




January

2024 ACTIVITY CALENDAR DURAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HAPPY NEW YEAR 1 2024! 12:00 Residents' BBQ Lunch 2:30 Movie @ Cinema	2 NO BUS TRIP 10:30 Jewellery Making G 11:00 Musical Exercises LG2 11:00 Quoits LG1 2:00 Carpet Bowls G 2:00 B I N G O L1 & LG1 2:30 Movie @ Cinema	3 NO BUS TRIP 11:00 Hand & Foot Spa 11:00 Musical Exercises 2:00 B I N G O 2:30 Ice Cream Trolley @ G 2:30 Movie @ Cinema	4 10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Musical Exercises 2:00 Carpet Bowls 2:00 Chips & Juices for LG2 2:30 Movie @ Cinema	5 10:00 Bus Trip with G Floor 11:00 Pet Therapy "Leo" 11:00 Hand & Foot Spa 1:30 Bus Trip with LG2 2:00 Live Concert and Happy Hour w/ Dion Palumbo 2:30 Movie @ Cinema	6 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Music Therapy for LG2 2:30 Movie @ Cinema	7 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema
8 10:00 Bus Trip with G Floor 11:00 Musical Exercises 11:00 Quoits @ L1 1:30 Bus Trip with LG2 1:30 Art Therapy 2:00 B I N G O 2:30 Movie @ Cinema	9 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 11:00 Carpet Bowls for G 2:30 Residents' Meeting 2:00 Chips & Juices for LG2 2:30 Movie @ Cinema	10 10:30-2:00 Picnic Bus G 10:30 Church Service 11:00 Hand & Foot Spa 11:00 Musical Exercises 2:00 B I N G O 2:30 Ice Cream Trolley @ LG1	11 10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Musical Exercises 2:00 Carpet Bowls 2:00 Quoits for LG2 2:30 Movie @ Cinema	12 10:00 Bus Trip with G Floor 11:00 Hand & Foot Spa 1:30 Bus Trip with LG2 2:00 Live Concert and Happy Hour w/ Ros & Ron 2:30 Movie @ Cinema	13 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Music Therapy for LG2 2:30 Movie @ Cinema	14 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema
15 10:00 Bus Trip with G Floor 11:00 Musical Exercises 11:00 Word Game @ L1 1:30 Bus Trip with LG2 1:30 Craft Making 2:00 B I N G O 2:30 Movie @ Cinema	16 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 11:00 Carpet Bowls for G 2:00 Carpet Bowls for LG1,L1 2:00 Quoits for LG2 2:30 Movie @ Cinema	17 10:30-2:00 Picnic Bus LG1 10:30 Church Service 11:00 Hand & Foot Spa 11:00 Musical Exercises 2:00 B I N G O 2:30 Ice Cream Trolley @ LG2 2:30 Movie @ Cinema	18 10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Musical Exercises 2:00 Carpet Bowls 2:00 Chips & Juices for LG2 2:30 Movie @ Cinema	19 10:00 Bus Trip with G Floor 11:00 Hand & Foot Spa 1:30 Bus Trip with LG2 2:00 Live Concert and Happy Hour w/ Dion Palumbo 2:30 Movie @ Cinema	20 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Music Therapy for LG2 2:30 Movie @ Cinema	21 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema
22 10:00 Bus Trip with G Floor 11:00 Musical Exercises 11:00 Quoits @ L1 1:30 Bus Trip with LG2 1:30 Art Therapy 2:00 B I N G O 2:30 Movie @ Cinema	23 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 11:00 Carpet Bowls for G 2:00 Carpet Bowls for LG1,L1 2:00 Chips & Juices for LG2 2:30 Movie @ Cinema	24 10:30-2:00 Picnic Bus L1 10:30 Church Service 11:00 Hand & Foot Spa 11:00 Musical Exercises 2:00 B I N G O 2:30 Ice Cream Trolley @ L1 2:30 Movie @ Cinema	25 10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Musical Exercises 2:00 Carpet Bowls 2:00 Quoits for LG2 2:30 Movie @ Cinema	26  10:00 Bus Trip with G Floor 11:00 Hand & Foot Spa 12:00 Residents' BBQ Lunch 1:30 Bus Trip with LG2 2:00 Australia Day and Happy Hour w/ Ros & Ron	27 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Music Therapy for LG2 2:30 Movie @ Cinema	28 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema
29 10:00 Bus Trip with G Floor 11:00 Musical Exercises 11:00 Pet Therapy "Pippa" 1:30 Bus Trip with LG2 2:00 B I N G O 2:30 Movie @ Cinema	30 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 2:00 Carpet Bowls for LG1,L1 2:00 Quoits for LG2 2:30 Movie @ Cinema	31 10:30-2:00 Picnic Bus LG2 10:30 Church Service 11:00 Hand & Foot Spa 11:00 Musical Exercises 2:00 B I N G O 2:30 Ice Cream Trolley @ LG2 2:30 Movie @ Cinema		EXTRA ACTIVITIES: GYM Sessions : by appointment Massage Therapy : by appointment Walk and Talk : by appointment Hornsby Library Visit : 04 Jan Residents' Meeting : Monthly Pain Clinic - Wed & Fri @ 1PM in the Cinema : by appointment		DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE