



ACTIVITIES for Douro Lodge JULY 2020

wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1			1 Darts Manicures Music or Animal videos	2 Exercises to Music Word Games Knitting Group Individual Therapy	3 Exercises to Music Trivia Hairdresser Bingo Individual Therapy	4 Individual Therapy Ball Games Zoom Youtube -funny animals Manicures	5 Exercises 11.30 Songs of Praise Online Church Singalong
NAIDOC WEEK	6 Shopping orders Online Trivia & Youtube - Aboriginal People, Music & Art Bingo	7 Individual Therapy Bowls Hairdresser Aboriginal Painting	8 Individual Therapy Word Games Men's Afternoon Manicures	9 Exercises to Music Trivia Bingo Individual Therapy	10 Exercises to Music Indoor Games Ladies Afternoon Tea Pamper Session	11 Individual Therapy Newspaper Reading Zoom Singalong	12 Exercises 11.30 Songs of Praise Worship Africa DVD 1 Making Raison Toast
3	13 Shopping orders Ball Games Knitting Group Woodwork Mortimer High Tea	14 Bingo Tour of Mudgee Movie Afternoon	15 Individual Therapy Snacks and drinks Pizza Luncheon Youtube - funny videos Manicures	16 Bingo Darts Poetry	17 Exercises to Music Trivia Hairdresser Knitting Group Individual Therapy	18 Individual Therapy Ball Games Zoom Movie Afternoon Manicures	19 Exercises 11.30 Songs of Praise Online Church Singalong
4	20 Shopping orders Bingo Knitting Group Woodwork	21 Individual Therapy Golf Hairdresser Tour of Mudgee Movie Afternoon	22 Craft Birthday Party & Happy Hour	23 Exercises to Music Trivia Bingo Individual Therapy	24 Exercises to Music Word Games Knitting Group Pamper Session	25 Individual Therapy Newspaper Reading Zoom Singalong	26 Exercises 11.30 Songs of Praise Worship Africa DVD 2 Painting
5	27 Shopping orders Skittles Armchair Travel Manicures	28 Craft Christmas in July Afternoon	29 Bingo Tour of Mudgee Movie Afternoon	30 Exercises to Music Word Games Knitting Group Pamper Session	31 Exercises to Music Trivia Hairdresser Bingo Individual Therapy		