













Health and Wellbeing Program January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Birthdays</u>		<u>Australia day</u> <u>Friday 26th</u> 	<u>Hair dressers</u> Chris - Wednesday	R/R – Rec Room M.P – Multi Purpose NMW - Norm Matthews AG - Alice Goulding	<u>Cooinda walking group</u> This will take place only if weather is fine, please check white board.	
1 st <u>NEW YEARS DAY</u> <u>PUBLIC HOLIDAY</u> <u>2pm</u> Movie Afternoon all areas NO ACTIVITY STAFF	2 nd  <u>10am</u> Removing Christmas Decorations in all areas <u>2pm</u> Table Bobs AG Hookey R/R <u>3pm</u> Afternoon tea	3 rd <u>10am</u> Bus Outing R/R Ensign reading AG <u>11am</u> Exercises AG <u>2pm</u> Australia Day Craft in R/R & AG <u>3pm</u> Afternoon tea	4 th  <u>10am</u> Exercises R/R Walk AG/NMW <u>11am</u> Table Bobs R/R Reading Cooinda's Newsletter AG <u>2pm</u> Bingo R/R & AG <u>3pm</u> Afternoon tea	5 th <u>10am</u> Exercises R/R & AG 1:1 visits all areas <u>11am</u> Quiz R/R & AG <u>1.30pm</u> Cards R/R <u>2pm</u> Happy Hour and the Spinning Wheel AG	6 th <u>1.45pm</u> Movie all areas NO ACTIVITY STAFF	7 th  <u>10am</u> Chapel Community Communion <u>11.30am</u> Songs of Praise on ABC TV <u>1.45pm</u> <u>2pm</u> Pleasant Sunday Uniting Church Ladies AG
8 th <u>10am</u> Chapel Anglican Church <u>11am</u> Program meeting with the Pink Girls R/R <u>1.30pm</u> Cards C Block <u>2pm</u> Decorate for Australia Day all areas <u>3pm</u> Afternoon tea	9 th <u>10am</u> Staff Spring Cleaning Morning <u>2pm</u> Circuit games R/R Skittles AG <u>3pm</u> Afternoon tea	10 th <u>10am</u> Weigh Day R/R Bus Outing AG <u>2pm</u> Bingo R/R & AG <u>3pm</u> Afternoon tea	11 th <u>10am</u> Reading the Ensign AG Exercises R/R 1:1 visits with staff <u>11am</u> Tai Chi M.P <u>2pm</u> Indoor Golf R/R Hang Man AG <u>3pm</u> Afternoon tea	12 th <u>10am</u> Exercises R/R 1:1 visits with staff <u>11am</u> Dance Therapy with Maeve AG <u>1.30pm</u> Cards R/R <u>2pm</u> Happy Hour with Don Dunnachie AG	13 th  <u>1.45pm</u> Movie all areas NO ACTIVITY STAFF	14 th <u>10am</u> Chapel Community Communion <u>11.30am</u> Songs of Praise on ABC TV <u>1.45pm</u> Movie R/R & NMW <u>2pm</u> Gospel music with 'The Two Ukes' In AG

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<p>15th <u>10am</u> Chapel Anglican Church Library visit to rooms <u>11am</u> Walking group Chat& Chew with Bev NMW</p> <p><u>1.30pm</u> Cards C Block <u>2pm</u> Board games R/R Bean Bag game AG <u>3pm</u> Afternoon tea</p>	<p>16th <u>10am</u> Bus Outing R/R Exercises AG <u>11am</u> 1:1 visits with staff <u>2pm</u> Master Quiz R/R Table Bobs AG</p> <p><u>3pm</u> Afternoon tea</p>	<p>17th <u>10am</u> Ensign reading AG 1:1 visits with staff <u>10.30am</u> Morning Workshop and Craft R/R <u>11am</u> Exercises AG <u>2pm</u> Old Wares at Cooinda R/R <u>3pm</u> Afternoon tea</p>	<p>18th <u>10am</u> Exercises R/R 1:1 visits <u>11am</u> Tai Chi M.P Table Bobs R/R <u>2pm</u> Bingo R/R & AG <u>3pm</u> Afternoon tea</p>	<p>19th COOINDA AUSSIE OPEN TENNIS TOURNAMENT Wear your team colours <u>10am</u> 1:1 visits <u>11am</u> Exercises R/R Dance with Maeve and Don AG <u>1.30pm</u> Cards R/R <u>2pm</u> Happy Hour and Tennis Tournament AG</p>	<p>20th  <u>1.45pm</u> Movie all areas</p> <p>NO ACTIVITY STAFF</p>	<p>21st  <u>10am</u> Chapel Community Communion <u>11.30am</u> Songs of Praise on ABC TV</p> <p><u>2pm</u> Movie R/R & NMW</p>
<p>22nd <u>10am</u> Chapel Anglican Church <u>11am</u> Morning Melodies AG Chat& Chew with Bev NMW <u>1.30pm</u> Cards c block <u>2pm</u> Entertainer Merle Nolan on piano and the Monthly Birthday Party in AG</p>	<p>23th  <u>10am</u> Staff Spring Cleaning Morning <u>2pm</u> Bingo R/R & AG</p> <p><u>3pm</u> Afternoon tea</p>	<p>24th <u>10am</u> Bus Outing AG 1:1 visits with staff <u>10.30am</u> Morning Workshop and Craft R/R <u>11am</u> Reading the Ensign AG <u>2pm</u> Indoor bowls R/R Dart Ball AG</p>	<p>25th  <u>10am</u> Setting up for Australia Day BBQ Noon – 2pm Australia Day BBQ with Ray Murtagh R/R</p> <p><u>2.30pm</u> Aussie DVD's</p>	<p>26th   Australia Day Public Holiday <u>10am</u> Australia Day Ceremony at Flag Pole <u>2pm</u> An Australian Movie for all areas NO ACTIVITY STAFF</p>	<p>27th <u>1.45pm</u> Movie all areas</p> <p>NO ACTIVITY STAFF</p>	<p>28th  <u>10am</u> Community Communion Chapel <u>11.30am</u> Songs of Praise on ABC TV</p> <p><u>2pm</u> Movie R/R & NMW</p>
<p>29th <u>10am</u> Chapel Anglican Church <u>11am</u> Chat& Chew with Bev NMW Walking group <u>1.30pm</u> Cards R/R C.E.M's group at MEW <u>2pm</u> Manicures all areas</p>	<p>30th <u>10am</u> Bus Outing R/R Exercises AG 1:1 visits <u>11am</u> Quiz AG <u>12 noon</u> Cooinda Restaurant M.P <u>2pm</u> Bingo R/R & AG</p>	<p>31st <u>10am</u> Walk AG <u>10.30am</u> Morning Workshop and Craft R/R <u>11am</u> Reading the Ensign AG <u>2pm</u> Armchair Travel AG</p>				