



# ACTIVITIES FOR Douro Lodge JANUARY 2021



wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1					1 <b>NEW YEARS DAY</b> Craft  Indoor sports Pamper Session	2 Individual Therapy Newspaper Reading & Discussion Zoom Golf	3 Exercises 11.30 Songs of Praise  Zoom Video & Manicures
2	4 Word Games  Zoom Musical Trivia	5 Music in the Garden  Zoom Pancake Afternoon	6 Newspaper Reading  Zoom Bingo	7 Bingo  Golf	8 Exercises to Music Word Games  Ladies Afternoon Tea Men's DVD Documentary	9 Individual Therapy Trivia  Zoom Musical Trivia	10 Exercises 11.30 Songs of Praise Online Church Zoom Painting
3	11 Shopping orders Beer Pong Zoom Knitting Group 2.00 Mens Afternoon Library books delivered	12 Bingo  Zoom Making Snacks - Mini Pa	13 Craft  Zoom Video & Manicures	14 Exercises to Music Trivia  Singalong	15 Bingo  Individual Therapy Painting	16 Individual Therapy Newspaper Reading & Discussion Zoom Armchair Travel	17 Exercises 11.30 Songs of Praise Worship Africa DVD Zoom Musical Trivia
4	18 Shopping orders Word Games  Zoom Painting	19 Lunch Preparations Drinks & nibbles 12.00 AussieBBQ & Pav Zoom Bingo	20 Craft  Zoom Video & Manicures	21 Bowls  Individual Therapy Pamper Session	22 Exercises to Music Word Games  Bingo	23 Individual Therapy Music in the Garden  Zoom Musical Trivia	24 Exercises 11.30 Songs of Praise Online Church Zoom Cheese Tasting & Drinks in the Garden
5	25 Shopping orders Music in the Garden  Zoom Bingo	26 <b>AUSTRALIA DAY</b> Ball Games   Zoom Video & Manicures	27 Craft  Zoom Happy Hour & Birthday Party	28 Bingo  Golf Library Van visits	29 Exercises to Music Word Games  Indoor Sports Men's DVD Documentary	30 Individual Therapy Music in the Garden  Zoom Cards	31 Exercises 11.30 Songs of Praise Online Church Zoom Musical Trivia