



# January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>January Birthdays:</b>            3<sup>rd</sup> – Gleen . B            4<sup>th</sup> – Mel . R            4<sup>th</sup> – Margaret . N            5<sup>th</sup> – James . M            6<sup>th</sup> – Patricia . W            7<sup>th</sup> – Frederick . N            13<sup>th</sup> – Jeff . H</p>	<p>13<sup>th</sup> – Gloria . S            21<sup>st</sup> – Michael . V            23<sup>rd</sup> – Gary . R            25<sup>th</sup> – Allan . S            25<sup>th</sup> – Frank . T            26<sup>th</sup> – Patricia . J            27<sup>th</sup> – Patricia . A</p>	<p>1. <b>Happy New Years! (Public Holiday)</b></p> <p><b>2025</b></p>	<p>2.            9am: Exercise with Niki (GF)            9:30am: Pastor David Service (L1)            10:30am: Floor Games (GF)            2pm: Colour Therapy (GF)            2pm: Garden Walks (L1)</p>	<p>3.            9am: Chair Exercise (L1 &amp;GF)            10:30am: Craft Group -            10:30am: Bingo (L1)            2pm: Happy Hour with Irma –            Birthday Celebrations</p> <p><b>Happy Hour</b></p>	<p>4.            Colouring in Available In            Activities Rooms (L1 &amp; GF)             Movies Available In All            Common Areas</p>	<p>5.            Colouring in Available In            Activities Rooms (L1 &amp; GF)             Movies Available In All            Common Areas</p>
<p>6.            9am: Chair Exercise (L1 &amp;GF)            10:30am: Fast Paced Bingo (L1)            10:30am: Slow Paced Bingo (GF)            1:30pm: Hand Pampering            2:30pm: Garden Walks</p>	<p>7.            9am: Exercise with Niki (L1)            10:30am: Balloon Tennis (L1)            10:30am: Table Hockey (GF)            2pm: Men's Group – Card Games            (GF)            2pm: Gardening Group (GF)</p>	<p>8. <b>Elvis Presley Birthday!</b>            9am: Chair Exercise (L1 &amp;GF)            10:30am: Fast Paced Bingo (L1)            10:30am: Slow Paced Bingo            (GF)            1:45pm: Catholic Church            Service (L1)            2pm: Elvis Presley Concert with            Peter Brian</p>	<p>9. <b>Bus Outing Day</b>            9am: Exercise with Niki (GF)            9:30am: Pastor David Service (L1)  <b>9:30am: Picnic Morning Tea            Outing</b>            10:30am: Colour Therapy (L1)            1:30pm: Japanese Group –            Origami (L1)  <b>1:30pm: Scenic Bus Drive</b></p>	<p>10.            9am: Chair Exercise (L1 &amp;GF)            10:30am Craft Group -            10:30am: Bingo (L1)            2pm: Happy Hour with Idle            Australian</p> <p><b>Happy Hour</b></p>	<p>11.            Colouring in Available In            Activities Rooms (L1 &amp; GF)             Movies Available In All            Common Areas</p>	<p>12.            Colouring in Available In            Activities Rooms (L1 &amp; GF)             Movies Available In All            Common Areas</p>
<p>13.            9am: Chair Exercise (L1 &amp;GF)            10:30am: Peter Morgan Concert            at Raffles            10:30am: Fast Paced Bingo (L1)            10:30am: Slow Paced Bingo (GF)            2pm: Hand Pampering (L1 &amp; GF)</p>	<p>14.            9am: Exercise with Niki (L1)            10:30am: Golf Putting (L1)            10:30am: Balloon Tennis (GF)            1:30pm: Colour Therapy (L1)            2pm: Ladies Group – High Tea            (GF)</p>	<p>15.            9am: Chair Exercise (L1 &amp;GF)            10:30am: Fast Paced Bingo (L1)            10:30am: Slow Paced Bingo            (GF)            1:45pm: Catholic Church            Service (L1)            2pm: Garden Walks</p>	<p>16.            9am: Exercise with Niki (GF)            9:30am: Pastor David Service (L1)            10:30am: Word Games (L1)            10:30am: Table Bobs (GF)            1:30pm: Ice Cream Trolley (GF)            2pm: Ice Cream Trolley (L1)            3pm: Individual Therapy (GF)</p>	<p>17.            9am: Chair Exercise (L1 &amp;GF)            10:30am Craft Group –            International Flower Day Craft            10:30am: Bingo (L1)            2pm: Happy Hour with Mark Dean</p> <p><b>Happy Hour</b></p>	<p>18.            Colouring in Available In            Activities Rooms (L1 &amp; GF)             Movies Available In All            Common Areas</p>	<p>19.  <b>International Flower Day</b>             Colouring in Available In            Activities Rooms (L1 &amp; GF)             Movies Available In All            Common Areas</p>
<p>20.            9am: Chair Exercise (L1 &amp;GF)            10:30am: Old McDonalds Farm            Visit (GF)            1:30pm: Hand Pampering (L1 &amp;            GF)            2pm: Garden Walks</p>	<p>21.            9am: Exercise with Niki (L1)            10:30am: Painting Group (GF)            10:30am: Table Bobs (L1)            2pm: Men's Group – Snakes and            Ladders (L1)            2pm: Gardening (GF)</p>	<p>22.            9am: Chair Exercise (L1 &amp;GF)            10:30am: Fast Paced Bingo (L1)            10:30am: Slow Paced Bingo            (GF)            1:45pm: Catholic Church            Service (L1)</p>	<p>23.            9am: Exercise with Niki (GF)            9:30am: Pastor David Service (L1)            10:30am: Craft Group – Aussie            Themed (GF)            10:30am: Garden Walks            2pm: Greek Group – (L1)            2pm: Colour Therapy (GF)</p>	<p>24.            9am: Chair Exercise (L1 &amp;GF)            10:30am: Aussie Games (GF &amp;L1)            2pm: Australia Day Themed Happy            Hour with Dave Luxmore +            Birthday Celebrations</p> <p><b>Happy Hour</b></p>	<p>25.            Colouring in Available In            Activities Rooms (L1 &amp; GF)             Movies Available In All            Common Areas</p>	<p>26.  <b>Australia Day!</b>            Colouring in Available In            Activities Rooms (L1 &amp; GF)             Movies Available In All            Common Areas</p>
<p>27.  <b>Australia Day            Public Holiday</b></p> 	<p>28.            9am: Exercise with Niki (L1)            10:30am: Craft Group – Chinese            Themed (GF)            10:30am: Aussie Trivia (L1)            12- 2pm: Australia Day BBQ (GF)</p>	<p>29. <b>Chinese New Year!</b>            9am: Thai Chi Exercise (L1 &amp;GF)            10:30am: Fast Paced Bingo (L1)            10:30am: Slow Paced Bingo            (GF)            1:45pm: Catholic Church            Service (L1)            2pm: High Tea – Chinese New            Year Themed (L1)</p>	<p>30. <b>Bus Outing Day</b>            9am: Exercise with Niki (GF)            9:30am: Pastor David Service (L1)  <b>9:30: Cycling Without Age</b>            10:30am: Bean Bag Floor Game            (L1)            1:30pm: Ice Cream Trolley (L1)  <b>1:30pm: Scenic Bus Drive</b>            3pm: Individual Therapy</p>	<p>31.            9am: Chair Exercise (L1 &amp;GF)            10:30am: Craft Group -            10:30am: Bingo (L1)            2pm: Happy Hour with Wendy            Andrews</p> <p><b>Happy Hour</b></p>		