

JANUARY 2024

LEVEL 1- HOUSE 1, 2 & 3



*subject to change

SUNDAY



MONDAY

**PUBLIC HOLIDAY
NEW YEARS DAY**

**1 MORNING TV SHOW
COFFEE & CHAT
MUSICAL MOMENTS
TOOLBOX ACTIVITIES
NETFLIX AVAILABLE
ALL DAY**

TUESDAY

**2 9:20 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:30 AM NEWS & VIEWS (H1 & 2)
11:00 AM MUSICAL MELODIES (H3)
11:20 AM IN CHAIR EXERCISES
1:30 PM MASTERCHEF (H1 & 2)
3:30 PM INDOOR OR OUTDOOR WALKING (H3)
4 PM 1-1 ROOM VISITS**

WEDNESDAY

**3 9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:30 AM NEWS AND VIEWS (H1 & 2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM RACHEL'S BUS TRIP
1:30 PM TOMMY'S SINGALONG AND HIGH TEA (H1 & 2)
3PM SINGALONGS WITH TOMMY (H3)
4 PM OYSTER BAR (BOARDROOM)
4 PM 1-1 ROOM VISITS**

THURSDAY

**4 9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H1 & 2)
1:30 PM MEN'S GROUPS (CINEMA)
3 PM DAN'S ART THERAPY (H3)
4 PM 1-1 ROOM VISITS**

FRIDAY

**5 9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM ART THERAPY WITH KIMBERLY (H3)
10:00 AM NEWS AND VIEWS (H2)
10:30 WORD GAMES & QUIZZES (H1 & 2)
11:00 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM FLOOR GAMES (H1 & 2)
3 PM MUSIC & INSTRUMENTS (H3)
3 PM CAROL'S SINGALONGS (L3)
4 PM 1-1 ROOM VISITS**

SATURDAY

**6 9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM COFFEE & CHAT
1 PM TOOL BOX ACTIVITIES
2 PM AFTERNOON GARDEN WALKS
4 PM HAPPY HOUR**

7

**LIVESTREAM CHURCH
(BY REQUEST)
COFFEE & CHAT
MUSICAL MOMENTS
TOOLBOX ACTIVITIES
NETFLIX AVAILABLE
ALL DAY**

8

**9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:30 AM NEWS & VIEWS (H1 & 2)
11:00 AM MUSICAL MELODIES (H3)
11:20 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM DAN'S ART THERAPY (H1 & 2)
2 PM OMEGA VIOLINIST (L2)
3 PM PAMPERING (H3)
4 PM 1-1 ROOM VISITS**

9

**9:20 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO THERAPY (H4)
10:30 AM NEWS & VIEWS (H1 & 2)
11 AM MUSICAL MELODIES (H3)
11:20 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM LIONSHARE CAFE VISITS (H1 & 2)
2:45 PM YOGA
3:30 PM INDOOR OR OUTDOOR WALKING (H3)
4 PM 1-1 ROOM VISITS**

10

ELVIS RICKY NEILVIS CONCERT
**9:30 AM LIFESTYLE HUDDLE MEETINGS
10:20 AM MUSICAL MELODIES (H3)
10:30 AM NEWS AND VIEWS (H1 & 2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM LOCHLAN'S BUS TRIP
1:30 PM ELVIS RICKY NEILVIS (L2)
1:30 PM BALLOON THERAPY (H3)
3 PM OUTDOOR TEA PARTY
4 PM OYSTER BAR (BOARDROOM)
4 PM 1-1 ROOM VISITS**

11

**9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H1 & 2)
1:30 PM MEN'S GROUPS (CINEMA)
1:30 PM BINGO
3 PM DAN'S ART THERAPY (H3)
4 PM 1-1 ROOM VISITS**

12

**9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM ART THERAPY WITH KIMBERLY (H3)
10:00 AM NEWS AND VIEWS QUIZZES (H2)
10:30 WORD GAMES & QUIZZES (H1 & 2)
11:00 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM FLOOR GAMES (H1 & 2)
3 PM MUSIC & INSTRUMENTS (H3)
4 PM 1-1 ROOM VISITS**

13

**9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM COFFEE & CHAT
1 PM TOOL BOX ACTIVITIES
2 PM AFTERNOON GARDEN WALKS
4 PM HAPPY HOUR**

14

**LIVESTREAM CHURCH
(BY REQUEST)
COFFEE & CHAT
MUSICAL MOMENTS
TOOLBOX ACTIVITIES
NETFLIX AVAILABLE
ALL DAY**

15

**9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:30 AM NEWS & VIEWS (H1 & 2)
11:00 AM MUSICAL MELODIES
11:20 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM DAN'S ART THERAPY (H1 & 2)
3 PM PAMPERING (H3)
4 PM 1-1 ROOM VISITS**

