

January 2019

Haven

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BIRTHDAYS 13th Vivian		1 9am ballon tennis 10am Mt Bus 1.30 sing a long 3.30 movie	2 9am Exercises 10.30 Quoits 1.30 Colour Therapy 3.30 movie	3 9am Ball Games 10.30 Bingo 1.30 Nail Care & Hand Massage 3.30 Movie	4 9.30 Exercises 10.30 Cooking 1.30 Colouring In/Art 3.30 Comedy Movie	5 9am Exercises 10.30 Sing a Long 1.30 Table Games 3.30 B&W Movie
6 9am Exercises 10.30 Remember When 1.30 S/T Massage 3.30 Movie	7 9.30 Mobility Exercises 10.30 games with the girls 1.30 Ice gream and Quizzes in courtyard 3.30 Colour therapy	8 9am ballon tennis 10am Mt Bus 1.30 sing a long 3.30 Garden reading	9 9am Exercises 10.30 Quoits 1.30 craft 3.30 Snakes and ladders	10 9am Ball Games 10.30 Bingo 1.30 Nail Care & Massage 1.30 Elvis	11 9.30 Exercises 10.30 Cooking 1.30 Colouring In/Art 3.30 Remember when	12 9am Exercises 10.30 Sing a Long 1.30 Table Games 3.30 B&W Movie
13 9am Exercises 10am B/Day for Vivian 1.30 S/T Massage 3.30 Movie	14 9.30 Mobility Exercises 10.30 games with the girls 1.30 Ice gream and Quizzes in courtyard 3.30 Colour therapy	15 9am ballon tennis 10am Mt Bus 1.30 sing a long 3.30 Garden reading	16 9am Exercises 10.30 Quoits 1.30 Craft 3.30 Snakes and ladders	17 9am Ball Games 10.30 Bingo 1.30 Nail care & Massage 3.30 Darts	18 9.30 Exercises 10.30 Cooking 1.30 Colouring In/Art 3.30 Remember when	19 9am Exercises 10.30 Sing a Long 1.30 Table Games 3.30 B&W Movie
20 9am Exercises 10.30 Remember When 1.30 S/T Massage 3.30 Movie	21 9.30 Mobility Exercises 10.30 games with the girls 1.30 Ice gream and Quizzes in courtyard 3.30 Colour therapy	22 9am ballon tennis 10am Mt Bus 1.30 sing a long 3.30 Garden reading	23 9am Exercises 10.30 Quoits 1.30 Craft 3.30 Snakes and ladders	24 9am Ball Games 10.30 Bingo 1.30 Nail care and massage 3.30 Darts	25 AUSTRALIA DAY BBQ 10.30 Australia Day Concert 12.30 Aust Day BBQ arts	26 9am Exercises 10.30 Sing a Long 1.30 Table Games 3.30 B&W Movie
27 9am Exercises 10.30 Remember When 1.30 S/T Massage 3.30 Movie	28 9.30 Mobility Exercises 10.30 games with the girls 1.30 Ice gream and Quizzes in courtyard 3.30 Colour therapy	29 9am ballon tennis 11am Lunch bus 2.30 Garden reading	30 9am Exercises 10.30 Quoits 1.30 craft 3.30 Snakes and ladders	31 9am Ball Games 10.30 Bingo 1.30 Nail Care & Massage 3.30 Darts		