

# JANUARY 2024

## SOUTH PORT



**\*subject to change**

### SUNDAY

**HAPPY  
NEW YEAR  
2024**

Welcoming 2024 with Joy: A Year of Opportunities, Growth, and Endless Possibilities for Happiness!

### MONDAY

**PUBLIC HOLIDAY  
NEW YEARS DAY**  
MORNING TV SHOWS  
AFTERNOON MOVIE  
PAMPERING  
NETFLIX AVAILABLE  
ALL DAY  
TOOLBOX ACTIVITIES  
GARDEN WALKS

### TUESDAY

**2**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM GREEK NEWS  
( VIA YOUTUBE )  
11:15 AM GARDEN  
WALKS/GARDENING  
1 :30 PM BINGO  
3 PM BOARD & CARD GAMES  
4 PM 1-1 ROOM VISITS

### WEDNESDAY

**3**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM GREEK NEWS  
( VIA YOUTUBE )  
11:00 AM MUSICAL MELODIES  
2 PM GREEK COFFEE AND MUSIC  
3 PM ARMCHAIR TRAVEL  
4 PM 1-1 ROOM VISITS

### THURSDAY

**4**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWSPAPER READING  
10:30 AM GREEK NEWS  
(VIA YOUTUBE )  
11:15 AM SUMAN PHYSIO  
EXERCISES  
1:30 PM BUS TRIP  
3:30 PM GREEK MOVIE WITH  
GREEK COFFEE  
4 PM 1-1 ROOM VISITS

### FRIDAY

**5**  
9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWSPAPER  
READ  
10:30 AM GREEK NEWS  
(LIVE VIA YOUTUBE )  
11:00 AM ZUMBA GOLD  
2 PM HAPPY HOUR  
3 PM TOMMY'S SINGALONG  
4 PM 1-1 ROOM VISITS

### SATURDAY

**6**  
MORNING TV SHOW  
10:00 AM TOOLBOX  
ACTIVITIES  
OR PAMAPERING  
AFTERNOON MOVIE  
GARDEN WALKS  
SATURDAY NIGHT  
MOVIE

**7**

MORNING CHURCH  
MASS  
( LIVESTREAM )  
AFTERNOON MOVIE  
PAMPERING  
NETFLIX AVAILABLE  
ALL DAY  
TOOLBOX ACTIVITIES  
GARDEN WALKS

**8**

9:30 AM WELCOME TO THE  
DAY  
MORNING TV SHOWS  
10:30 AM MUSIC AND  
MELODIES  
11:00 AM PAMPERING  
1:30 AM AFTERNOON  
MOVIES  
3 PM GARDEN WALKS

**9**

9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM GREEK NEWS  
( VIA YOUTUBE )  
11:15 AM GARDEN  
WALKS/GARDENING  
1 :30 PM BINGO  
3 PM BOARD & CARD GAMES  
4 PM 1-1 ROOM VISITS

**10**

**ELVIS RICKY NEILVIS CONCERT**  
9:30 AM LIFESTYLE HUDDLE  
MEETING  
10:30 AM GREEK NEWS  
( VIA YOUTUBE )  
11:00 AM MUSICAL MELODIES  
2 PM GREEK COFFEE AND MUSIC  
3 PM ELVIS RICKY NEILVIS CONCERT  
4 PM 1-1 ROOM VISITS

**11**

9:30 AM WELCOME TO THE DAY  
10:00 AM NEWSPAPER READING  
10:30 AM GREEK NEWS  
(VIA YOUTUBE )  
11:15 AM SUMAN PHYSIO  
EXERCISES  
1:30 PM BUS TRIP  
3:30 PM GREEK MOVIE WITH  
GREEK COFFEE  
4 PM 1-1 ROOM VISITS

**12**

9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWSPAPER  
READ  
10:30 AM GREEK NEWS  
(LIVE VIA YOUTUBE )  
11:00 AM ZUMBA GOLD  
2 PM HAPPY HOUR  
3 PM TOMMY'S SINGALONG  
4 PM 1-1 ROOM VISITS

**13**

MORNING TV SHOW  
10:00 AM TOOLBOX  
ACTIVITIES  
OR PAMAPERING  
AFTERNOON MOVIE  
GARDEN WALKS  
SATURDAY NIGHT  
MOVIE

**14**

MORNING CHURCH  
MASS  
( LIVESTREAM )  
AFTERNOON MOVIE  
PAMPERING  
NETFLIX AVAILABLE  
ALL DAY  
TOOLBOX ACTIVITIES  
GARDEN WALKS

**15**

9:30 AM WELCOME TO THE  
DAY  
MORNING TV SHOWS  
10:30 AM MUSIC AND  
MELODIES  
11:00 AM PAMPERING  
1:30 AM AFTERNOON  
MOVIES  
3 PM GARDEN WALKS

