

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|--|---|
| 1st February | 2nd February | 3rd February | 4th February | 1st January | 2nd January | 3rd |
| 9:30am Physio Exercises (LB) 10:30am Hollywood Trivia (ST) 1:30pm Arts & Craft (AV) 1:30pm Bobs (LB) 3:00pm Movies (ST) | 9:15am Exercises (ST) 10:30am Cooking (LB) 10:30am Men's Workshop (BBQ) area 1:30pm Hookey (LB) 3:00pm Movies (ST) | 9:15am Exercises (ST) 10:30am Bingo (EB) 1:30pm Ice-Cream Trolley 2:30pm Netflix series - The Crown (ST) | 9:30am Physio Exercises (LB) 10:30am Pamper (AV) 1 : 1 Visits 1:30pm Arts & Craft (AV) 1:30pm Shopping Trolley 3:00pm Movies (ST) | NEW YEARS DAY  Watch the Activities boards | 9:30am Golden Melodies Sing-a-long (LD) 10:30am Board Games & Trivia (ST) 1:30pm Hoy (LB) 3:00pm Movie (ST) | 9:30am Golden Melodies Sing-a-long (LD) 10:30am Word Games (ST) 10:30am Online Church Service (WW) 1:30pm Bingo (LB) 3:00pm Movie (ST) |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 9:30am Physio Exercises (LB) 10:30am Quoits (LB) 1:1 Visits 1:30pm Arts & Craft (AV) 1:30pm Bobs (LB) 3:00pm Movies (ST) | 9:15am Exercises (ST) 10:30am Cooking (LB) 10:30am Men's Workshop (BBQ) area 1:30pm Pool Comp (LB) 3:00pm Movies (ST) | 9:15am Exercises (ST) 10:30am Resident and Relative Meeting (ST) 1:30pm Ice-Cream Trolley 2:30pm Netflix series - The Crown (ST) | 9:30am Physio Exercises (LB) 10:30am Trivia (ST) 1 : 1 Visits 1:30pm Arts & Craft (AV) 1:30pm Shopping Trolley 3:00pm Movies (ST) | 9:15am Pain free clinic + Exercises (LB) 10:30am Concert with Dennis (ST) 1:30pm Bocce (LB) 3:00pm Movies (ST) | 9:30am Golden Melodies Sing-a-long (LD) 10:30am Board Gamers/ Trivia (ST) 1:30pm Hoy (LB) 3:00pm Movie (ST) | 9:30am Golden Melodies Sing-a-long (LD) 10:30am Word Games (ST) 10:30am Online Church Service (WW) 1:30pm Bingo (LB) 3:00pm Movie (ST) |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 9:30am Physio Exercises (LB) 10.30 Quoits (LB) 1:1 Visits 1:30pm Arts & Craft (AV) 1:30pm Bobs (LB) 3:00pm Movies (ST) | 9:15am Exercises (ST) 10:30am Cooking (LB) 10:30am Anglican Church (WW) 1:30pm Pool comp (LB) 3:00pm Movies (ST) | 9:15am Exercises (ST) 10:30am Concert with Nathaniel (ST) 1:30pm Ice-Cream Trolley 2:30pm Netflix series - The Crown (ST) | 9:30am Physio Exercises (LB) 10:30am Pamper (AV) 1 : 1 Visits 1:30pm Arts & Craft (AV) 1:30pm Shopping Trolley 3:00pm Movies (ST) | 9:15am Pain free clinic + Exercises (LB) 10:30am The Price is Right (ST) 1:30pm Circle of Men (ST) 1:30pm Bocce (LB) 3:00pm Movies (ST) | 9:30am Golden Melodies Sing-a-long 10:30am Board games/ Trivia (ST) 1:30pm Hoy (LB) 3:30pm Movie (ST) | 9:30am Golden Melodies Sing-a-long (LD) 10:30am Word Games (ST) 10:30am Online Church Service (WW) 1:30pm Bingo (LB) 3:00pm Movie (ST) |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 9:30am Physio Exercises (LB) 10:30am Hollywood Trivia (ST) 1:1 Visits 1:30pm Arts & Craft (AV) 1:30pm Bobs (LB) 3:00pm Movies (ST) | 9:15am Exercises (ST) 10:30am Concert with Cameron Smith 1:30 pm Hookey (LB) 3:00pm Movie (ST) | 9:15am Exercises (ST) 10:30am Bingo (EB) 1:30pm Ice-Cream Trolley 2:30pm Netflix series - The Crown (ST) | 9:30am Physio Exercises (LB) 10:30am Trivia (ST) 1:30pm Arts & Craft (AV) 1:30pm Shopping Trolley 3:00pm Movies (ST) | 9:15am Pain free clinic + Exercises (LB) 1030am Concert with Dennis (ST) 1:30pm Bocce (LB) 3:00pm Movies (ST) | 9:30am Golden Melodies Sing-a-long (LD) 10:30am Board games/ Trivia (ST) 1:30pm Hoy (LB) 3:00pm Movie (ST) | 930am Golden Melodies Sing-a-long (LD) 10:30am Garden Club 10:30am Online Church Service (WW) 1:30pm Bingo (LB) 3:00pm Movie (ST) |
| 25 | 26 Australia Day | 27 | 28 | 29 | 30 | 31 |
| 9:30am Physio Exercises (LB) 10:30am AUSTRALIA DAY CELEBRATIONS 1:30pm Bobs (LB) 1:30pm Arts & Craft (AV) 3:00pm Movies (ST) |  Watch the Activities boards | 9:15am Exercises (ST) 10:30am Bingo (EB) 1:30pm Ice-Cream Trolley 2:30pm Netflix series - The Crown (ST) | 9:30am Physio Exercises (LB) 10:30am Catholic Church (WW) 1:30pm Arts & Craft (AV) 1:30pm Shopping Trolley 3:00pm Movies (ST) | 9:15am Pain free clinic + Exercises (LB) 10:30am Price is Right (ST) 1:30pm Bocce (ST) 3:00pm Movies (ST) | 9:30am Golden Melodies Sing-a-long (LD) 10:30am Board Games / Trivia (ST) 1:30pm Hoy (LB) 3:00pm Movie (ST) | 9:30am Golden Melodies Sing-a-long (LD) 10:30am Word Games (ST) 10:30am Online Church Service (WW) 1:30pm Bingo (LB) 3:00pm Movie (ST) |