

JANUARY 2024

LEVEL 2- HOUSE 4, 5 & 6



SUNDAY



MONDAY

1 **PUBLIC HOLIDAY
NEW YEARS DAY**

9 :30 AM MORNING TV SHOWS
10:30 AM MUSICAL MOMENTS
11:00 AM LAUGHTER AND LATTES
1 PM GARDEN WALKS
2 PM AFTERNOON MOVIES
NETFIX AVAILABLE ALL DAY

TUESDAY

2

9 :30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME (L4)
1:30 PM POETRY
3 PM ARMCHAIR TRAVEL
4 PM 1-1 ROOM VISITS

WEDNESDAY

3

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM ZUMBA GOLD (H4 & 5)
11:15 AM MOVIE TRIVIA
1 :30 PM RACHEL'S BUS TRIP
1:30 PM TOMMY'S SINGALONG & HIGH TEA (L1)
1 :30 PM KIMBERLY'S ART THERAPY (LM)
1 :30 PM FLOOR GAMES
3 PM BINGO
4 PM 1-1 ROOM VISITS

THURSDAY

4

9 :30 AM WELCOME TO THE DAY
10 :00 AM GESSY'S PHYSIO EXERCISES
10:30 AM CATHOLIC VOLUNTEER VISITOR
10:45 AM NEWS & VIEWS
11:15 AM MOVIE TRIVIA
11:00 AM CHOIR (L3)
1 :30 PM MEN'S GROUP (CINEMA)
1:30 PM LINDA'S ART & GRAFTS
3 PM KNITTING GROUP
4 PM 1-1 ROOM VISITS

FRIDAY

5

9 :30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM MOVIE TRIVIA
11:00 AM IN CHAIR EXERCISES
2 PM TRIVIA (L4)
2 PM ZUMBA GOLD (H6)
3 PM LOCHLAN'S FRIDAY FIESTA (L4)
3 PM CAROL'S SINGALONGS (L3)
3:30 PM LIONSHARE CAFE VISITS
4 PM 1-1 ROOM VISITS

SATURDAY

6

9 :30 AM MORNING TV SHOWS
10:30 AM MUSICAL MOMENTS
11:00 AM LAUGHTER AND LATTES
1 PM GARDEN WALKS
2 PM AFTERNOON MOVIES
NETFIX AVAILABLE ALL DAY
4 PM HAPPY HOUR

7 LIVESTREAM CHURCH MASS

(BY REQUEST)
10:00 AM COFFEE & CHAT
2 PM AFTERNOON MOVIE MATINEE
NETFLIX ACTIVITIES
GARDEN WALKS

8

9 :30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM WORD GAME AND QUIZZES
11:00 AM 9 LETTER WORD GAME (L4)
2 PM OMEGA VIOLINIST
3 PM DOCUMENTARY
4 PM 1-1 ROOM VISIT

9

9 :30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME (L4)
1:30 PM LOINSHARE CAFE TIME
2 :45 PM YOGA
4 PM 1-1 ROOM VISITS

10 ELVIS RICKY NEILVIS CONCERT

9:30 AM LIFESTYLE HUDDLE MEETING
10:00 AM NEWS AND VIEWS
10:30 AM ZUMBA GOLD (H4 & 5)
11:15 AM MOVIE TRIVIA
1 :30 PM KIMBERLY'S ART THERAPY (LM)
1 :30 PM ELVIS RICKY NEILVIS CONCERT (L2)
3 PM BINGO
4 PM OYSTER BAR (BOARDROOM)
4 PM 1-1 ROOM VISITS

11

9 :30 AM WELCOME TO THE DAY
10 :00 AM GESSY'S PHYSIO EXERCISES
10:30 AM CATHOLIC VOLUNTEER VISITOR
10:45 AM NEWS & VIEWS
11:15 AM MOVIE TRIVIA
11:00 AM CHOIR (L3)
1 :30 PM MEN'S GROUP (CINEMA)
1:30 PM LINDA'S ART & GRAFTS
3 PM KNITTING GROUP
4 PM 1-1 ROOM VISITS

12

9 :30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM MOVIE TRIVIA
11:00 AM IN CHAIR EXERCISES
2 PM TRIVIA (L4)
2 PM ZUMBA GOLD (H6)
3 PM LOCHLAN'S FRIDAY FIESTA (L4)
3:30 PM LIONSHARE CAFE VISITS
4 PM 1-1 ROOM VISITS

13

9 :30 AM MORNING TV SHOWS
10:30 AM MUSICAL MOMENTS
11:00 AM LAUGHTER AND LATTES
1 PM GARDEN WALKS
2 PM AFTERNOON MOVIES
NETFIX AVAILABLE ALL DAY
4 PM HAPPY HOUR

14 LIVESTREAM CHURCH MASS

(BY REQUEST)
10:00 AM COFFEE & CHAT
2 PM AFTERNOON MOVIE MATINEE
NETFLIX ACTIVITIES
GARDEN WALKS

15

9 :30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM WORD GAME AND QUIZZES
11:00 AM 9 LETTER WORD GAME (L4)
1:30 PM MASTERCHEF
3 PM RESIDENT CHOICE OF ARTIST
4 PM 1-1 ROOM VISIT

16

9 :30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME (L4)
1:30 PM GARDENING
2 :45 PM YOGA
4 PM 1-1 ROOM VISITS

