

ACTIVITY PROGRAM

JANUARY | LEEDERVILLE | CITRUS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 NEW YEAR'S DAY
2 9:30 PTA gym & balance 10:15 Morning tea 10:45 Take down the Christmas tree 1:30 Bingo 3:00 Movie 	3 9:30 Chair aerobics 10:15 Morning tea 11:00 Catholic Church service (first floor) 1:30 Horse racing	4 9:30 Chair aerobics 10:15 Morning tea 11:00 Anglican Church service (first floor) 1:30 Wax bath therapy	5 9:30 Chair aerobics 10:15 Morning tea 10:45 Outdoor walks 1:30 Newspaper club (come and chat about the news of the week)	6 9:30 Friday fun day 10:15 Morning tea 11:00 Choir 1:30 Bingo	7 ORTHODOX CHRISTMAS	8
9 9:30 PTA gym & balance 10:15 Morning tea 10:45 Collect library books 1:30 Art therapy 3:00 Movie	10 9:30 Chair aerobics 10:15 Morning tea 1:30 Wax bath therapy & nail care 2:30 Orthodox prayer group (second floor)	11 9:30 Chair aerobics 10:15 Morning tea 1:30 Birthday party 	12 9:30 Chair aerobics 10:15 Morning tea 10:45 Outdoor walks 1:30 Newspaper club (come and chat about the news of the week)	13 9:30 Friday fun day 10:15 Morning tea 11:00 Choir 1:30 Bingo	14	15
16 9:30 PTA gym & balance 10:15 Morning Tea 10:45 Match the movie quote Quiz 1:30 Bingo 3:00 Movie 	17 9:30 Chair aerobics 10:15 Morning tea 10:45 Outdoor walks 1:30 Cooking: Lamingtons	18 9:30 Chair aerobics & balance 10:15 Morning tea 1:30 Wax bath therapy & nail care 	19 9:30 Yoga/Mindfulness 10:15 Morning tea 10:45 Outdoor walks 1:30 Newspaper club (come and chat about the news of the week)	20 9:30 Friday fun day 10:15 Morning tea 11:00 Choir 1:30 Bingo	21	22 CHINESE NEW YEAR
23 9:30 PTA gym & balance 10:15 Morning tea 10:45 Outdoor walks 1:30 Bingo 3:00 Movie	24 9:30 Chair aerobics 10:15 Morning tea 10:45 Outdoor walks 1:30 Giant wordsearch	25 9:30 Chair aerobics 10:15 Morning tea 10:45 Outdoor walks 1:30 Australia day craft 3:00 Movie: Storm Boy	26 AUSTRALIA DAY 9:30 Australia Day activities 10:15 Morning tea 10:45 Physio gym 1:30 Men's club (second floor) 3:00 Movie: Red Dog	27 9:30 Friday fun day 10:15 Morning tea 11:00 Choir 1:30 Bingo 	28	29
30 9:30 PTA gym & balance 10:15 Morning tea 10:45 Outdoor walks 1:30 Bingo 3:00 Movie 	31 MORNING TEA BUS TRIP 1:30 Musical memories 1940's classics					