**16**

9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM GREEK NEWS  
( VIA YOUTUBE )  
11:15 AM GARDEN  
WALKS/GARDENING  
1 :30 PM BINGO  
3 PM BOARD & CARD GAMES  
4 PM 1-1 ROOM VISITS

**17**

9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM GREEK NEWS  
( VIA YOUTUBE )  
11:00 AM MUSICAL MELODIES  
2 PM GREEK COFFEE AND  
MUSIC  
3 PM ARMCHAIR TRAVEL  
4 PM 1-1 ROOM VISITS

**18**

9:30 AM WELCOME TO THE DAY  
10:00 AM NEWSPAPER READING  
10:30 AM GREEK NEWS  
(VIA YOUTUBE )  
11:15 AM SUMAN PHYSIO  
EXERCISES  
1:30 PM BUS TRIP  
3:30 PM GREEK MOVIE WITH  
GREEK COFFEE  
4 PM 1-1 ROOM VISITS

**19**

9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWSPAPER  
READ  
10:30 AM GREEK NEWS  
(LIVE VIA YOUTUBE )  
11:00 AM ZUMBA GOLD  
2 PM HAPPY HOUR  
3 PM TOMMY'S SINGALONG  
4 PM LIFESTYLE FOCUS  
GROUP

**20**

MORNING TV SHOW  
10:00 AM TOOLBOX  
ACTIVITIES  
OR PAMAPERING  
AFTERNOON MOVIE  
GARDEN WALKS  
SATURDAY NIGHT  
MOVIE

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### SUNDAY

**21**

**MORNING CHURCH  
MASS  
( LIVESTREAM )  
AFTERNOON MOVIE  
PAMPERING  
NETFLIX AVAILABLE  
ALL DAY  
TOOLBOX ACTIVITIES  
GARDEN WALKS**

### MONDAY

**22**

**9:30 AM WELCOME TO THE  
DAY  
MORNING TV SHOWS  
10:30 AM MUSIC AND  
MELODIES  
11:00 AM PAMPERING  
1:30 AM AFTERNOON  
MOVIES  
3 PM GARDEN WALKS**

### TUESDAY

**23**

**9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM GREEK NEWS  
( VIA YOUTUBE )  
11:15 AM GARDEN  
WALKS/GARDENING  
1:30 PM BINGO  
3 PM BOARD & CARD GAMES  
4 PM 1-1 ROOM VISITS**

### WEDNESDAY

**24**

**9:30 AM LIFESTYLE HUDDLE  
MEETING  
10:30 AM GREEK NEWS  
( VIA YOUTUBE )  
11:00 AM MUSICAL MELODIES  
2 PM GREEK COFFEE AND  
MUSIC  
3 PM AUSTRALIA DAY  
POWERPOINT WITH  
LAMINGTONS  
4 PM 1-1 ROOM VISITS**

**25**

**GREEK ORTHODOX MASS**

**9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWSPAPER  
READING  
10:30 AM GREEK ORTHODOX  
MASS  
11:15 AM SUMAN PHYSIO  
EXERCISES  
1:30 PM BUS TRIP  
3:30 PM GREEK MOVIE WITH  
GREEK COFFEE  
4 PM 1-1 ROOM VISITS**

**26**

**PUBLIC HOLIDAY  
AUSTRALIA DAY**

**MORNING TV  
SHOW  
10:00 AM  
TOOLBOX  
ACTIVITIES  
OR PAMAPERING  
AFTERNOON  
MOVIE  
GARDEN WALKS**

**27**

**MORNING TV SHOW  
10:00 AM TOOLBOX  
ACTIVITIES  
OR PAMAPERING  
AFTERNOON MOVIE  
GARDEN WALKS  
SATURDAY NIGHT  
MOVIE**

**28**

**MORNING CHURCH  
MASS  
( LIVESTREAM )  
AFTERNOON  
MOVIE  
PAMPERING  
NETFLIX  
AVAILABLE  
ALL DAY  
TOOLBOX  
ACTIVITIES  
GARDEN WALKS**

**29**

**9:30 AM WELCOME  
TO THE DAY  
MORNING TV SHOWS  
10:30 AM MUSIC  
AND MELODIES  
11:00 AM  
PAMPERING  
1:30 AM  
AFTERNOON MOVIES  
3 PM GARDEN  
WALKS**

**30**

**9:30 AM WELCOME TO  
THE DAY  
10:00 AM NEWS AND  
VIEWS  
10:30 AM GREEK  
NEWS  
( VIA YOUTUBE )  
11:15 AM GARDEN  
WALKS/GARDENING  
1:30 PM BINGO  
3 PM BOARD & CARD  
GAMES  
4 PM 1-1 ROOM VISITS**

**31**

**9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND  
VIEWS  
10:30 AM GREEK NEWS  
( VIA YOUTUBE )  
11:00 AM MUSICAL  
MELODIES  
2 PM GREEK COFFEE AND  
MUSIC  
3 PM ARMCHAIR TRAVEL  
4 PM 1-1 ROOM VISITS**

