CaSPACare
Living well. Living locally.

JANUARY 2025
SOUTH PORT

*subject to change

LIBRARY SERVICES AVAILABLE

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NEW YEARS DAY PUBLIC HOLIDAY 9:30 AM MORNING TV SHOWS 10:30 AM NEW YEARS DAY CELEBRATIONS MUSIC (VIA YOUTUBE) 11:00 AM PAMPERING 12 PM LUNCH FINE DINING MUSIC EXPERIENCE 2 PM NEW YEARS DAY CELEBRATIONS CHAMPAGNE AND CRACKERS 3 PM GARDEN WALKS 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM MOVIE MATINEE	**2** 9 :30 AM WELCOME TO THE DAY 10:00 AM TRIVIA AND QUIZZES 11:15 AM SUMAN'S PHYSIO EXERCISES 1:15 PM GREEK MUSIC OR MOVIE 1:30 PM BUS TRIP 3 :30 PM W.E CHAT GROUP 4 PM 1-1 ROOM VISITS	**3** BBQ HAPPY HOUR SPECIAL 9:30 AM WELCOME TO THE DAY 10:00 AM RESIDENT CHOICE OF ARTIST 11:00 AM ZUMBA GOLD 2 PM BBQ HAPPY HOUR 3 PM TOMMY'S SINGALONG 4 PM 1-1 ROOM VISITS	**4** 9:30 AM MORNING TV SHOWS 10:00 AM MORNING TEA GROUP CHAT 11:00 AM PAMPERING 12 PM FINE DINING EXPERIENCE 1:30 OPM FLOOR GAMES 3 PM OUTDOOR OR INDOOR WALKING 4 PM TABLE GAMES 5 PM DINNER FINE DINING EXPERIENCE 6 PM SATURDAY NIGHT AT THE MOVIES
5 9:30 AM LIVESTREAM MORNING CHURCH (BY REQUEST) 10 :00 AM TOOLBOX ACTIVITIES 11:00 AM PAMPERING 12 PM LUNCH FINE DINING EXPERIENCE 1:30 PM SINGALONGS (VIA YOUTUBE) 3 PM GARDEN WALKS OR WATERING GARDEN 4 PM TABLE GAMES OR COLOURING IN 5 PMDINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE	**6** 9:30 AM MORNING TV SHOWS 10:30 AM MUSIC MELODIES (VIA YOUTUBE) 11:00 AM PAMPERING 12 PM LUNCH FINE DINING MUSIC EXPERIENCE 1 :30 PM TABLE GAMES OR FLOOR GAMES 3 PM GARDEN WALKS 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM MOVIE MATINEE	**7** 9:30 AM WELCOME TO THE DAY 9:30 AM SUMAN'S PHYSIO EXERCISES 10:15 AM NEWSPAPER READ AND QUIZZES OR TRIVIA 10:30 AM PET THERAPY 11:15 AM MEMORY LANE REMINISCING 1:30 PM TABLE GAMES 2 :45 PM BINGO 4 PM 1-1 ROOM VISITS	**8** ELVIS PRESELY'S BIRTHDAY 9:30 AM LIFESTYLE HUDDLE MEETING 10:30 AM IN CHAIR EXERCISES 11:15 AM NEWSPAPER READ WITH TRIVIA OR QUIZZES 1:30 PM ARMCHAIR TRAVEL 3 PM ELVIS BIRTHDAY TRIBUTE CONCERT VIA YOUTUBE 4 PM 1-1 ROOM VISITS	**9** 9 :30 AM WELCOME