

ACTIVITY PROGRAM

JANUARY | WEST PERTH | BALMORAL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 NEW YEAR'S DAY
2 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Word game 1:30 Bingo 	3 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Bocce (fourth floor)	4 MORNING TEA OUTING 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Wax bath therapy & nail care	5 9:30 One on ones 10:15 Morning tea 10:50 Yoga with Brett (fourth floor) 10:45 Physio gym 1:30 Reminiscence 	6 9:30 Friday fun day 10:15 Morning tea 11:00 Rosewood choir 1:30 Bingo & happy hour OR Outdoor walks	7 ORTHODOX CHRISTMAS	8
9 9:30 Chair aerobics & balance 10:15 Morning tea 10:30 Art therapy with Kat (fourth floor) 11:00 Knitting club (first floor) 1:30 Bingo	10  9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Birthday party with Toni Italiano in concert (fourth floor) 3:00 Orthodox prayer group (banquet room)	11 MORNING TEA OUTING 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Nail care 	12  9:30 Chair aerobics 10:15 Morning tea 10:45 Physio gym 1:30 Movie screening (wellness centre)	13 9:30 Friday fun day 10:15 Morning tea 11:00 Rosewood choir 1:30 Bingo & happy hour OR outdoor walks	14	15
16 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Hangman 1:30 Bingo LIBRARY BOOK COLLECTION	17 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Outdoor walks 1:30 Peter Beanham in concert (fourth floor)	18 LUNCH OUTING 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Wax bath therapy & nail care	19 9:30 One on ones 10:15 Morning tea 10:50 Yoga with Brett (fourth floor) 10:45 Physio gym 1:30 Cooking: Mini pavlovas	20 9:30 Friday fun day 10:15 Morning tea 11:00 Food focus group (fourth floor) 1:30 Bingo & happy hour OR outdoor walks	21	22 CHINESE NEW YEAR
23 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Knitting club (first floor)  1:30 Bingo	24 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Australia Day craft	25 MORNING TEA OUTING 9:30 Chair aerobics 10:15 Morning tea 11:00 Resident meeting (fourth floor) 1:30 Nail care	26 AUSTRALIA DAY 9:30 Australia Day games 10:15 Morning tea 10:45 Physio gym 1:30 Bingo	27 9:30 Friday fun day 10:15 Morning tea 12:00 Australia Day BBQ & happy hour	28	29
30 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Scategories  1:30 Bingo	31 9:30 Chair aerobics 10:15 Morning Tea 11:00 Outdoor walks 1:30 Men's club (fourth floor)					