



ACTIVITIES FOR Douro MARCH 2020

wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	30 10:30 Coffee and music in Annie's garden 12:45 Afternoon Movie or Youtube videos 2.00 Men's Pool Afternoon	31 10:30 Puzzles and Crosswords 12:45 Classic TV series 2:00 Bowling and Quoits					1 Autumn Individual Therapy Manicures Golf
2	2 10.30 Wattle Café 12:45 Afternoon Movie or TV Individual Visits	3 11.00 Music with Karen 12:45 Afternoon Movie or Comedy show 2:00 BINGO	4 10.30 Exercise games 12:45 Afternoon Movie or TV 2:00 Nails with Jane or Craft with Virginia	5 11:00 St Matthews Vis Various activities 12:45 Movie Afternoon or Documentary Individual Visits	6 11.00 Church-Frontlin or armchair travel in lounge room 12:45 Movie Afternoon 2:00 Andre Rieu Appreciation	7 Individual Therapy Ball Games Singalong	8 Individual Therapy Craft Skittles
3	9 10.30 Morning tea and quizzes in the gardens 12:45 Afternoon Movie Individual Visits	10 11.00 Poetry Recital with Mathew Dickerson 12:45 Afternoon Movie 2:00 Movement & Dance	11 10:30 Exercise Games 12:45 Afternoon Movie or TV 2:00 Outing To The Blue Wren	12 Treasure Hunt & Walk 12:45 Afternoon Movie or National Geographic 2:00 St Matthew's Visit various activities	13 11.00 Church-Presbyt 12:45 Afternoon Movie 2.00 Bingo Afternoon	14 Individual Therapy Irish Bowls Painting	15 Individual Therapy Woodwork Irish Singalong
4	16 10:30 Wattle Café 12:45 Afternoon Movie or Youtube videos Individual Visits	17 St Patrick's Day 11:00 Clarinet performance Douro 12:45 Afternoon Movie or Youtube videos St Patrick's Day celebrations	18 0:30 Mortimer gardens walk 2.00 Bell Ringing, Craft with Virginia or Nails with Jane	19 11:00 St Matthew's Vis 12:45 Afternoon Movie Cooking and Individual Visits	20 11.00 Church-Catholic or pick-a-comedy 12:45 Afternoon Documentary 2.00 Ladies Afternoon	21 Individual Therapy Balloon Games Singalong	22 Individual Therapy Newspaper Reading Gardening
5	23 10.30 Coffee, Games & Music in the Garden 12:45 Afternoon Classics 2.30 Fellowship Afternoon	24 10:30 Painting 12:45 Afternoon movie Or Arm Chair Travel 2.00 Birthday Party & Happy Hour	25 10.30 Exercise games 11am Senior's Luncheon at Club Mudgee Nails with Jane	26 9:00 Pet visit (Piper) 10:30:Cup cake decorating 12.45 Movie Afternoon 2:00 St Matthew's Visit various activities	27 10.00 Concert & M Tea at Club Mudgee 12:45 Afternoon Movie or Youtube travels 2.00 Bingo Afternoon	28 Individual Therapy Trivia Golf	29 Individual Therapy Ball Games Singalong

