

# January 2019

# The Shores

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BIRTHDAYS</b> 4th Fred W 15th Thelma G Jean R		<b>1</b> 9am Ball Games 10.30 Darts 1.30 Whiteboard Games 3pm A/Tea	<b>2</b> 9am Walks 9.30 Room Visits 10.30 Bowls 1.30 Sing a Long requests 3pm A/Tea	<b>3</b> 9am Exercises 10am B/Day Fred 10.30 Golf 1.30 Assisted Shopping Bus 3pm A/Tea	<b>4</b> 9am Exercises 10.30 Bingo 1.30 A/Tea Bus	<b>5</b> Music Current Affairs Netflix
<b>6</b> Board Games Netflix	<b>7</b> 9am Exercises 9.30 Room Visits 10.30 Bingo 1.30 Shuffleboard 3pm A/Tea	<b>8</b> 9am Ball Games 10.30 Darts 1.30 Whiteboard Games 3pm A/Tea	<b>9</b> 9am Walks 9.30 Room Visits 10.30 Bowls 1.30 Sing a Long requests 3pm A/Tea	<b>10</b> 9am Exercises 10.30 Golf 1.30 Shopping Bus 2pm Card Bingo 3pm A/Tea	<b>11</b> 9am Exercises 9.30 Catholic Mass 10.30 Bingo 1.30 A/Tea Bus	<b>12</b> Music Current Affairs Netflix
<b>13</b> Board Games Netflix	<b>14</b> 9am Exercises 9.30 Room Visits 10.30 Bingo 1.30 Shuffleboard 3pm A/Tea	<b>15</b> 9am Ball Games 10am B/Day Thelma & Jean 10.30 Darts 1.30 Whiteboard Games 3pm A/Tea	<b>16</b> 9am Walks 9.30 Room Visits 10.30 Bowls 1.30 Sing a Long requests 3pm A/Tea	<b>17</b> 9am Exercises 10.30 Golf 1.30 Shopping Bus 2pm Card Bingo 3pm A/Tea	<b>18</b> 9am Exercises 10.30 Bingo 1.30 A/Tea Bus	<b>19</b> Music Current Affairs Netflix
<b>20</b> Board Games Netflix	<b>21</b> 9am Exercises 9.30 Room Visits 10.30 Bingo 1.30 Shuffleboard 3pm A/Tea	<b>22</b> 9am Ball Games 10.30 Darts 1.30 Whiteboard Games 3pm A/Tea	<b>23</b> 9am Walks 9.30 Room Visits 10.30 Bowls 1.30 Sing a Long requests 3pm A/Tea	<b>24</b> 9am Exercises 10.30 Golf 1.30 Shopping Bus 2pm Card Bingo 3pm A/Tea	<b>25</b> AUSTRALIA DAY BBQ 10.30 Concert 12 BBQ Lunch 1pm A/Tea Bus	<b>26</b> Music Current Affairs Netflix
<b>27</b> Board Games Netflix	<b>28</b> 9am Exercises 9.30 Room Visits 10.30 Bingo 1.30 Shuffleboard 3pm A/Tea	<b>29</b> 9am Ball Games 10.30 Darts 1.30 Whiteboard Games 3pm A/Tea	<b>30</b> 9am Walks 9.30 Room Visits 10.30 Bowls 1.30 Sing a Long requests 3pm A/Tea	<b>31</b> 9am Exercises 10.30 Golf 1.30 Card Bingo 3pm A/Tea		