

JANUARY 2023 ACTIVITY CALENDAR - MACLEAY VALLEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>		<p>In House TV each day Channel 700, 701, 702, 703</p>				<p>HAPPY NEW YEAR 9.00 - Church Karaoke 10.20 Table Games Independent Activities</p> <p>1.00 - Afternoon Movie</p>
<p>2</p> <p>9.30 - Coffee in the Café</p> <p>10.00 Craft Group 10.30 Quizzes and Games</p>	<p>3</p> <p>9.30 Coffee in Cafe 10.00 Seated Fitness Fun 2.00 - Bingo 3.15 - Armchair Travel</p> 	<p>4</p> <p>9.00 Walking Group 9.30 Coffee and Kiosk in Café 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Drumming 2.00pm Church Karaoke</p>	<p>5</p> <p>9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.30 Cooking in Café 1.15 - Scenic Outing with Ice-cream 3.15 - Library Trolley Visits</p>	<p>6</p> <p>9.30 - Coffee in the Café 10.15 - Seated Fitness Fun 10.45 Morning Tea on Verandah 11.00 - Church Karoke 1.30 - 2.30 Happy Hour</p>	<p>7</p> <p>10.20 Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p>	<p>8</p> <p>9.00 - Church Karaoke 10.20 Table Games Independent Activities 1.00 - Afternoon Movie</p>
<p>9</p> <p>Hairdresser & Beautician 8.00 - Live Stream Music with Joe Robinson 9.30 - Coffee in the Café 10.00 Craft Group 11.00 Falls Prevention 2.00 - Quizz/Games One:one support visits</p>	<p>10</p> <p>9:30 Coffee in Cafe 10.45 - 1:1 Support Visits 2.00 - Bingo 3.15 - Armchair Travel</p> 	<p>11</p> <p>9.00 Walking Group 9.30 Coffee and Kiosk in Café 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Music and Milkshakes 2.00pm Church Karaoke</p>	<p>12</p> <p>9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.30 Carpet Bowls 1.15 - Scenic Outing with Ice-cream 3.15 - Library Trolley Visits</p>	<p>13</p> <p>9.30 - Coffee in the Café 10.15 - Seated Fitness Fun 10.45 - Story Circle 11.00 - Church Karoke 1.30 - 2.30 Happy Hour</p> 	<p>14</p> <p>10.20 Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p>15</p> <p>9.00 - Church Karaoke 10.20 Table Games Independent Activities 1.00 - Afternoon Movie</p>
<p>16</p> <p>Hairdresser & Beautician 8.00 - Live Stream Music with Joe Robinson 9.30 - Coffee in the Café 9.30 - Seated Exercises 10.00 Craft Group 2.00 - Quizz/Games One:one support visits</p>	<p>17</p> <p>9:30 Coffee in Cafe 10.45 - 1:1 Support Visits 2.00 - Bingo 3.15 - Armchair Travel</p> 	<p>18</p> <p>9.00 Walking Group 9.30 Coffee and Kiosk in Café 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Drumming 2.00pm Church Karaoke</p>	<p>19</p> <p>9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.30 Carpet Bowls 1.15 - Scenic Outing with Ice-cream 3.15 - Library Trolley Visits</p>	<p>20</p> <p>9.30 - Coffee in the Café 10.15 - Seated Fitness Fun 10.45 Morning Tea on Verandah 11.00 - Church Karoke 1.30 - 2.30 Happy Hour</p>	<p>21</p> <p>10.20 Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p>	<p>22</p> <p>9.00 Church Karaoke 10.20 Table Games Independent Activities 1.00 Afternoon Movie</p>
<p>23</p> <p>Hairdresser & Beautician 8.00 - Live Stream Music with Joe Robinson 9.30 - Coffee in the Café 9.30 - Seated Exercises 10.00 Craft Group 2.00 - Quizz/Games One:one support visits</p>	<p>24</p> <p>9:30 Coffee in Cafe 10.45 - 1:1 Support Visits 2.00 - Bingo 3.15 - Armchair Travel</p> 	<p>25</p> <p>9.00 Walking Group 9.30 Coffee and Kiosk in Café 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Music and Milkshakes 2.00pm Church Karaoke</p>	<p>26</p> <p>9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.30 Carpet Bowls 1.15 - Scenic Outing with Ice-cream 3.15 - Library Trolley Visits</p>	<p>30</p> <p>9.30 - Coffee in the Café 10.15 - Seated Fitness Fun 10.45 - Story Circle 11.00 - Church Karoke 1.30 - 2.30 Happy Hour</p>	<p>31</p> <p>10.20 Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	