

Hostel - ACTIVITIES FOR FEBRUARY 2020



wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1						1 2.00 Music & a Cuppa	2 2.00 Cards (Independent Activity in Activity Room)
2	3 10.00 Exercises 11.00 Bingo Individual Visits	4 10.00 Shopping 2.00 Manicures Individual Visits Hairdresser	5 10.00 Exercises 11.00 Sleep Seminar 2.00 Bell Ringing	6 Pet Therapy High Care Activities Hairdresser 2.00 Movie Afternoon Individual Visits	7 10.00 Exercises 11.00 Church-Frontline 2.00 Bingo Afternoon	8 2.00 Cuppa & Walking Group	9 2.00 Findaword (Independent Activity in Activity Room)
3	10 10.00 Exercises 11.00 Bingo Individual Visits	11 10.00 Exerc/Weights 10.00 Shopping 11.00 Music with Karen 2.00 Manicures Individual Visits Hairdresser	12 10.00 Exercises 11.00 Craft 2.00 Douro Lodge Brewery Outing Individual Visits	13 Pet Therapy High Care Activities Hairdresser 2.00 Movie Afternoon 2.30 Library Van Individual Visits	14 Valentine's Day 10.00 Exercises 11.00 Church-Presbyte 2.00 Bingo Afternoon	15 2.00 Music & a Cuppa	16 2.00 Gardening (Independent Activity in Activity Room)
4	17 10.00 Exercises 11.00 Bingo 2.30 Fellowship Afternoon	18 10.00 Squeakers Preschool Visit 10.00 Shopping 11.00 Exercises 2.00 Clarinet Performance	19 10.00 Exercises 11.00 Bowls 2.00 View Club Singers Concert	20 Pet Therapy High Care Activities Hairdresser 2.00 Movie Afternoon Individual Visits	21 10.00 Exercises 11.00 Church-Catholic 2.00 Ladies Afternoon	22 2.00 Cuppa & Walking Group	23 2.00 Book Club (Independent Activity in Activity Room)
5	24 8.30 Hostel Men's Breakfast 10.00 Exercises 11.00 Bingo Individual Visits	25 Pancake Day 10.00 Exerc/Weights 10.00 Shopping 11.00 Cooking 2.00 Birthday Party & Happy Hour	26 10.00 Exercises 11.00 Golf 2.00 Outing to Club Mudgee	27 Pet Therapy High Care Activities Hairdresser 2.00 Movie Afternoon Individual Visits	28 10.00 Exercises 11.00 Church-Anglican 2.00 Bingo Afternoon	29 2.00 Music & a Cuppa	