16

**9:20 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO THERAPY (H4)
10:30 AM NEWS & VIEWS (H1 & 2)
11:00 AM MUSICAL MELODIES (H3)
11:20 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM MASTERCHEF (H1 & 2)
2:45 PM YOGA
3:30 PM INDOOR OR OUTDOOR WALKING (H3)
4 PM 1-1 ROOM VISITS**

17

**9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:30 AM NEWS AND VIEWS (H1 & 2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM MUSICAL MELODIES (H3)
3 PM OUTDOOR TEA PARTY
4 PM 1-1 ROOM VISITS**

18

**9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO EXERCISES (H1 & 2)
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H1 & 2)
1:30 PM BINGO
3 PM DAN'S ART THERAPY (H3)
4 PM 1-1 ROOM VISITS**

19

**9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM ART THERAPY WITH KIMBERLY (H3)
10:00 AM NEWS AND VIEWS (H1 & 2)
10:30 WORD GAMES & QUIZZES (H1 & 2)
11:00 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM LIFESTYLE FOCUS GROUP (LM)
1:30 PM FLOOR GAMES (H1 & 2)
3 PM MUSIC & INSTRUMENTS (H3)
3 PM CAROL'S SINGALONGS (L3)
4 PM 1-1 ROOM VISITS**

20

**9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM COFFEE & CHAT
1 PM TOOL BOX ACTIVITIES
2 PM AFTERNOON GARDEN WALKS
4 PM HAPPY HOUR**

JANUARY 2024

LEVEL 1- HOUSE 1, 2 & 3

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

21

**LIVESTREAM CHURCH
(BY REQUEST)
COFFEE & CHAT
MUSICAL MOMENTS
TOOLBOX ACTIVITIES
NETFLIX AVAILABLE
ALL DAY**

22

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:30 AM NEWS & VIEWS (H1 & 2)
11:00 AM MUSICAL MELODIES
11:20 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM ART THERAPY (H 1 & 2)
3 PM PAMPERING (H3)
4 PM 1-1 ROOM VISITS

23

9:20 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:30 AM NEWS & VIEWS (H1& 2)
11:00 AM MUSICAL MELODIES (H3)
11:20 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM LIONSHARE CAFE VISITS (H1 & 2)
2:45 PM YOGA
3:30 PM INDOOR OR OUTDOOR WALKING (H 3)
4 PM 1-1 ROOM VISITS

24

9:30 AM LIFESTYLE HUDDLE MEETINGS
10:20 AM MUSICAL MELODIES (H3)
10:30 AM NEWS AND VIEWS (H1&2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM BALLOON THERAPY
3 PM OUTDOOR TEA PARTY
4 PM 1-1 ROOM VISITS

25

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H1 & 2)
1:30 PM BINGO
3 PM AUSTRALIA DAY POWERPOINT PRESENTATION WITH AUSTRALIAN TREATS (H3)
4 PM 1-1 ROOM VISITS

26

**PUBLIC HOLIDAY
AUSTRALIA DAY**

**MORNING TV
SHOW
COFFEE & CHAT
MUSICAL
MOMENTS
TOOLBOX
ACTIVITIES
NETFLIX
AVAILABLE
ALL DAY**

27

9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM COFFEE & CHAT
1 PM TOOL BOX ACTIVITIES
2 PM AFTERNOON GARDEN WALKS
4 PM HAPPY HOUR

28

**LIVESTREAM
CHURCH
(BY REQUEST)
COFFEE & CHAT
MUSICAL
MOMENTS
TOOLBOX
ACTIVITIES
NETFLIX
AVAILABLE
ALL DAY**

29

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:30 AM NEWS & VIEWS (H1 & 2)
11:00 AM MUSICAL MELODIES
11:20 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM DAN'S ART THERAPY (H 1V & 2)
3 PM PAMPERING (H3)
4 PM 1-1 ROOM VISITS

30

9:20 AM WELCOME TO THE DAY
9:45 AM ART THERAPY SAND TRAY THERAPY (H3)
10:00 AM GESSY'S PHYSIO EXERCISE (H4)
10:30 AM NEWS & VIEWS (H1& 2)
11:00 AM MUSICAL MELODIES (H3)
11:20 AM IN CHAIR EXERCISES
1:30 PM MASTERCHEF (H1 & 2)
2:45 PM YOGA
3:30 PM INDOOR OR OUTDOOR WALKING (H 3)
4 PM 1-1 ROOM VISITS

31

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
9:45 AM SENSORY ART THERAPY (H1 & 2)
10:45 AM NEWS AND VIEWS (H1 & 2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM MUSICAL MELODIES (H3)
2 PM FOOD APPRECIATION MEETING (BOARDROOM)
3 PM OUTDOOR TEA PARTY
4 PM 1-1 ROOM VISITS



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