

# St Louis Nursing Home Social Program January 2020



This program is flexible and may change. Outings may be cancelled due to inclement weather.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1 PUBLIC HOLIDAY</b> AM <b>Unstructured Game Stations</b> 2.00pm DVD's in the East Lounge	<b>2</b>  9.30am <b>Hairdresser by appointment</b> 2.30pm <b>Art Therapy with Alan</b>	<b>3</b>  11.00am <b>Exercise Class</b> 11.30pm <b>Bus Trip</b> 2.30pm <b>Happy Hour</b>	<b>4</b> AM <b>Relaxation</b> 2.30pm <b>Bowls</b>	<b>5</b> AM <b>Relaxation</b> 2.30pm <b>Movie in the East Lounge</b>
<b>6</b>  11.00 <b>Exercise Class</b> 2.30pm <b>Puzzles</b>	<b>7</b> AM <b>Peeling Vegetables</b> 2.00pm <b>White Board Games</b>	<b>8</b>  AM <b>Forget me not Bus Trip</b> 2.00pm <b>Story Telling</b>	<b>9</b>  9.30am <b>Hairdresser by appointment</b> 2.30pm <b>Bean Bag Toss</b>	<b>10</b>  11.00am <b>Exercise Class</b> 11.30pm <b>Bus Trip</b> 2.30pm <b>Archery</b>	<b>11</b> AM <b>Relaxation</b> 2.30pm <b>Bingo</b>	<b>12</b> AM <b>Relaxation</b> 2.30pm <b>Movie in the East Lounge</b>
<b>13</b>  11.00 <b>Exercise Class</b> 2.30pm <b>Scrapbooking</b>	<b>14</b> AM <b>Folding Linen &amp; Sorting Socks</b> 2.00pm <b>Craft</b>	<b>15</b>  AM <b>Morning Tea Bus Trip</b> 2.00pm <b>Cooking Banana Muffins</b>	<b>16</b>  9.30am <b>Hairdresser by appointment</b> 2.30pm <b>Art Therapy with Alan</b>	<b>17</b>  11.00am <b>Exercise Class</b> 11.30pm <b>Bus Trip</b> 2.30pm <b>Craft</b>	<b>18</b> AM <b>Relaxation</b> 2.30pm <b>Card Games</b>	<b>19</b> AM <b>Relaxation</b> 2.30pm <b>Movie in the East Lounge</b>
<b>20</b>  11.00 <b>Exercise Class</b> 2.30pm <b>Spot the Difference</b>	<b>21</b> AM <b>Peeling Vegetables</b> 2.00pm <b>Concert</b>	<b>22</b>  AM <b>Forget me not Bus Trip</b> 2.30pm <b>Church Service</b>	<b>23</b>  9.30am <b>Hairdresser by appointment</b> 2.30pm <b>Concert</b>	<b>24</b>  11.00am <b>Exercise Class</b> 11.30pm <b>Bus Trip</b> 2.30pm <b>Koala Jelly Cups</b>	<b>25</b> AM <b>Relaxation</b> 2.30pm <b>Aussie Bingo</b>	<b>26</b>  <b>Australia Day</b> <b>Quiz and Word Search or Leyland Brothers DVD</b>
<b>27</b>  11.00 <b>Exercise Class</b> 2.30pm <b>Hangman</b>	<b>28</b> AM <b>Match the Items</b> 2.00pm <b>Cooking</b>	<b>29</b>  AM <b>Morning Tea Bus Trip</b> 2.30pm <b>Resident's Meeting</b>	<b>30</b>  9.30am <b>Hairdresser by appointment</b> 2.30pm <b>Art Therapy with Alan</b>	<b>31</b>  11.00am <b>Exercise Class</b> 11.30pm <b>Bus Trip</b> 3.00pm <b>Resident's Birthday</b> 		