

# January 2019

# Nursing Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BIRTHDAYS</b> 3rd Nell 4th Thelma L 13th Val S		<b>1</b> 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Ice cream & Giggle 3pm Movie	<b>2</b> 9am Exercises 9.30 M/Tea Bus 10am White board games 12.30 S/T Massage 1.30 Sing a Long	<b>3</b> 9am Ball Games 10.30 B/Day for Nell 12.30 S/T Massage 1.30 Quizzes & Jokes 3pm Movie	<b>4</b> 9am Exercises 10.30 B/Day for Thelma 12.30 Nail Care 1.30 Colour Therapy 3pm Movie	<b>5</b> 9.15 Exercises 10am Bingo 12.30 Massage 1.30 Craft 3pm Movie
<b>6</b> 9.15 Exercises 10am Card Bingo 12.30 Massage 1.30 Cooking 3pm Movie	<b>7</b> <b>ELVIS WEEK</b> 9am Exercises 10.30 BasketBall 1.30 Remember Elvis 3pm Movie	<b>8</b> <b>Elvis' Birthday</b> 9am Exercises 10.30 You Tube Elvis 12.30 Nail Care 1.30 Ice cream & Giggle 3pm Movie	<b>9</b> 9am Exercises 9.30 M/Tea Bus 10am White board games 12.30 S/T Massage 1.30 Sing a Long	<b>10</b> 9am Ball Games 10.30 Quoits 12.30 S/T Massage 1.30 Quizzes & Jokes 3pm Movie	<b>11</b> 9.30 Catholic Mass 9am Exercises 10.30 Cooking 12.30 Nail Care 1.30 Colour Therapy 3pm Movie	<b>12</b> 9.15 Exercises 10am Bingo 12.30 Massage 1.30 Craft 3pm Movie
<b>13</b> 9.15 Exercises 10am Card Bingo 12.30 Massage 1.30 Cooking 3pm Movie	<b>14</b> 9am Exercises 10am B/Day for Val 1.30 Remember Family Holidays 3pm Movie	<b>15</b> 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Ice cream & Giggle 3pm Movie	<b>16</b> 9am Exercises 9.30 M/Tea Bus 10am White board games 12.30 S/T Massage 1.30 Sing a Long	<b>17</b> 9am Ball Games 10.30 Quoits 12.30 S/T Massage 1.30 Quizzes & Jokes 3pm Movie	<b>18</b> 9am Exercises 10.30 Cooking 12.30 Nail Care 1.30 Colour Therapy 3pm Movie	<b>19</b> 9.15 Exercises 10am Bingo 12.30 Massage 1.30 Craft 3pm Movie
<b>20</b> 9.15 Exercises 10am Card Bingo 12.30 Massage 1.30 Cooking 3pm Movie	<b>21</b> 9am Exercises 10.30 BasketBall 1.30 Remember When 3pm Movie	<b>22</b> 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Ice cream & Giggle 3pm Movie	<b>23</b> 9am Exercises 9.30 M/Tea Bus 10am White board games 12.30 S/T Massage 1.30 Sing a Long	<b>24</b> 9am Ball Games 10.30 Quoits 12.30 S/T Massage 1.30 Quizzes & Jokes 3pm Movie	<b>25</b> AUSTRALIA DAY BBQ 10.30 Courtyard Concert 12 BBQ Lunch 1.30 Australian Quizzes 3pm A/Tea & Movie	<b>26</b> 9.15 Exercises 10am Bingo 12.30 Massage 1.30 Craft 3pm Movie
<b>27</b> 9.15 Exercises 10am Card Bingo 12.30 Massage 1.30 Cooking 3pm Movie	<b>28</b> 9am Exercises 10.30 BasketBall 1.30 Remember When 3pm Movie	<b>29</b> 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Ice cream & Giggle 3pm Movie	<b>30</b> 9am Exercises 10am Current Affairs 11am Lunch Bus 2pm Sing a Long 3pm Movie	<b>31</b> 9am Ball Games 10.30 Quoits 12.30 S/T Massage 1.30 Quizzes & Jokes 3pm Movie		