

# JANUARY 2024

## LEVEL 4- HOUSE 9 & 10



Entertainment **\*subject to change**

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY



**1** **PUBLIC HOLIDAY**  
**NEW YEARS DAY**  
MORNING TV SHOWS  
11:00 AM COFFEE AND CHAT  
1 PM TOOL BOX ACTIVITIES  
2 PM NEW YEAR DAY CELEBRATIONS ( VIA YOUTUBE WITH CHAMPAGNE MATINEE  
3 PM GARDEN WALKS

**2** 9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:00 AM NEWS AND VIEWS  
11:00 AM 9 LETTER WORDS  
2 BINGO  
3:30 PM YOGA ( L3 )  
3:30 PM ARMCHAIR TRAVEL  
4 PM 1-1 ROOM VISITS

**3** 9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM IN CHAIR EXERCISES  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
1:30 PM RACHEL'S BUS TRIP  
1:30 PM TOMMY'S SINGALONGS & HIGH TEA  
2 PM DOCUMENTARY  
4 PM OYSTER BAR ( BOARDROOM )

**4** 9:30 AM WELCOME TO DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM NEWS AND VIEWS  
10:30 AM CATHOLIC VOLUNTEERS VISITOR  
11:00 AM 9 LETTER WORD GAMES  
11:00 AM CHOIR ( L3 )  
1:30 PM MEN'S GROUP ( CINEMA )  
2 PM ZUMBA GOLD  
3:30 PM PAMPERING  
4 PM 1-1 ROOM VISITS

**5** 9:30 AM WELCOME TO THE DAY  
10:30 AM NEWS AND VIEWS  
11:00 AM 9 LETTER WORD GAMES  
2 PM TRIVIA  
3 PM CAROL'S SINGALONGS ( L3 )  
3 PM LOCHLAN'S FRIDAY FIESTA  
4 PM 1-1 ROOM VISITS

**6** MORNING TV SHOWS  
11:00 AM COFFEE AND CHAT  
1 PM TOOL BOX ACTIVITIES  
2 PM AFTERNOON MOVIE MATINEE  
3 PM GARDEN WALKS  
4 PM HAPPY HOUR

**7** LIVESTREAM CHURCH MASS ( BY REQUEST)  
10:30 AM COFFEE & CHAT  
1 PM. MUSICAL CONCERTS ( VIA YOUTUBE)  
NETFLIX AVAILABLE ALL DAY  
GARDEN WALKS  
TOOLBOX ACTIVITIES  
SUNDAY NIGHT MOVIES

**8** 9:30 AM WELCOME TO THE DAY  
10:00 AM SUNRISE NEWS ( VIA TV )  
11:00 AM 9 LETTER WORD GAMES  
2 PM OMEGA VIOLINIST ( L2 )  
2 PM CLASSICAL COMPOSER  
3 PM MUSICAL CONCERT ( VIA YOUTUBE )  
4 PM 1-1 ROOM VISITS

**9** 9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:00 AM NEWS AND VIEWS  
11:00 AM 9 LETTER WORDS  
2 BINGO  
3:30 PM YOGA ( L3 )  
3:30 PM ARMCHAIR TRAVEL  
4 PM 1-1 ROOM VISITS

**10** 9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM NEWS AND VIEWS  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
2 PM OMEGA VIOLINIST ( L2 )  
2 PM DOCUMENTARY  
4 PM OYSTER BAR ( BOARDROOM )

**11** 9:30 AM WELCOME TO DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM NEWS AND VIEWS  
10:30 AM CATHOLIC VOLUNTEERS VISITOR  
11:00 AM 9 LETTER WORD GAMES  
11:00 AM CHOIR ( L3 )  
1:30 PM MEN'S GROUP ( CINEMA )  
2 PM ZUMBA GOLD  
3:30 PM PAMPERING  
4 PM 1-1 ROOM VISITS

**12** 9:30 AM WELCOME TO THE DAY  
10:30 AM NEWS AND VIEWS  
11:00 AM 9 LETTER WORD GAMES  
2 PM TRIVIA  
3 PM LOCHLAN'S FRIDAY FIESTA  
4 PM 1-1 ROOM VISITS

**13** MORNING TV SHOWS  
11:00 AM COFFEE AND CHAT  
1 PM TOOL BOX ACTIVITIES  
2 PM AFTERNOON MOVIE MATINEE  
3 PM GARDEN WALKS  
4 PM HAPPY HOUR

**14** LIVESTREAM CHURCH MASS ( BY REQUEST)  
10:30 AM COFFEE & CHAT  
1 PM. MUSICAL CONCERTS ( VIA YOUTUBE)  
NETFLIX AVAILABLE ALL DAY  
GARDEN WALKS  
TOOLBOX ACTIVITIES  
SUNDAY NIGHT MOVIES

**15** 9:30 AM WELCOME TO THE DAY  
10:00 AM SUNRISE NEWS ( VIA TV )  
11:00 AM 9 LETTER WORD GAMES  
2 PM MASTERCHEF  
3 PM SINGING IN THE RAIN MUSICAL ( VIA YOUTUBE )  
4 PM 1-1 ROOM VISITS

**16** 9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:00 AM NEWS AND VIEWS  
11:00 AM 9 LETTER WORDS  
2 BINGO  
3:30 PM YOGA ( L3 )  
3:30 PM ARMCHAIR TRAVEL  
4 PM 1-1 ROOM VISITS

**17** 9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM IN CHAIR EXERCISES  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
1:30 PM RACHEL'S BUS TRIP  
2 PM DOCUMENTARY  
4 PM 1-1 ROOM VISITS

