

# January 2019

# The Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BIRTHDAYS</b> 4th Joane		<b>1</b> 9am Balloon Tennis 10.30 Quoits 12.30 Nail Care 1.30 Sing a Long 3pm Movie	<b>2</b> 9am Ball Games 10.30 Garden Club 12.30 S/T Massage 1.30 Table Activities 3pm Movie	<b>3</b> 9am Sonas 10.30 Poetry & Sunshine 1.30 S/T Massage 1.30 Colour Therapy 3pm Movie	<b>4</b> 9am Exercises 10.30 B/Day M/Tea Joane 12.30 S/T Massage 1.30 Ice Cream & Giggles 3pm Movie	<b>5</b> 9.15 Sonas 10.30 Craft 12.30 Music & Massage 1.30 Sing a Long 2pm Movie
<b>6</b> 9.15 Sonas 10.30 Cooking 12.30 Music & Massage 1.30 Sing a Long 3pm Movie	<b>7</b> 9.30 M/Tea Bus 12.30 S/T Massage 1.30 Table Games 3pm Movie	<b>8</b> 9am Balloon Tennis 10.30 Quoits 12.30 Nail Care 1.30 Sing a Long 3pm Movie	<b>9</b> 9am Ball Games 10.30 Garden Club 12.30 S/T Massage 1.30 Table Activities 3pm Movie	<b>10</b> 9am Sonas 10.30 Poetry & Sunshine 1.30 S/T Massage 1.30 Colour Therapy 3pm Movie	<b>11</b> 9am Exercises 10.30 Garden Reading 12.30 S/T Massage 1.30 Ice Cream & Giggles 3pm Movie	<b>12</b> 9.15 Sonas 10.30 Craft 12.30 Music & Massage 1.30 Sing a Long 2pm Movie
<b>13</b> 9.15 Sonas 10.30 Cooking 12.30 Music & Massage 1.30 Sing a Long 3pm Movie	<b>14</b> 9.30 M/Tea Bus 12.30 S/T Massage 1.30 Table Games 3pm Movie	<b>15</b> 9am Balloon Tennis 10.30 Quoits 12.30 Nail Care 1.30 Sing a Long 3pm Movie	<b>16</b> 9am Ball Games 10.30 Garden Club 12.30 S/T Massage 1.30 Table Activities 3pm Movie	<b>17</b> 9am Sonas 10.30 Poetry & Sunshine 1.30 S/T Massage 1.30 Colour Therapy 3pm Movie	<b>18</b> 9am Exercises 10.30 Garden Reading 12.30 S/T Massage 1.30 Ice Cream & Giggles 3pm Movie	<b>19</b> 9.15 Sonas 10.30 Craft 12.30 Music & Massage 1.30 Sing a Long 2pm Movie
<b>20</b> 9.15 Sonas 10.30 Cooking 12.30 Music & Massage 1.30 Sing a Long 3pm Movie	<b>21</b> 9.30 M/Tea Bus 12.30 S/T Massage 1.30 Table Games 3pm Movie	<b>22</b> 9am Balloon Tennis 10.30 Quoits 12.30 Nail Care 1.30 Sing a Long 3pm Movie	<b>23</b> 9am Ball Games 10.30 Garden Club 12.30 S/T Massage 1.30 Table Activities 3pm Movie	<b>24</b> 9am Sonas 10.30 Poetry & Sunshine 1.30 S/T Massage 1.30 Colour Therapy 3pm Movie	<b>25</b> AUSTRALIA DAY BBQ 10.30 Concert 12 BBQ 1.30 Ice Cream & Giggles	<b>26</b> 9.15 Sonas 10.30 Craft 12.30 Music & Massage 1.30 Sing a Long 2pm Movie
<b>27</b> 9.15 Sonas 10.30 Cooking 12.30 Music & Massage 1.30 Sing a Long 3pm Movie	<b>28</b> 9.30 M/Tea Bus 12.30 S/T Massage 1.30 Table Games 3pm Movie	<b>29</b> 9am Balloon Tennis 10.30 Quoits 12.30 Nail Care 1.30 Sing a Long 3pm Movie	<b>30</b> 9am Ball Games 10.30 Garden Club 12.30 S/T Massage 1.30 Table Activities 3pm Movie	<b>31</b> 9am Sonas 10.30 Poetry & Sunshine 1.30 S/T Massage 1.30 Colour Therapy 3pm Movie		