

January 2021

Nursing Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BIRTHDAYS 13th Vivian T 19th Dot I					1 New Year's Day 9am Exercises 10.30 Darts 12.30 ST Massage 1.30 Sing a Long 3pm Movie	2 9.30 Exercises 10.30 Music Bingo 12.30 ST Massage 1.30 Letter Game 3pm Movie
3 9.30 Exercises 10.30 Bingo 12.30 ST Massage 1pm Read a bit Talk a bit 3pm Movie	4 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Who Wants to be a Millionaire 3pm Movie	5 9am Exercises 10.30 Bobs Balls 12.30 ST Massage 1.30 Word Game 3pm Movie	6 9am Exercises 10.30 Golf 12.30 ST Massage 1.30 Ice Cream & Giggles 3pm Movie	7 9am Exercises 10.30 Tube Game 12.30 ST Massage 1.30 Poetry 3pm Movie	8 9am Exercises 10.30 Darts 12.30 ST Massage 1.30 Sing a Long 3pm Movie	9 9.30 Exercises 10.30 Music Bingo 12.30 ST Massage 1.30 Letter Game 3pm Movie
10 9.30 Exercises 10.30 Bingo 12.30 ST Massage 1pm Read a bit Talk a bit 3pm Movie	11 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Who Wants to be a Millionaire 3pm Movie	12 9am Exercises 10.30 Bobs Balls 12.30 ST Massage 1.30 Word Game 3pm Movie	13 9am Exercises 10am Bday for Vivian 10.30 Golf 12.30 ST Massage 1.30 Ice Cream & Giggles 3pm Movie	14 9am Exercises 10.30 Tube Game 12.30 ST Massage 1.30 Poetry 3pm Movie	15 9am Exercises 10.30 Darts 12.30 ST Massage 1.30 Sing a Long 3pm Movie	16 9.30 Exercises 10.30 Music Bingo 12.30 ST Massage 1.30 Letter Game 3pm Movie
17 9.30 Exercises 10.30 Bingo 12.30 ST Massage 1pm Read a bit Talk a bit 3pm Movie	18 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Who Wants to be a Millionaire 3pm Movie	19 9am Exercises 10am Bday for Dot 10.30 Bobs Balls 12.30 ST Massage 1.30 Word Game 3pm Movie	20 9am Exercises 10.30 Thong toss 12.30 ST Massage 1.30 Ice Cream & Giggles 3pm Movie	21 9am Exercises 10.30 Tube Game 12.30 ST Massage 1.30 Poetry 3pm Movie	22 9am Exercises 10.30 Darts 12.30 ST Massage 1.30 Sing a Long 3pm Movie	23 9.30 Exercises 10.30 Music Bingo 12.30 ST Massage 1.30 Letter Game 3pm Movie
24 9.30 Exercises 10.30 Bingo 12.30 ST Massage 1pm Read a bit Talk a bit 3pm Movie	25 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Who Wants to be a Millionaire 3pm Movie	26 Australia Day BBQ 1pm Thong Toss Final	27 9am Exercises 10.30 Golf 12.30 ST Massage 1.30 Ice Cream & Giggles 3pm Movie	28 9am Exercises 10.30 Tube Game 12.30 ST Massage 1.30 Poetry 3pm Movie	29 9am Exercises 10.30 Darts 12.30 ST Massage 1.30 Sing a Long 3pm Movie	30 9.30 Exercises 10.30 Music Bingo 12.30 ST Massage 1.30 Letter Game 3pm Movie
31 9.30 Exercises 10.30 Bingo 12.30 ST Massage 1pm Read a bit Talk a bit 3pm Movie						