TO THE DAY 10:00 AM TRIVIA AND QUIZZES 11:15 AM SUMAN'S PHYSIO EXERCISES 1:15 PM GREEK MUSIC OR MOVIE 1:30 PM BUS TRIPS 3 :30 PM W.E CHAT GROUP 4 PM 1-1 ROOM VISITS	**10** 9:30 AM WELCOME TO THE DAY 10:00 AM RESIDENT CHOICE OF ARTIST 11:00 AM ZUMBA GOLD 2 PM HAPPY HOUR 3 PM TOMMY'S SINGALONG 4 PM 1-1 ROOM VISITS	**11** 9:30 AM MORNING TV SHOWS 10:00 AM MORNING TEA GROUP CHAT 11:00 AM PAMPERING 12 PM FINE DINING EXPERIENCE 1:30 OPM FLOOR GAMES 3 PM OUTDOOR OR INDOOR WALKING 4 PM TABLE GAMES 5 PM DINNER FINE DINING EXPERIENCE 6 PM SATURDAY NIGHT AT THE MOVIES
12 9:30 AM LIVESTREAM MORNING CHURCH (BY REQUEST) 10 :00 AM TOOLBOX ACTIVITIES 11:00 AM PAMPERING 12 PM LUNCH FINE DINING EXPERIENCE 1:30 PM SINGALONGS (VIA YOUTUBE) 3 PM GARDEN WALKS OR WATERING GARDEN 4 PM TABLE GAMES OR COLOURING IN 5 PMDINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE	**13** 9:30 AM MORNING TV SHOWS 10:30 AM MUSIC MELODIES (VIA YOUTUBE) 11:00 AM PAMPERING 12 PM LUNCH FINE DINING MUSIC EXPERIENCE 1 :30 PM TABLE GAMES OR FLOOR GAMES 3 PM GARDEN WALKS 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM MOVIE MATINEE	**14** 9:30 AM WELCOME TO THE DAY 9:30 AM SUMAN'S PHYSIO EXERCISES 10:15 AM NEWSPAPER READ AND QUIZZES OR TRIVIA 11:15 AM MEMORY LANE REMINISCING 1:30 PM TABLE GAMES 2 :45 PM BINGO 4 PM 1-1 ROOM VISITS	**15** 9:30 AM WELCOME TO THE DAY 10:30 AM IN CHAIR EXERCISES 11:15 AM NEWSPAPER READ WITH TRIVIA OR QUIZZES 1:30 PM ARMCHAIR TRAVEL OR DOCUMENTARY 3 PM CREATIVE ARTS OR OUTDOOR ACTIVITIES 4 PM 1-1 ROOM VISITS	**16** 9 :30 AM WELCOME TO THE DAY 10:00 AM TRIVIA AND QUIZZES 11:15 AM SUMAN'S PHYSIO EXERCISES 1:15 PM GREEK MUSIC OR MOVIE 1:30 PM BUS TRIPS 3 :30 PM W.E CHAT GROUP 4 PM 1-1 ROOM VISITS	**17** 9:30 AM WELCOME TO THE DAY 10:00 AM RESIDENT CHOICE OF ARTIST 11:00 AM ZUMBA GOLD 2 PM HAPPY HOUR 3 PM TOMMY'S SINGALONG 4 PM 1-1 ROOM VISITS	**18** 9:30 AM MORNING TV SHOWS 10:00 AM MORNING TEA GROUP CHAT 11:00 AM PAMPERING 12 PM FINE DINING EXPERIENCE 1:30 OPM FLOOR GAMES 3 PM OUTDOOR OR INDOOR WALKING 4 PM TABLE GAMES 5 PM DINNER FINE DINING EXPERIENCE 6 PM SATURDAY NIGHT AT THE MOVIES

