

FEBRUARY 2024 ACTIVITY CALENDAR - MACLEAY VALLEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
In House TV each day Channel 700, 701, 702, 703			1	2	3	4
				9.30 - Coffee in the Café 10.30 - Morning tea on the verandah 11.00 - Church Karoke 2.00 - Happy Hour 	10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
 5 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 9.45 - Seated exercises 10.00 - Craft Group 2.00 - Bingo 	6 9.30 - Coffee in Cafe 10.00 - Mindful Meditation 10.30 - Virtual reality 2.00 - Falls Prevention Eercises 2.00 - Fun with words	7 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Residents memorial service 1.30 - Residents and Relatives meeting 2.00 - Music and Milkshakes 	8 9.30 - Coffee in the Café 10.30 - Carpet Bowls 11.00 - Bus outing - luncheon 1.30 - Movie in Cinema 3.15 - Library Trolley Visits	9 9.30 - Coffee in the Café 10.30 - Relaxing pampering 11.00 - Church Karoke 2.00 - Happy Hour 	10 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	11 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
12 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 10.00 - Humanitarian Clowns 10.00 - Craft Group 2.00 - Armchair Travel	13 9:30 - Coffee in the Cafe 10.00 - Mindful Meditation 10.30 - Pancake Tuesday - pancake making in he café 2.00 - Falls prevention exercises 2.00 - Quizzes 	14 9.00 - Walking Group 9.30 - Coffee in the Café 10.30 - Table Games 2.00 - Drumming	15 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	16 9.30 - Coffee in the Café 10.45 - Discussion group 11.00 - Church Karoke 2.00 - Happy Hour 	17 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	18 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
19 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 10.00 - Craft Group 2.00 - Bingo 	20 9.30 - Coffee in Cafe 10.00 - Mindful Meditation 10.30 - Carpet bowls  2.00 - Falls prevention exercises 2.00 - Quizzes 	21 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	22 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	23 9.30 - Coffee in the Café 10.45 - Story circle 11.00 - Church Karoke 2.00 - Happy Hour 	24 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	25 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
26 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 10.00 - Humanitarian Clowns 10.00 - Craft Group 2.00 - Armchair Travel	 27 9.30 - Coffee in Cafe 10.00 - Mindful Meditation 10.30 - Virtual reality 2.00 - Falls Prevention Eercises 2.00 - Fun with words	28 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 	29 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 			