

JANUARY 2024 ACTIVITY CALENDAR - MACLEAY VALLEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 NEW YEARS DAY 9.00 - Walking Group 9.30 - Coffee in the Café 10.00 - Craft Group Independent Activities	2 9:30 - Coffee in the Cafe 10.30 - Bingo 11.15 - Falls Prevention Exercises 2.00 - Quizzes 	3 9.00 - Walking Group 9.30 - Coffee in the Café 10.30 - Table Games 2.00 - Drumming with Leah 	4 9.30 - Coffee in the Café 10.30 - Scenic Bus Outing 10.30 - Craft in Craft Room 1.15 - Scenic Bus Outing 1.30 - Movie in Cinema 3.15 - Library Trolley Visits	5 9.30 - Coffee in the Café 10.30 - 2023 - Year in Review 11.00 - Church Karaoke 2.00 - Happy Hour 	6 10.20 - Bingo Independent Activities Newspaper Reading  1.00 - Afternoon Movie	7 9.00 - Church Karaoke 10.20 - Table Games  Independent Activities 1.00 - Afternoon Movie
8  Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 9.45 - Seated exercises 10.00 - Craft Group 2.00 - Armchair travel	9 9.30 - Coffee in Cafe 9.45 - Seated Exercises 10.30 - Bingo 2.00 - Falls Prevention Exercises 2.00 - Brain games with words 	10 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 1.30 - Residents and Relatives Meet 2.00 - Music and Milkshakes	11 9.30 - Coffee in the Café 10.15 - Scenic bus outing 10.30 - Carpet Bowls 1.15 - Scenic bus outing 1.30 - Movie in Cinema 3.15 - Library Trolley Visits 	12 9.30 - Coffee in the Café 10.30 - Relaxing pampering 11.00 - Church Karaoke 2.00 - Happy Hour 	13 10.20 - Bingo  Independent Activities Newspaper Reading 1.00 - Afternoon Movie	14 9.00 - Church Karaoke 10.20 - Table Games Independent Activities  1.00 - Afternoon Movie
15 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Bingo 	16 9:30 - Coffee in the Cafe 10.30 - Bingo 11.15 - Falls Prevention Exercises 2.00 - Quizzes 	17 9.00 - Walking Group 9.30 - Coffee in the Café 10.30 - Table Games 2.00 - Drumming with Cath and Leah 	18 9.30 - Coffee in the Café 10.15 Scenic Bus Outing 10.30 - Chair Hockey 1.15 - Scenic Bus Outing 1.30 - Movie in Cinema 3.15 - Library Trolley Visits 	19 9.30 - Coffee in the Café 10.30 - Morning tea on the veranda 11.00 - Church Karaoke 2.00 - Happy Hour 	20 10.20 - Bingo Independent Activities Newspaper Reading  1.00 - Afternoon Movie	21 9.00 - Church Karaoke 10.20 - Table Games  Independent Activities 1.00 - Afternoon Movie
22 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	23 9.30 - Coffee in Cafe 10.30 - Carpet bowls  11.15 - Falls prevention exercises 2.00 - Brain Games	24 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Carnival Games 2.00 - Music and Milkshakes 3.30 - Residents Advisory Committee Meeting	25 9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.30 Carpet Bowls  1.15 - Scenic Bus Outing 1.30 - Movie in Cinema 3.15 - Library Trolley Visits	26 9.30 - Coffee in the Café 10.45 - Story circle 11.00 - Church Karaoke 2.00 - Happy Hour 	27 10.20 - Bingo  Independent Activities Newspaper Reading 1.00 - Afternoon Movie	28 9.00 - Church Karaoke 10.20 - Table Games Independent Activities Newspaper Reading 1.00 - Afternoon Movie 
29 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Bingo 	30 9:30 - Coffee in the Cafe 10.30 - Bingo 11.15 - Falls Prevention Exercises 2.00 - Quizzes 	31 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 	In House TV each day Channel 700, 701, 702, 703			