


ACTIVITIES FOR JANUARY 2019

wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1		1 NEW YEAR'S DAY PUBLIC HOLIDAY	2 10.00 Exercises 11.00 Bowls 2.00 Trivia	3 Hairdresser 2.00 Knitting Group (Independent Activity)	4 10.00 Exercises 11.00 Church or Trivia 2.00 Bingo Afternoon	5 2.00 Music & a Cuppa (Independent Activity in Activity Room)	6 2.00 Newspaper Reading (Independent Activity in Activity Room)
2	7 10.00 Exercises 11.00 Bingo 2.00 Cards	8 10.00 Exerc/Weights 10.00 Shopping 11.00 Ball Games 2.00 Manicures Hairdresser	9 10.00 Exercises 11.00 Painting	10 Hairdresser 2.00 Knitting Group (Independent Activity)	11 10.00 Exercises 11.00 Church-Presbyt 2.00 Bingo Afternoon	12 2.00 Video & a Cuppa (Independent Activity in Activity Room)	13 2.00 Jigsaws (Independent Activity in Activity Room)
3	14 10.00 Exercises 11.00 Bingo 2.00 Men's Afternoon	15 10.00 Exerc/Weights 10.00 Shopping 11.00 Darts 2.00 Manicures Hairdresser	16 10.00 Exercises 11.00 Resident's Meeting	17 Hairdresser 2.00 Knitting Group (Independent Activity)	18 10.00 Exercises 11.00 Church-Catholic 2.00 Ladies Afternoon Tea	19 2.00 Music & a Cuppa (Independent Activity in Activity Room)	20 2.00 Findawords (Independent Activity in Activity Room)
4	21 10.00 Exercises 11.00 Bingo 2.30 Fellowship Afternoon	22 10.00 Exerc/Weights 10.00 Shopping 11.00 Cooking 2.00 Birthday Party & Happy Hour	23 10.00 Exercises 11.00 Bobs	24 Hairdresser 2.00 Knitting Group (Independent Activity)	25 10.00 Exercises 11.00 Church-Anglica 2.00 Bingo Afternoon	26 AUSTRALIA DAY  2.00 Video & a Cuppa (Independent Activity in Activity Room)	27 2.00 Gardening (Independent Activity in Activity Room)
5	28 PUBLIC HOLIDAY	29 10.00 Exerc/Weights 10.00 Shopping 11.00 Bingo 2.00 Manicures Hairdresser	30 10.00 Exercises 11.00 Golf 2.00 Trivia	31 Hairdresser 2.00 Knitting Group (Independent Activity)			