**18** 9:30 AM WELCOME TO DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM NEWS AND VIEWS  
10:30 AM CATHOLIC VOLUNTEERS VISITOR  
11:00 AM 9 LETTER WORD GAMES  
11:00 AM CHOIR ( L3 )  
2 PM ZUMBA GOLD  
3:30 PM PAMPERING  
4 PM 1-1 ROOM VISITS

**19** 9:30 AM WELCOME TO THE DAY  
10:30 AM NEWS AND VIEWS  
10:30 AM CATHOLIC MASS ( CINEMA)  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM LIFESYLE FOCUS GROUP ( LM )  
2 PM HOLLYWOOD COLLECTIONS ( VIA YOUTUBE  
3 PM CAROL'S SINGALONGS ( L3 )  
4 PM 1-1 ROOM VISITS

**20** MORNING TV SHOWS  
11:00 AM COFFEE AND CHAT  
1 PM TOOL BOX ACTIVITIES  
2 PM AFTERNOON MOVIE MATINEE  
3 PM GARDEN WALKS  
4 PM HAPPY HOUR

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### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**21**

**LIVESTREAM CHURCH MASS**  
( BY REQUEST)  
**10:30 AM COFFEE & CHAT**  
**1 PM. MUSICAL CONCERTS**  
( VIA YOUTUBE)  
**NETFLIX AVAILABLE ALL DAY**  
**GARDEN WALKS**  
**TOOLBOX ACTIVITIES**  
**SUNDAY NIGHT MOVIES**

**22**

**9:30 AM WELCOME TO THE DAY**  
**10:00 AM SUNRISE NEWS**  
( VIA TV )  
**11 :00 AM 9 LETTER WORD GAMES**  
**2 PM A STAR IS BORN MUSICAL CONCERT**  
( VIA YOUTUBE )  
**4 PM 1-1 ROOM VISITS**

**23**

**9 :30 AM WELCOME TO THE DAY**  
**9:30 AM GESSY'S PHYSIO EXERCISES**  
**10:00 AM NEWS AND VIEWS**  
**11:00 AM 9 LETTER WORDS**  
**2 BINGO**  
**3:30 PM YOGA ( L3 )**  
**3:30 PM ARMCHAIR TRAVEL**  
**4 PM 1-1 ROOM VISITS**

**24**

**9 :30 AM LIFESTYLE HUDDLE MEETING**  
**10:30 AM NEWS AND VIEWS**  
**11:00 AM 9 LETTER WORD GAMES**  
**1 :30 PM KIMBERLY'S ART THERAPY**  
( LM )  
**2 PM DOCUMENTARY**  
**4 PM 1-1 ROOM VISITS**

**25**

**9 :30 AM WELCOME TO DAY**  
**9 :30 AM GESSY'S PHYSIO EXERCISES**  
**10:15 AM NEWS AND VIEWS**  
**10:30 AM CATHOLIC VOLUNTEERS VISITOR**  
**11:00 AM 9 LETTER WORD GAMES**  
**11:00 AM CHOIR ( L3 )**  
**2 PM ZUMBA GOLD**  
**3 :30 PM PAMPERING**  
**4 PM 1-1 ROOM VISITS**

**26**

**PUBLIC HOLIDAY**  
**AUSTRALIA DAY**

**MORNING TV SHOWS**  
**11:00 AM COFFEE AND CHAT**  
**1 PM TOOL BOX ACTIVITIES**  
**2 PM AUSTRALIAN MOVIE**

**27**

**MORNING TV SHOWS**  
**11:00 AM COFFEE AND CHAT**  
**1 PM TOOL BOX ACTIVITIES**  
**2 PM AFTERNOON MOVIE**  
**3 PM GARDEN WALKS**  
**4 PM HAPPY HOUR**

**28**

**LIVESTREAM CHURCH MASS**  
( BY REQUEST)  
**10:30 AM COFFEE & CHAT**  
**1 PM. MUSICAL CONCERTS**  
( VIA YOUTUBE)  
**NETFLIX AVAILABLE ALL DAY**  
**GARDEN WALKS**  
**TOOLBOX ACTIVITIES**  
**SUNDAY NIGHT MOVIES**

**29**

**9:30 AM WELCOME TO THE DAY**  
**10:00 AM SUNRISE NEWS**  
( VIA TV )  
**11 :00 AM 9 LETTER WORD GAMES**  
**2 PM WEST SIDE STORY**  
**MUSICAL CONCERT**  
( VIA YOUTUBE )  
**4 PM 1-1 ROOM VISITS**

**30**

**9 :30 AM WELCOME TO THE DAY**  
**9:30 AM GESSY'S PHYSIO EXERCISES**  
**10:00 AM NEWS AND VIEWS**  
**11:00 AM 9 LETTER WORDS**  
**2 BINGO**  
**3:30 PM YOGA ( L3 )**  
**3:30 PM CLAY THERAPY**  
**4 PM 1-1 ROOM VISITS**

**31**

**9 :30 AM WELCOME TO THE DAY**  
**10:00 AM NEWS AND VIEWS**  
**10 :30 AM IN CHAIR EXERCISES**  
**11:00 AM 9 LETTER WORD GAMES**  
**1 :30 PM KIMBERLY'S ART THERAPY**  
( LM )  
**1 :30 PM RACHEL'S BUS TRIP**  
**2 PM DOCUMENTARY**  
**2 PM FOOD APPRECIATION MEETING ( BOARDROOM )**  
**4 PM 1-1 ROOM VISITS**

