

January 2021 East Wing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				New Years Day 1 Public Holiday 	2 10:00 Exercise, Trivia & Entertainment with Simon	3 10:00 Housie
10:00 Newspaper 10:30 Trivia 11:30 Exercise 1:30 Hand & Nail Pamper	4 10:00 Newspaper 10:30 Simon Plays Piano 11:30 Exercise 2:00 Word Games	5 10:00 Scenic Bus Drive 10:00 Reminiscing Session 11:30 Chair Yoga 2:00 Housie	6 10:00 Putt Putt Golf 11:00 Exercise 11:30 Prayer Group 2:00 Google Earth	7  10:30 Concert with Daniel Arvidson 1:45 Movie Afternoon 3:00 Ice Cream Afternoon Elvis Presley's Birthday	8 10:00 Exercise, Trivia & Entertainment with Matthew	9 10:00 Housie
10:00 Newspaper 10:30 Les Plays Piano 1:30 Hand & Nail Pamper	10 10:00 Newspaper 10:30 Connect Four 2:00 Who Am I?	11 10:00 Scenic Bus Drive 10:00 Morning Tea on Lambton Balcony 11:30 Chair Yoga 2:00 Housie	12 10:00 The Beetle Game 9:30 Cooking Pancakes 11:00 Exercise 11:30 Prayer Group 2:00 Table Games	13 10:00 Newspaper & Choir 11:30 Exercise 1:45 Movie Afternoon	14 10:00 Exercise, Trivia & Entertainment with Simon	15 10:00 Housie
10:00 Newspaper 10:30 Trivia 11:30 Exercise 1:30 Hand & Nail Pamper	16 10:00 Newspaper 10:30 Linda Plays Piano 11:30 Exercise 2:00 Jingle Jangle	17 10:30 Bus Trip Lunch at Lemon Tree Passage Bowling Club 10:00 Reminiscing Session 11:30 Chair Yoga 2:00 Housie	18 10:00 Ten Pin Bowling 11:00 Exercise 11:30 Prayer Group 2:00 Armchair Travel to Australia	19 10:00 Newspaper & Choir 11:00 Resident's Meeting 1:45 Movie Afternoon	20 10:00 Exercise, Trivia & Entertainment with Matthew	21 10:00 Housie
10:00 Newspaper 10:30 Les Plays Piano 1:30 Hand & Nail Pamper	22 Public Holiday  Australia Day Lunch Served in Dining Room at 12:30	23 10:00 Scenic Bus Drive 10:00 Morning Tea on Lambton Balcony 11:30 Chair Yoga 2:00 Housie Mozart's Birthdav	24 10:00 Carpet Bowls 11:00 Exercise 11:30 Prayer Group 2:00 Happy Hour with Mozart Tribute	25 10:00 Newspaper & Choir 11:00 Resident's Meeting 1:45 Movie Afternoon	26 10:00 Exercise, Trivia & Entertainment with Simon	27 10:00 Housie
10:00 Newspaper 10:30 Les Plays Piano 1:30 Hand & Nail Pamper				28 10:00 Newspaper & Choir 11:00 Resident's Meeting 1:45 Movie Afternoon	29 10:00 Exercise, Trivia & Entertainment with Simon	30 10:00 Housie
						31 10:00 Housie