








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE NOTE:			1 New Year's Day	2	3	4
<ul style="list-style-type: none"> Chair exercise will be happening on the floors. This can change under certain circumstances (i.e. short staff) all staff & residents will be informed as soon as any changes occur. Outdoor activities are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors. We will be having a Resident and Representative on 27th January. We encourage more families to attend. If we have an infection outbreak, we will not be able to host the lifestyle program, however the lifestyle team will do daily individual visits. 			10:00AM Chair Exercise (floors) 11AM Summer Trivia Quiz (Café) 1:30PM Individual Visits 2:30PM Knit & Yap in Garden Room	10AM Pool noodles exercise (floors) 11AM Choir group (Café) / Poetry Club (Garden Room) 2:00PM Bingo (Café) 3PM Happy Hour in Café & Lounge 	10AM Floor Games (Garden Room) 11AM Craft: Australian flag colors (Garden Room) 1:30PM Table games (Café)	10AM Wheelchair Walk/Time Outdoors 11:30AM Songs of Praise (Café) 1:15PM "A Few Good Men" Movie (each floor)
5	6	7	8 Hairdresser	9	10	11
10AM Gentle Ball Games (floors) 11AM Bingo (Café) 2:15PM Music Appreciation – Slim Dusty (Garden Room)	10AM Chair Exercise (floors) 11AM Sing-alongs (Café) 1:45PM Ladies Club (Nail Salon & Pampering) (Garden Room) 3:15PM Individual Visits	10AM Stretch & Balance (floors) 11AM Global Quiz (Café) 2PM Table games (Garden Room) 3PM Individual Visits	10AM Performance with Julie Garner (Café) 11AM Find the missing piece (Café)/Walking Group 2PM Australian wildlife (TV Floors)	10AM Pool noodles exercise (floors) 11AM Summer Painting-Wooden Rainbows (Garden Room) 2PM Bingo (Café) 3PM Happy Hour in Café & Lounge	10AM Floor Games (Garden Room)/Gardening  11AM Karaoke (Café) 1:30PM Collage: My Favorite Place in Australia (Garden Room)	10AM Walking Group 11:30AM Songs of Praise (Café) 1:15PM "Crocodile Dundee" Movie (Tv floors)
12	13	14	15 Hairdresser	16	17	18
10AM Gentle Ball Games (floors) 11AM Bingo (Café) 2:15PM Armchair Travel to Australia (Garden Room) 3PM New Residents Afternoon Tea (River Room)	10AM Chair Exercise (floors) 11AM Guess the Word (Café) 1:45PM Ladies Club (Nail Salon & Pampering) 3:15PM Individual Visits	10AM Stretch & Balance (floors) 11AM Relaxing time outside with Aussie music 12 Luncheon 3PM: Individual Visits	10AM Chair Exercise (floors) 11AM Gardening group/ Table Games (Garden Room) 1:15PM Individual Visits 2:30PM Knit & Yap (Garden Room)	10AM Pool noodles exercise (floors) 11AM Choir Group (Café)/ Poetry Club (Garden Room) 1:45PM Floor Games (Garden Room)  3PM Happy Hour	10AM Floor Games (Garden Room) 11AM Painting Australian Landscapes (Garden Room) 1:30PM Table Games (Café) 	10AM Wheelchair Walk/Time Outdoors 11:30AM Songs of Praise (Café) 1:15PM "The Man from Snowy River" movie (Tv floors)
19	20	21	22 Hairdresser	23	24	25
10AM Gentle Ball Games (floors) 11AM Bingo (Café) 2:15PM Baking "Lamingtons" (Garden Room)	10AM Chair Exercise (floors) 11AM Performance with Matt Price (Café) 1:45PM Ladies Club (Nail Salon & Pampering) 3:15PM Individual Visits	10AM Stretch & Balance (floors) 11AM Garden Walks and coffee 2PM Flower arranging (Garden Room) 3PM Individual Visits	10AM Chair Exercise on floors 11AM Sing-alongs in Café 1:15PM Individual Visits 2:30PM Old Australia footage (TV floors)	10AM Pool noodles exercise 11AM Coloring Australian animals 2PM Bingo in Café 3PM Happy Hour in Café & Lounge	10AM Floor Games (Garden Room)/Gardening  11AM Karaoke (Café) 1:30PM Decorating boomerang or kangaroo templates (Garden Room)	10:30AM Walking Group 11:30AM Songs of Praise (Café) 1:30PM "Home and Away" Movie (Tv floors)
26 AUS DAY	27	28	29 Hairdresser	30	31	1 FEBRUARY
10AM Aussie Morning Tea and Reminiscence Group: "Growing Up in Australia" 11AM Australia Quiz (Café) 2:15PM Music Appreciation – The Seekers (Garden Room)	10AM Chair Exercise (floors) 11AM Resident & Representative Meeting 11AM Find the missing piece (Café) 1:45PM Ladies Club (Nail Salon & Pampering) 3:15PM Individual Visits	10AM Stretch & Balance (floors) 11AM Relaxing time outside with Aussie music 2:00PM Table games (Garden Room) 3PM Individual Visits	10AM Chair Exercise 11AM Watering plants, gardening group/ Table Games (Garden Room) 1:15PM Individual Visits 2:30PM Knit & Yap (Garden Room) 	10AM Wellness with Jen  11AM Choir group in Café 1:45PM Scotch College Pipe Band (Café) 3PM Happy Hour in Café & Lounge	10AM Floor Games (Garden Room) 11AM Karaoke (Café) 1:30PM Table Games (Café)	10AM Wheelchair Walk/Time Outdoors 11:30AM Songs of Praise (Café) 1:15PM Table Games (Garden Room)