

JANUARY 2018

LEISURE AND LIFESTYLE PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1 New Year's Day Public Holiday</p> 	<p>2 10:30 – 12pm Bright hour Chair exercises</p> <p>2pm – 3: 30pm Quiz "Words Starting with INS" Beach craft</p>	<p>3 10:30 – 12pm Chapel</p> <p>2pm – 3: 30pm Afternoon Tea with Pastor Salon Beauty Therapy Mens shed</p>	<p>4 10:30 – 12pm Quiz "Words starting with A" Reminiscing</p> <p>2pm – 2:30pm Arm Chair movement Melody sing-a-long with Anne</p>	<p>5 10:30 – 12pm Pancake morning Tea! Morning Movement</p> <p>2pm – 3: 30pm BINGO Floor games</p>	<p>6 10:30 – 12pm Morning Tea @ The Country Bakehouse Skittles Beach ball fun</p> <p>2pm – 3: 30pm Ping Pong Cup challenge</p>	<p>7 10:30 – 12pm Church DVD Songs of Praise BBQ Lunch</p> <p>2pm – 3: 30pm indoor bowls competition</p>
<p>8 10:30 – 12pm Elvis Presley's Birthday music & trivia</p> <p>2pm – 3: 30pm Elvis Movie</p> <p>Book Club</p>	<p>9 10:30 – 12pm Bright hour Wear your favourite colour</p> <p>2pm – 3: 30pm Chair Exercises Beach ball fun and Balloon tennis Beach craft</p>	<p>10 10:30 – 12pm Chapel</p> <p>2pm – 3: 30pm Afternoon Tea with Pastor Mens shed Boys Book Reading Ping pong cup challenge</p>	<p>11 10:30 – 12pm Ladies coffee and cake at Country Bakehouse. Active Games at Edwards</p> <p>2pm – 3: 30pm Arm chair movement Melody sing-a-long with Anne</p>	<p>12 10:30 – 12pm Morning Movement Round the block Logo game "Name that"</p> <p>2pm – 3: 30pm Indoor Bowls Quiz "Words starting with PEN"</p>	<p>13 10:30 – 12pm BINGO</p> <p>2pm – 3: 30pm Name that fishing equipment Mega 4 Happy Hour</p>	<p>14 10:30 – 12pm Church DVD Songs of Praise Lunch @Loxton Club</p> <p>2pm – 3: 30pm Golf game Dominoes Newspaper reading</p>

PLEASE NOTE THAT LIFETSTYLE ACTIVITIES ARE SUBJECT TO CHANGE

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<p>15 10:30 – 12pm Scattategories</p> <p>2pm – 3: 30pm Arm Chair movement Finish the sayings quiz Book Club</p>	<p>16 10:30 – 12pm Bright hour Chair exercises</p> <p>2pm – 3: 30pm Book Club "Who am I?" Balloon tennis with fly swats</p> <p>Beach craft</p>	<p>17 10:30 – 12pm Chapel</p> <p>2pm – 3: 30pm Afternoon Tea with Pastor</p> <p>Mens Shed Mens Coffee and cake at Bakery Indoor Bowls</p>	<p>18 10:30 – 12pm Chair exercises Quoits Quiz</p> <p>2pm – 3: 30pm Word Games Melody sing-a-long with Anne</p>	<p>19 10:30 – 12pm International flower day Flower arranging demonstration</p> <p>2pm – 3: 30pm Making daffodils and carnations craft</p>	<p>20 10:30 – 12pm Morning Movement BINGO</p> <p>2pm – 3: 30pm Noodle Soccer Making daffodils and carnations craft</p> <p>Movie Night</p>	<p>21 10:30 – 12pm Church DVD Songs of Praise</p> <p>BBQ Lunch 2pm – 3: 30pm</p> <p>Soul Café at Riverview Try a new tea brew, and chat around the table.</p>
<p>22 10:30 – 12pm Floor Games Mega 4 Giant dominoes</p> <p>2pm – 3: 30pm BINGO Book club</p>	<p>23 10:30 – 12pm Bright hour Aussie Beach Day - wear Aussie themed clothes.</p> <p>1:00pm-2:00pm SA Health Visit Beach games afternoon</p>	<p>24 10:30 – 12pm Chapel</p> <p>2pm – 3: 30pm Afternoon Tea with Pastor</p> <p>Mens Shed Salon and Beauty Therapy Ball games</p>	<p>25 10:30 – 12pm Aussie Day Activities Throw the thong comp Reminiscing Aussie Slang words</p> <p>2pm – 3: 30pm Chair exercises and Melody sing-a-long with Anne</p>	<p>26  10:30 – 12pm Jo the music man</p> <p>Australia Day Public Holiday</p>	<p>27 10:30 – 12pm Mozart's Birthday Morning Movement</p> <p>2pm – 3: 30pm Daffodil/ Carnation craft</p> <p>Happy hour cheese and biscuits</p>	<p>28 10:30 – 12pm Church DVD Song of Praise</p> <p>Lunch at Loxton Hotel</p> <p>2pm – 3: 30pm Soul Café at Riverview Craft and chat</p>

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29 10:30 – 12pm Family Feud Logo game 2pm – 3: 30pm Quiz starting with C Book Club Restaurant “Surfs up” <u>beach</u> <u>theme!</u>	30 10:30 – 12pm Bright hour Chair exercises 2pm – 3: 30pm Movie Arvo TBA.	31 10:30 – 12pm Chapel 2pm – 3: 30pm Afternoon Tea with Pastor Mens Shed Ping Pong Challenge				

If there is an outing you wish to attend in January, you need to book your interest at the Riverview Reception desk ASAP, please be aware that the bus only seats 8, so seats are limited, however if you are keen to come and have taxi vouchers you are welcome to use those. *Please also note that you will require money for these outings.*

- Sat 6th January – Country Bake house morning tea
- Thurs 11th January – **Ladies** morning tea at Country Bakehouse
- Saturday 14th January – **Lunch** at the Loxton Club
- Wednesday 17th January – **Mens** afternoonTea at Country Bakehouse
- Sunday 28th January – **Lunch** at Loxton Ho tel

**** if you would like more information about taxi vouchers see Hannah at reception or speak to Kate or Crystal at lifestyle ****

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