

# DECEMBER 2023 ACTIVITY CALENDAR - MACLEAY VALLEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>In House TV each day</b> Channel 700, 701, 702, 703				1 9.30 - Coffee in the Café 10.30 - Morning tea on the verandah 11.00 - Church Karaoke 2.00 - Happy Hour 	2 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	3 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
4  Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 9.45 - Seated exercises 10.00 - Craft Group 2.00 - Bingo 	5 9.30 - Coffee in Cafe 9.45 - Seated Exercises 10.30 - Virtual reality 2.00 - Falls Prevention Exercises 2.00 - Virtual reality	6 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 12.00 Residents Christmas party	7 9.30 - Coffee in the Café 10.30 - Carpet Bowls 12.00 Residents Christmas Willow and Wattle 1.30 - Movie in Cinema 3.15 - Library Trolley Visits 	8  9.30 - Coffee in the Café 10.30 - Relaxing pampering 11.00 - Church Karaoke 2.00 - Happy Hour 	9 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	10 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
11 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Armchair Travel	12 9:30 - Coffee in the Cafe 10.30 - Bingo 11.15 - Falls Prevention Exercises 2.00 - Quizzes 	13 9.00 - Walking Group 9.30 - Coffee in the Café 10.30 - Table Games 2.00 - Music and Milkshakes 	14 9.30 - Coffee in the Café 10.30 - Chair hockey 10.30 - Bus Outing - luncheon 1.30 - Movie in Cinema 3.15 - Library Trolley Visits 	15 9.30 - Coffee in the Café 10.45 - Morning tea on the verandah 11.00 - Church Karaoke 2.00 - Happy Hour 	16 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	17 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
18 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Bingo 	19 9.30 - Coffee in Cafe 10.30 - Carpet bowls 11.15 - Falls prevention exercises 2.00 - Quizzes 	20 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Carnival Games 2.00 - Virtual Reality 3.30 - Residents Advisory Committee Meeting 	21 9.30 - Coffee in the Café 10.15 - Bus Outing - luncheon 10.30 Carpet Bowls 1.30 - Movie in Cinema 3.15 - Library Trolley Visits 	22 9.30 - Coffee in the Café 10.45 - Story circle 11.00 - Church Karaoke 2.00 - Happy Hour 	23 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	24 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
25 <b>CHRISTMAS DAY</b> Spreading Christmas cheer to all the residents.	26 <b>BOXING DAY</b> 10.30 - Table games Independent Activities 1.00 - Afternoon movie	27 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Residents birthday Party 	28 9.30 - Coffee in the Café 10.30 - Bus outing - luncheon 10.30 - Craft in Craft Room 1.30 - Movie in Cinema 3.15 - Library Trolley Visits 	28 	30 	31 