17

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM ZUMBA GOLD (H4 & 5)
11:15 AM MOVIE TRIVIA
1 :30 PM RACHEL'S BUS TRIP
1 :30 PM KIMBERLY'S ART THERAPY (LM)
1 :30 PM FLOOR GAMES
3 PM BINGO
4 PM 1-1 ROOM VISITS

18

9 :30 AM WELCOME TO THE DAY
10 :00 AM GESSY'S PHYSIO EXERCISES
10:30 AM CATHOLIC VOLUNTEER VISITOR
10:45 AM NEWS & VIEWS
11:15 AM MOVIE TRIVIA
11:00 AM CHOIR (L3)
1:30 PM LINDA'S ART & GRAFTS
3 PM KNITTING GROUP
4 PM 1-1 ROOM VISITS

19

9 :30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM MOVIE TRIVIA
11:00 AM IN CHAIR EXERCISES
1 :30 PM LIFESTYLE FOCUS GROUP (LM)
2 PM TRIVIA (L4)
2 PM ZUMBA GOLD (H6)
3 PM LOCHLAN'S FRIDAY FIESTA (L4)
3 PM CAROL'S SINGALONGS (L3)
3:30 PM LIONSHARE CAFE VISITS
4 PM 1-1 ROOM VISITS

20

9 :30 AM MORNING TV SHOWS
10:30 AM MUSICAL MOMENTS
11:00 AM LAUGHTER AND LATTES
1 PM GARDEN WALKS
2 PM AFTERNOON MOVIES
NETFIX AVAILABLE ALL DAY
4 PM HAPPY HOUR

JANUARY 2024

LEVEL 2- HOUSE 4, 5 & 6

*subject to change

SUNDAY

21

**LIVESTREAM CHURCH
MASS
(BY REQUEST)
10:00 AM COFFEE &
CHAT
2 PM AFTERNOON
MOVIE
MATINEE
NETFLIX ACTIVITIES
GARDEN WALKS**

MONDAY

22

**9 :30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND
VIEWS
10:30 AM WORD GAME
AND QUIZZES
11:00 AM 9 LETTER WORD
GAME (L4)
1:30 PM SINGING IN THE
RAIN MUSICAL MOVIE
3 PM DOCUMENTARY
4 PM 1-1 ROOM VISIT**

TUESDAY

23

**9 :30 AM WELCOME TO
THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES
10:30 AM NEWS AND
VIEWS
11:00 AM 9 LETTER WORD
GAME (L4)
1:30 PM ARMCHAIR
TRAVEL
2 :45 PM YOGA
4 PM 1-1 ROOM VISITS**

WEDNESDAY

24

**9:30 AM LIFESTYLE HUDDLE
MEETING
10:30 AM ZUMBA GOLD
(H4 & 5)
11:15 AM MOVIE TRIVIA
1 :30 PM KIMBERLY'S ART
THERAPY
(LM)
1 :30 PM FLOOR GAMES
3 PM BINGO
4 PM 1-1 ROOM VISITS**

THURSDAY

25

**9 :30 AM WELCOME TO THE DAY
10 :00 AM GESSY'S PHYSIO
EXERCISES
10:30 AM CATHOLIC VOLUNTEER
VISITOR
10:45 AM NEWS & VIEWS
11:15 AM MOVIE TRIVIA
11:00 AM CHOIR (L3)
1:30 PM AUSTRALIA DAY
POWERPOINT PRESENTAION
3 PM AUSTRALIA DAY
CELEBRATIONS
4 PM 1-1 ROOM VISITS**

FRIDAY SATURDAY

26

**PUBLIC HOLIDAY
AUSTRALIA DAY**

**9 :30 AM MORNING TV
SHOWS
10:30 AM MUSICAL
MOMENTS
11:00 AM LAUGHTER
AND LATTES
1 PM GARDEN WALKS
2 PM AUSTRALIAN
MOVIES
NETFIX AVAILABLE ALL
DAY**

27

**9 :30 AM MORNING TV
SHOWS
10:30 AM MUSICAL
MOMENTS
11:00 AM LAUGHTER AND
LATTES
1 PM GARDEN WALKS
2 PM AFTERNOON MOVIES
NETFIX AVAILABLE ALL DAY
4 PM HAPPY HOUR**

28

**LIVESTREAM CHURCH
MASS
(BY REQUEST)
10:00 AM COFFEE &
CHAT
2 PM AFTERNOON
MOVIE
MATINEE
NETFLIX ACTIVITIES
GARDEN WALKS**

29

**9 :30 AM WELCOME
TO THE DAY
10:00 AM NEWS AND
VIEWS
10:30 AM WORD
GAME AND QUIZZES
11:00 AM 9 LETTER
WORD GAME (L4)
1 :30 MASTERCHEF
3 PM RESIDENTS
CHOICE OF ARTIST
4 PM 1-1 ROOM VISIT**

30

**9 :30 AM WELCOME
TO THE DAY
10:00 AM GESSY'S
PHYSIO EXERCISES
10:30 AM NEWS AND
VIEWS
11:00 AM PHOTO
FRAME ART
1:30 PM LADIES
GROUP
2 :45 PM YOGA
4 PM 1-1 ROOM
VISITS**

31

**9:30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND VIEWS
10:30 AM ZUMBA GOLD
(H4 & 5)
11:15 AM MOVIE TRIVIA
1 :30 PM RACHEL'S BUS TRIP
1 :30 PM KIMBERLY'S ART
THERAPY
(LM)
1 :30 PM FLOOR GAMES
2 PM FOOD APPRECIATION
MEETING (BOARDROOM)
3 PM BINGO
4 PM 1-1 ROOM VISITS**

