

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>31 9.30 LET'S MOVE LIFESTYLE FITNESS All levels</p> <p>10.30 Interfaith Communion Service</p> <p>2PM BINGO COVE</p> 		<p><i>Merry Christmas</i></p> 			<p>1 RED CROSS VISITORS All Areas</p> <p>SUNSHINE THERAPY All areas</p> <p>1:1 ACTIVITIES with Care Staff</p>	<p>2 1:1 ACTIVITIES with Care Staff</p> <p>11.30 Songs of Praise ABC2</p>
<p>3 9.30 LET'S MOVE LIFESTYLE FITNESS All levels</p> <p>10.30 Interfaith Communion Service</p> <p>2PM BINGO COVE</p> 	<p>4 9.30 STRETCH & FLEX GYM WORKOUT</p> <p>DECK THE HALLS AT LOROCCO</p> <p>2.30 COOKING CHRISTMAS PIKELETS</p>	<p>5 9.30 ZUMBA & WEIGHTS—Cove</p> <p>11-3PM LOVELY NAILS & SALON SPA DAY All Areas</p>	<p>6 10.00 CONCERT with DENNIS BOLAND BBQ/HAPPY HOUR</p> <p>CHRISTMAS CRAFT All Areas</p> 	<p>7 10.00 MOTHER DUCK Intergenerational Friendship group</p> <p>GAMES & PUZZLES</p> <p>2.30 Ice Cream Trolley All areas</p>	<p>8 RED CROSS VISITORS All Areas</p> <p>SUNSHINE THERAPY All areas</p> <p>1:1 ACTIVITIES with Care Staff</p>	<p>9 1:1 ACTIVITIES with Care Staff</p> <p>11.30 Songs of Praise ABC2</p>
<p>10 9.30 LET'S MOVE LIFESTYLE FITNESS All levels</p> <p>10.30 Interfaith Communion Service</p> <p>2PM BINGO COVE</p> 	<p>11 9.30 STRETCH & FLEX GYM WORKOUT</p> <p>10.00 MUSIC THERAPY With Fiona TERRACE</p> <p>3PM QUIZ & TRIVIA Everything about Xmas</p> 	<p>12 9.00 ZUMBA & WEIGHTS—Cove</p> <p>10.30 ITALIAN LUNCH AT PORTOFINO</p> <p>HAIRDRESSER VISITS</p> 	<p>13 9.00 EXERCISES SUNSHINE THERAPY</p> <p>10.30 GATEWAY CHURCH VISITS</p> <p>CHRISTMAS ART Coloring</p> 	<p>14 9.30 SHOPPING OUTING CARINDALE</p> <p>11.00 MUSIC THERAPY With Fiona Terrace</p> <p>2.30 Ice-cream Trolley All areas</p> 	<p>15 SUNSHINE THERAPY All areas</p> <p>1:1 ACTIVITIES with Care Staff</p>	<p>16 1:1 ACTIVITIES with Care Staff</p> <p>11.30 Songs of Praise ABC2</p>
<p>17 9.30 LET'S MOVE LIFESTYLE FITNESS All levels</p> <p>10.30 Interfaith Communion Service</p> <p>2PM BINGO COVE</p> 	<p>18 9.00 STRETCH & FLEX CLASS</p> <p>10.00 Catholic Mass</p> <p>10.00 MUSIC THERAPY With Fiona</p>  	<p>19 9.00 ZUMBA & WEIGHTS—Cove</p> <p>10.00 RESIDENTS & RELATIVES MEETING</p> <p>11.00 CRAFT Paper Bows & Gift Wrapping</p> 	<p>20 9.30 EXERCISES SUNSHINE THERAPY</p> <p>COOKING XMAS TREATS Coconut Ice & Rum Balls</p>	<p>21 10.00 LOROCCO Residents & Relatives CHRISTMAS PARTY</p> <p>CONCERT with Dennis Boland</p> 	<p>22 SUNSHINE THERAPY All areas</p> <p>1:1 ACTIVITIES with Care Staff</p>	<p>23 1:1 ACTIVITIES with Care Staff</p> <p>11.30 Songs of Praise ABC2</p>
<p>24 9.30 LET'S MOVE LIFESTYLE FITNESS All levels</p> <p>10.30 Interfaith Communion Service</p> <p>2PM BINGO COVE</p> 	<p>25 SANTA VISITS</p> 	<p>26 BOXING DAY</p> <p>SYDNEY TO HOBART YACHT RACE STARTS</p>	<p>27 10.00 CARINA LEAGUES CLUB MORNING MELODIES</p> <p>3PM STORY TIME A Christmas Carol</p> 	<p>28 9.30 CHRISTMAS SEATED JAZZERCISE</p> <p>QUIZ and TRIVIA</p> <p>2.30 Ice-cream Trolley All areas</p>	<p>29 SUNSHINE THERAPY All areas</p> <p>1:1 ACTIVITIES with Care Staff</p>	<p>30 1:1 ACTIVITIES with Care Staff</p> <p>11.30 Songs of Praise ABC2</p>