



ACTIVITIES FOR Douro Lodge JULY 2021

wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1				1 Exercises to Music Trivia Singalong Pamper Session	2 Craft Bingo	3 Individual Therapy Newspaper Reading & Discussion Zoom Singalong	4 Exercises 11.30 Songs of Praise Zoom Painting
NAIDOC WEEK	5 Shopping orders Word Games Zoom Bingo	6 Video & Manicures Zoom Craft	7 Ball Games 2.00 View Club Singers Concert Collect Library Books	8 Bingo Golf Library Van visits	9 Exercises to Music Word Games Ladies Afternoon Tea Men's DVD Documentary	10 Individual Therapy Trivia Zoom Singalong	11 Exercises 11.30 Songs of Praise Online Church Zoom Pancake Afternoon
	12 Shopping orders Bowls Zoom Bingo Library books delivered	13 Video & Manicures Zoom Painting	14 Golf Zoom Making Snacks	15 Exercises to Music Trivia Singalong	16 Bingo Individual Therapy Painting	17 Individual Therapy Newspaper Reading & Discussion Zoom Giant Skittles	18 Exercises 11.30 Songs of Praise Worship Africa DVD Christmas in July Afternoon
4	19 Shopping orders Word Games Zoom 2.30 Fellowship Afternoon	20 11.00 Music with Karen Zoom Bingo	21 Video & Manicures Collect Library Books Zoom Happy Hour & Birthday Party	22 Bowls Individual Therapy Pamper Session	23 Exercises to Music Word Games Bingo	24 Individual Therapy Trivia Zoom Singalong	25 Exercises 11.30 Songs of Praise Online Church Zoom Golf
5	26 Shopping orders Beer Pong Zoom 2.00 Mens Afternoon Ladies Knitting Group	27 Bowls Zoom Bingo	28 Lunch Preparations & drinks 12:30 Mexican Fiesta Video & Manicures Collect Library Books	29 Exercises to Music Trivia Bingo Library Van visits	30 Craft Singalong Pamper Session	31 Individual Therapy Newspaper Reading & Discussion Zoom Giant Skittles	