)
	3 10.00 Exercises 11.00 Bingo	4 10.00 Exerc/Weights 10.00 Shopping 11.00 Ball Games 2.00 Manicures Hairdresser	5 2.00 Bell Ringing 6.45 Big W Shop Night	6 Hairdresser 2.00 Knitting Group (Independent Activity)	7 10.00 Exercises 11.00 Church-1Life 2.00 Bingo Afternoon	8 2.00 Music & a Cuppa (Independent Activity in Activity Room)	9 2.00 Gardening (Independent Activity in Activity Room)
3	10 10.00 Exercises 11.00 Bingo 2.00 Video & Afternoon Tea	11 10.00 Exerc/Weights 10.00 Shopping 11.00 Preschool visit 2.00 Manicures Hairdresser	12 10.00 Exercises 11.00 Craft	13 12.00 Douro Christmas Party 6.00 Hostel Christmas Party	14 10.00 Exercises 11.00 Church-Presbyt 2.00 Bingo Afternoon	15 2.00 Video & a Cuppa (Independent Activity in Activity Room)	16 2.00 Cards (Independent Activity in Activity Room) 7.50 Christmas Lights
	17 2.30 Fellowship Afternoon 7.50 Christmas Lights	18 10.00 Shopping 2.00 Birthday Party & Happy Hour 7.50 Christmas Lights	19 2.00 Bingo Afternoon 7.50 Christmas Lights	20 Hairdresser 2.00 Knitting Group (Independent Activity)	21 10.00 Exercises 11.00 Church-Catholic 2.00 Ladies Afternoon	22 2.00 Music & a Cuppa (Independent Activity in Activity Room)	23 2.00 Findawords (Independent Activity in Activity Room)
5	24 10.00 Exercises 11.00 Bingo 2.00 Bowls	25 CHRISTMAS DAY PUBLIC HOLIDAY 	26 BOXING DAY PUBLIC HOLIDAY	27 Hairdresser 2.00 Knitting Group (Independent Activity)	28 10.00 Exercises 11.00 Trivia 2.00 Bingo Afternoon	29 2.00 Video & a Cuppa (Independent Activity in Activity Room)	30 2.00 Dominoes (Independent Activity in Activity Room)