

# ACTIVITY PROGRAM

## JANUARY | WEST PERTH | WATERFORD



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 <b>NEW YEAR'S DAY</b>
<b>2</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Puzzles 1:30 Picture Bingo	<b>3</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Nail care 	<b>4 MORNING TEA OUTING</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Bocce (fourth floor)	<b>5</b> 9:30 One on ones 10:15 Morning tea 10:50 Yoga with Brett (fourth floor) 10:45 Physio gym 1:30 Reminiscence	<b>6</b> 9:30 Friday fun day 10:15 Morning tea 11:00 Rosewood choir 1:30 Bingo & happy hour OR Outdoor walks	<b>7 ORTHODOX CHRISTMAS</b>	<b>8</b>
<b>9</b> 9:30 Chair aerobics 10:15 Morning tea 10:30 Art therapy with Kat (fourth floor) 11:00 Knitting club (first floor) 1:30 Pamper parlour	<b>10</b> 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) 	<b>11 MORNING TEA OUTING</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Nail care 	<b>12</b> 9:30 Chair aerobics & balance 10:15 Morning tea 10:45 Physio gym 1:30 Homemade soap making	<b>13</b> 9:30 Friday fun day 10:15 Morning tea 11:00 Rosewood choir 1:30 Bingo & happy hour OR Outdoor walks	<b>14</b>	<b>15</b>
<b>16</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Hangman 1:30 Picture bingo <b>LIBRARY BOOK COLLECTION</b>	<b>17</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Catholic church service (ground floor) OR Outdoor walks 1:30 Peter Beanham in concert (fourth floor)	<b>18 LUNCH OUTING</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Wax bath therapy & nail care	<b>19</b> 9:30 One on ones 10:15 Morning tea 10:50 Yoga with Brett (fourth floor) 10:45 Physio gym 1:30 Australia Day craft	<b>20</b> 9:30 Friday fun day 10:15 Morning tea 11:00 Food focus group (fourth floor) 1:30 Bingo & happy hour OR Outdoor walks	<b>21</b>	<b>22 CHINESE NEW YEAR</b>
<b>23</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Knitting club (first floor) 1:30 Guided relaxation 	<b>24</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Cooking: Anzac biscuits	<b>25 MORNING TEA OUTING</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Resident meeting (fourth floor) 1:30 Nail care	<b>26 AUSTRALIA DAY</b> 9:30 Australia Day games 10:15 Morning tea 10:45 Physio gym 1:30 Bingo 	<b>27</b> 9:30 Friday fun day 10:15 Morning Tea 12:00 Australia Day BBQ & happy hour	<b>28</b>	<b>29</b>
<b>30</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Scategories 1:30 Picture bingo 	<b>31</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Colouring in OR Men's club (fourth floor)					