

# Lifestyle Activities

## 1-5 January

Time	Location	Activity	Notes
Wednesday 1 January PUBLIC HOLIDAY			
10am – 11am	Hub	Bocce	
2pm -3pm	Hub	Trivia	
Thursday 2 January			
10am-11am	Café area	Walking Group with Garden Talk	
2pm – 3pm	All Areas	Trees & Decorations Down Time	
Friday 3 January			
10am-11am	Wisteria	Seated Tai Chi	
2pm – 3pm	All Areas	Trees and decorations down time	
Saturday 4 January			
10am-11am	Riddle North	Knit & Natter	
10am	ALL AREAS	Shopping Trolley	
2pm - 3pm	Hub	Andre Rieu on the big screen	
Sunday 5 January			
10am-11am	Café Area	Café Club	
2pm – 3pm	Hub	Bingo	

# Lifestyle Activities

## 6-12 January

Time	Location	Activity	Notes
<b>Monday 6 January</b>			
9.00 – 4.00pm	Board room A11	Eye Clinic	
10am - 11.00am	Hub	Floor bobs	
2pm – 3.30pm	Chester	Lifestyle Visits	
2pm-3pm	Riddle South	Shuffle board	
<b>Tuesday 7 January</b>			
9.00 – 4.00pm	Meeting room A12	Eye Clinic	
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
2pm-3pm	St Clare	Word games	
<b>Wednesday 8 January</b>			
10.30am-11am	Hub	Anglican Service	
		NO ACTIVITIES – STAFF TRAINING	
<b>Thursday 9 January</b>			
10am-11am	Café area	Walking Group with Garden Talk	
2pm - 3pm	Hub	Men's Group- Let's go Racing	
<b>Friday 10 January</b>			
10am - 11am	Wisteria	Seated Exercises	
2pm – 3pm	Riddle North	Stories and More	New Activity
<b>Saturday 11 January</b>			
10am - 11am	Hub	Bowling	
2pm - 3pm	Hub	Bingo	\$2.50
<b>Sunday 12 January</b>			
10am - 11am	Wisteria	Cooking	
2pm - 3pm	Hub	Mixed Quiz	

# Lifestyle Activities

## 13-19 January

Time	Location	Activity	Notes
<b>Monday 13 January</b>			
10am - 11am	Hub	Mixed games	
2pm - 3pm	Riddle South	Shuffleboard	
<b>9.45 – 3.30</b>			
	Wisteria	Hearing clinic	
9.45am-11.15am	St Clare	Art Group with Meredith	
2pm-3pm	Riddle north	Arts' & Crafts	
<b>Wednesday 15 January</b>			
10am-11am	St Clare	Poetry Buffs	New Activity
10.30- 12.00	ST Clare	Lifestyle Visits	
2pm-3pm	Hub	Armchair Travel to Bhutan	
<b>Thursday 16 January</b>			
10am - 11.10am	Garden/Cafe	Walking group with garden talk	
2pm – 3pm	Hub	Frankie' Concert	
<b>Friday 17 January</b>			
9am	Wisteria kitchen	Advanced Eye Care Clinic	
10am - 11am		What's in A Song	New Activity
2pm - 3pm	Hub	Movie Afternoon Beatrix Potter	
<b>Saturday 18 January</b>			
10am – 11am	Wisteria	Seated tai Chi	
10am	All Areas	Shopping Trolley	
2pm - 3pm	Hub	Golden memories Karaoke	
<b>Sunday 19 January</b>			
10am - 11am	Hub	Café Club	\$2.00
2pm - 3pm	Hub	Bingo	\$2.50

# Lifestyle Activities

## 20-26 January

Time	Location	Activity	Notes
<b>Monday 20 January</b>			
10am - 11.00	Back Garden	Putt Putt	
2pm - 3pm	St Clare	Quiz and games	
<b>Tuesday 21 January</b>			
9.45 am – 11.15 am	St Clare	Art Group with Meredith	\$5.00
10am-11am	Riddle North	Walk down memory Lane Game	
1.30pm-3.30pm	Riddle/Alandale	Lifestyle visits	
<b>Wednesday 22 January</b>			
10am – 11pm	Hub	Bowling	
2pm – 3pm	Hub	Funny Videos	
<b>Thursday 23 January</b>			
10am – 11am	Garden/Cafe	Walking group with garden talk	
2pm - 3pm	Front gazebo	Ladies Afternoon Garden party.	\$5.00 Strawberries , Treats and Bubbles
<b>Friday 24 January</b>			
10am - 11am	Wisteria	Seated Exercises	
12pm -1.30pm	Hub	Food Focus Meeting and Food Tasting	
2.00pm -3.30pm	Hub	Golden Memories Karaoke	
<b>Saturday 25 January</b>			
10am - 11am	Wisteria	Cooking	
12pm	Hub	Bingo	\$2.50
<b>Sunday 26 January</b>			
10am-11am	Hub	Sitting Dances	
2pm-3pm	Hub	Celebrating Australia	

# Lifestyle Activities

## 27-31 January

Time	Location	Activity	Notes
Monday 27 January PUBLIC HOLIDAY			
10am - 11am	Hub	Games	
2pm - 3pm	Café Area	Happy hour	\$5.00
Tuesday 28 January			
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
10am – 12pm	Cheater	Lifestyle visits	
2pm-3pm	Hub	Bocce	
Wednesday 29 January			
10am-11am	Hub	Whiteboard Games	
2pm – 3pm	Hub	Sound of music Sing- a Long	
Thursday 30 January			
10am – 11.30am	Café Area	Garden walk	
2pm – 3.30pm	Hub	Cheese & Wine Afternoon	
Friday 31 January			
10am – 11am	Wisteria	Sensory Time	
2pm – 3pm	Riddle North	Sitting Yoga Dances	