



JANUARY ACTIVITIES 2020

DATE	ACTIVITY
Wednesday 1st	NEW YEAR'S DAY
Thursday 2nd	Coffee Morning (BdRm) at 10:15 am Music & Movement (Agnes House) at 11:15 am to 12:15 pm
Friday 3rd	Prevention of Falls Exercises 11:30 am Lounge - Agnes House Games (Agnes House) at 2:00 pm Bingo (BdRm) at 2:30 pm
Monday 6th	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm Scrabble (BdRm) 7:00 pm
Tuesday 7th	Do It Yourself Chair Exercises (BdRm) at 2:30 pm
Wednesday 8th	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon Bingo (BdRm) 2:30 pm
Thursday 9th	Music & Movement (Agnes House) at 11:15 am to 12:15 pm Beetle Drive (BdRm) at 2:30 pm
Friday 10th	Prevention of Falls Exercises 11:30 am Lounge - Agnes House Games (Agnes House) at 2:00 pm Quiz (BdRm) at 2:30 pm
Monday 13th	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm
Tuesday 14th	Homegroup (Mtg Rm) at 10:30 am
Wednesday 15th	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon Card Making (BdRm) 2:30 pm
Thursday 16th	Music & Movement (Agnes House) at 11:15 am to 12:15 pm Uno Card Game (BdRm) 2:30 pm
Friday 17th	Prevention of Falls Exercises 11:30 am Lounge - Agnes House Games (Agnes House) at 2:00 pm Table Tennis (BdRm) at 2:30 pm



JANUARY ACTIVITIES 2020

DATE	ACTIVITY
Monday 20th	DIY Pilates (Mtg Rm) at 10:00 am
Tuesday 21st	Do It Yourself Chair Exercises (BdRm) at 2:30 pm
Wednesday 22nd	Story Telling (Agnes House) 11:00 am to 12:00 noon Cheese & Wine Presentation Evening (BdRm) 7:00 pm
Thursday 23rd	Music & Movement (Agnes House) at 11:15 am to 12:15 pm Card Night (BdRm) 7:00 pm
Friday 24th	Prevention of Falls Exercises 11:30 am Lounge - Agnes House Games (Agnes House) at 2:00 pm Tea & Chat with the Wardens (BdRm) 2:30 pm
Monday 27th	DIY Pilates (Mtg Rm) 10:00 am Bingo Agnes House 2:00 pm to 4:00 pm
Tuesday 28th	Homegroup (Mtg Rm) at 10:30 am Do It Yourself Chair Exercises (BdRm) at 2:30 pm
Wednesday 29th	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon Bingo (BdRm) 2:15 pm
Thursday 30th	Music & Movement (Agnes House) at 11:15 am to 12:15 pm Knitting Club (BdRm) 2:30 pm
Friday 31st	Prevention of Falls Exercises 11:30 am Lounge - Agnes House Games (Agnes House) at 2:00 pm Scrabble with the Wardens (BdRm) at 2:30 pm

Activities are open to all residents - please note that dates may change, keep an eye on the Noticeboard