CaSPACare
Living well. Living locally.

JANUARY 2025
SOUTH PORT

*subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 9:30 AM LIVESTREAM MORNING CHURCH (BY REQUEST) 10 :00 AM TOOLBOX ACTIVITIES 11:00 AM PAMPERING 12 PM LUNCH FINE DINING EXPERIENCE 1:30 PM SINGALONGS (VIA YOUTUBE) 3 PM GARDEN WALKS OR WATERING GARDEN 4 PM TABLE GAMES OR COLOURING IN 5 PMDINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE	**20** 9:30 AM MORNING TV SHOWS 10:30 AM MUSIC MELODIES (VIA YOUTUBE) 11:00 AM PAMPERING 12 PM LUNCH FINE DINING MUSIC EXPERIENCE 1 :30 PM TABLE GAMES OR FLOOR GAMES 3 PM GARDEN WALKS 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM MOVIE MATINEE	**21** 9:30 AM WELCOME TO THE DAY 9:30 AM SUMAN'S PHYSIO EXERCISES 10:15 AM NEWSPAPER READ AND QUIZZES OR TRIVIA 10:30 AM PET THERAPY 11:15 AM MEMORY LANE REMINISCING 1:30 PM TABLE GAMES 2 :45 PM BINGO 4 PM 1-1 ROOM VISITS	**22** 9:30 AM LIFESTYLE HUDDLE MEETING 10:30 AM IN CHAIR EXERCISES 11:15 AM NEWSPAPER READ WITH TRIVIA OR QUIZZES 1:30 PM ARMCHAIR TRAVEL OR DOCUMENTARY 3 PM CREATIVE ARTS OR OUTDOOR ACTIVITIES 4 PM 1-1 ROOM VISITS	**23** 9 :30 AM WELCOME TO THE DAY 10:00 AM TRIVIA AND QUIZZES 11:15 AM SUMAN'S PHYSIO EXERCISES 1:15 PM GREEK MUSIC OR MOVIE 1:30 PM BUS TRIPS 3 :30 PM W.E CHAT GROUP 4 PM 1-1 ROOM VISITS	**24** 9:30 AM WELCOME TO THE DAY 10:00 AM RESIDENT CHOICE OF ARTIST 11:00 AM ZUMBA GOLD 2 PM HAPPY HOUR 3 PM TOMMY'S SINGALONG 4 PM 1-1 ROOM VISITS	**25** 9:30 AM MORNING TV SHOWS 10:00 AM MORNING TEA GROUP CHAT 11:00 AM PAMPERING 12 PM FINE DINING EXPERIENCE 1:30 OPM FLOOR GAMES 3 PM OUTDOOR OR INDOOR WALKING 4 PM TABLE GAMES 5 PM DINNER FINE DINING EXPERIENCE 6 PM SATURDAY NIGHT AT THE MOVIES
26 AUSTRALIA DAY 9:30 AM LIVESTREAM MORNING CHURCH (BY REQUEST) 10 :00 AM TOOLBOX ACTIVITIES 11:00 AM PAMPERING 12 PM LUNCH FINE DINING EXPERIENCE 1:30 PM SINGALONGS (VIA YOUTUBE) 3 PM GARDEN WALKS OR WATERING GARDEN 4 PM TABLE GAMES OR COLOURING IN 5 PMDINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE	**27** AUSTRILA DAY CONCERT PUBLIC HOLIDAY 9:30 AM MORNING TV SHOWS 10:30 AM MUSIC MELODIES (VIA YOUTUBE) 11:00 AM PAMPERING 12 PM LUNCH FINE DINING MUSIC EXPERIENCE 1 :30 PM TABLE GAMES OR FLOOR GAMES 3 PM AUSTRALIA DAY CONCERT 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM MOVIE MATINEE	**28** 9:30 AM WELCOME TO THE DAY 9:30 AM SUMAN'S PHYSIO EXERCISES 10:15 AM NEWSPAPER READ AND QUIZZES OR TRIVIA 11:15 AM MEMORY LANE REMINISCING 1:30 PM TABLE GAMES 2 :45 PM BINGO 4 PM 1-1 ROOM VISITS	**29** CHINESE NEW YEAR CELEBRATIONS 9:30 AM WELCOME TO THE DAY 10:30 AM IN CHAIR EXERCISES 11:15 AM NEWSPAPER READ WITH TRIVIA OR QUIZZES 1:30 PM CHINESE NEW YEAR POWERPOINT AND NEW YEARS PARADE (VIA YOUTUBE) WITH CHINESE FOOD 3 PM CREATIVE ARTS OR OUTDOOR ACTIVITIES 4 PM 1-1 ROOM VISITS	**30** 9 :30 AM WELCOME TO THE DAY 10:00 AM TRIVIA AND QUIZZES 10:30 AM GREEK MASS 11:15 AM SUMAN'S PHYSIO EXERCISES 1:15 PM GREEK MUSIC OR MOVIE 1:30 PM BUS TRIPS 3 :30 PM W.E CHAT GROUP 4 PM 1-1 ROOM VISITS	**31** LIFESTYLE FOCUS MEETING 9:30 AM WELCOME TO THE DAY 10:00 AM RESIDENT CHOICE OF ARTIST 11:00 AM ZUMBA GOLD 2 PM HAPPY HOUR 3 PM TOMMY'S SINGALONG 4 PM LIFESTYLE FOCUS GROUP	