

# January 2022 LIFESTYLE CALENDAR



EVA TILLEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>31</b> 10-4.00 Resident 1:1 10.30 Ladies Reminiscing Group 3.00 Gentle Exercises 4:00 Happy Hour 5.30 Social Group</p>	<p><b>If you wish to book a Hair Appointment Please enquire with Reception</b></p>				<p><b>1</b> <b>NEW YEAR'S DAY</b> 3:00 Movie/Documentary 3.15 1:1 Visits 5:30 Social Group &amp; 1:1 Visits</p>	<p><b>2</b> All day 1:1 visits 3:00 Movie/Documentary 3:15 Gentle Exercises 5:30 Social Group &amp; 1:1 Visits</p>
<p><b>3</b> <b>NEW YEAR'S DAY PUBLIC HOILDAY</b></p>	<p><b>4</b> 10-4.00 Resident 1:1 11.00 Bingo 2.00 Baking Session 2.30 Discussion Group 5.30 Social Group</p>	<p><b>5</b> 10.00-4.00 Resident 1:1 10:45 Catholic Church 2.00 Cafe Club 2.30 Men's Group 5.30 Social Group</p>	<p><b>6</b> 10.00-4.00 Resident 1:1 11.00 Protestant Church 1.30 Knitting Group 3.30 Choir 5.30 Social Group</p>	<p><b>7</b> 10.00-4.00 Resident 1:1 10.15 Gentle Exercises 11.00 Art Projects (L1) 2.00 Music Therapy 3.30 Friday Drinks &amp; Sing-a-long</p>	<p><b>8</b> All day 1:1 visits 3:00 Movie/Documentary 3:30 Bingo 5:30 Social Group &amp; 1:1 Visits</p>	<p><b>9</b> All day 1:1 visits 3:00 Movie/Documentary 3:15 Pet Visits 5:30 Social Group &amp; 1:1 Visits</p>
<p><b>10</b> 10-4.00 Resident 1:1 10.30 Ladies Reminiscing Group 3.00 Gentle Exercises 4:00 Happy Hour 5.30 Social Group</p>	<p><b>11</b> 10-4.00 Resident 1:1 11.00 Bingo 10.30 Italian Morning Tea 2.30 Discussion Group 5.30 Social Group</p>	<p><b>12</b> 10.00-4.00 Resident 1:1 10:45 Catholic Church 2.00 Cafe Club 2.30 Men's Group 5.30 Social Group</p>	<p><b>13</b> 10.00-4.00 Resident 1:1 11.00 Protestant Church 1.30 Knitting Group 3.30 Choir 5.30 Social Group</p>	<p><b>14</b> 10.00-4.00 Resident 1:1 10.15 Gentle Exercises 11.00 Art Projects (Level 1) 2.00 - Music Therapy 3.30 - Friday Drinks &amp; Sing-a-long</p>	<p><b>15</b> All day 1:1 visits 3:00 Movie/Documentary 3:30 Bingo 5:30 Social Group &amp; 1:1 Visits</p>	<p><b>16</b> All day 1:1 visits 3:00 Movie/Documentary 3.30 Gentle Exercises 5:30 Social Group &amp; 1:1 Visits</p>
<p><b>17</b> 10-4.00 Resident 1:1 10.30 Ladies Reminiscing Group 3.00 Gentle Exercises 2.00 Cooking Class 4:00 Happy Hour 5.30 Social Group</p>	<p><b>18</b> 10-4.00 Resident 1:1 11.00 Bingo 2.00 Birthday Concert &amp; afternoon Tea 2.30 Discussion Group 5.30 Social Group</p>	<p><b>19</b> 10.00-4.00 Resident 1:1 10:45 Catholic Church 2.00 Cafe Club 2.30 Men's Group 5.30 Social Group</p>	<p><b>20</b> 10.00-4.00 Resident 1:1 11.00 Protestant Church 1.30 Knitting Group 3.30 Choir 5.30 Social Group</p>	<p><b>21</b> 10.00-4.00 Resident 1:1 10.15 Gentle Exercises 11.00 Art Projects (Level 1) 2.00 - Music Therapy 3.30 - Friday Drinks &amp; Sing-a-long</p>	<p><b>22</b> All day 1:1 visits 3:00 Movie/Documentary 3:30 Bingo 5:30 Social Group &amp; 1:1 Visits</p>	<p><b>23</b> All day 1:1 visits 3:00 Movie/Documentary 3:15 Pet Visits 5:30 Social Group &amp; 1:1 Visits</p>
<p><b>24</b> 10-4.00 Resident 1:1 10.30 Ladies Reminiscing Group 3.00 Gentle Exercises 4:00 Happy Hour 5.30 Social Group</p>	<p><b>25</b> 10-4.00 Resident 1:1 11.00 Bingo <b>12.00 Australia Day Lunch Celebration</b> 2.00 Bus Outing/Drive 5.30 Social Group</p>	<p><b>26</b> <b>AUSTRALIA DAY PUBLIC HOLIDAY</b></p>	<p><b>27</b> 10.00-4.00 Resident 1:1 11.00 Protestant Church 1.30 Knitting Group 3.30 Choir 5.30 Social Group</p>	<p><b>28</b> 10.00-4.00 Resident 1:1 10.15 Gentle Exercises 11.00 Art Projects (Level 1) 2.00 - Music Therapy 3.30 - Friday Drinks</p>	<p><b>29</b> All day 1:1 visits 3:00 Movie/Documentary 3:30 Bingo 5:30 Social Group &amp; 1:1 Visits</p>	<p><b>30</b> All day 1:1 visits 3:00 Movie/Documentary 3.30 Gentle Exercises 5:30 Social Group &amp; 1:1 Visits</p>