








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1<sup>st</sup></b>  10:30 – 12pm <b>Pancake Morning tea &amp; Nutella day</b> <b>Exercises</b> <b>Word games</b>  1:30 – 3: 30pm <b>Indoor Bowls comp</b>	<b>2<sup>nd</sup></b>  10:30 – 12pm <b>craft time &amp; Hookey game</b>  <b>Happy Hour at Lunch</b>  1:30 – 3: 30pm <b>BINGO</b>
<b>3<sup>rd</sup></b>  10:30 – 12pm <b>Church DVD Song of Praise</b>  <b>BBQ LUNCH</b>  1:30 – 3: 30pm <b>Craft it up</b>	<b>4<sup>th</sup></b>  10:30 – 11:30am <b>Moving and Grooving</b> <b>Exercises</b> <b>Dog visits</b>  1:30 – 3:30 <b>Book Club</b> <b>10 pin bowling</b>	<b>5<sup>th</sup></b>  10:30 – 11:30am <b>Craft time</b>  1:30- 2:30 <b>Chair yoga</b>  2:30 – 3: 30pm <b>Rex's music</b>	<b>6<sup>th</sup></b>  10:30 – 12pm <b>Chapel</b>  1:30 – 3: 30pm <b>Indoor golf comp</b>  <b>Men's Shed</b> <b>Visit to the pub</b>	<b>7<sup>th</sup></b>  10:30 – 12pm <b>Cooking</b>  1:30 – 3:00 pm <b>Chair yoga &amp; Mardi Gras craft</b>  3:00 – 4: 30pm <b>Melody sing-along with Anne</b>	<b>8<sup>th</sup></b>  10:30 – 12pm <b>Scattegories game</b>  1:30 – 3: 30pm <b>Exercises &amp; Reminiscing</b>	<b>9<sup>th</sup></b>  10:30 – 12pm <b>Chair Yoga Salon fun</b>  <b>Lunch at Loxton Club</b>  1:30 – 3: 30pm <b>BINGO</b>

# FEBRUARY 2019

## LEISURE AND LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10<sup>th</sup></b>  10:30 – 12pm Church DVD Song of Praise  1:30 – 3:30pm Indoor Bowls Competition	<b>11<sup>th</sup></b>  10:30 – 11:30am Moving and Grooving Chair yoga  1:30 – 3:30pm Book club & indoor golf comp	<b>12<sup>th</sup></b>  10:30 – 11:30am Bright hour  1:30 – 3:30pm St Catherines to visit – Bingo	<b>13<sup>th</sup></b>  10:30 – 12pm Chapel  1:30 – 3:30pm Craft Men's Shed Beer, chips & movie	<b>14<sup>th</sup></b> <u>Valentines Day</u> 10:30 – 12pm Cooking  1:30 – 3:00pm Chair yoga & Mardi Gras craft  3:00 – 4:30pm Melody sing-along with Anne	<b>15<sup>th</sup></b>  10:30 – 12pm Living Waters movie date (lunch included) Ladder ball fun  1:30 – 3:30pm Radio Day reminiscing	<b>16<sup>th</sup></b>  10:30 – 12pm Chair Yoga & craft  Happy Hour at Lunch 1:30 – 3:30pm BINGO
<b>17<sup>th</sup></b>  10:30 – 12pm Church DVD Songs of Praise  BBQ LUNCH  1:30 – 3:30pm Scattagories game	<b>18<sup>th</sup></b>  10:30 – 11:30am Moving and Grooving Chair yoga  1:30 – 3:30pm Julie Noble singing	<b>19<sup>th</sup></b>  10:30 – 11:30am Bright hour  1:30 – 3:30pm Craft time	<b>20<sup>th</sup></b>  10:30 – 12pm Chapel  1:30 – 3:30pm Quits and Quizzes Men's Shed Drive around town	<b>21<sup>st</sup></b> <u>Birthday cake for            residents</u> 10:30 – 12pm Cooking  1:30 – 3:00pm Chair yoga & craft  3:00 – 4:30pm Melody sing-along with Anne	<b>22<sup>nd</sup></b>  10:30 – 12pm Daryl Knowling @his guitar!  1:30 – 3:30pm Wheel of fortune & decorate bus for Mardi Gras	<b>23<sup>rd</sup></b> <u>62<sup>nd</sup> Loxton</u> <u>Mardi Gras</u> <u>Parade</u> <u>"Showtime"</u>  10:30 – 12pm 11:00 Mardi Gras Parade  1:30 – 3:30pm BINGO

PLEASE NOTE THAT LIFESTYLE ACTIVITIES ARE SUBJECT TO CHANGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>24<sup>th</sup></b>  <b>10:30 – 12pm</b> Church DVD Song of Praise  <b>1:30 – 3:30pm</b> Indoor Bowls Competition	<b>25<sup>th</sup></b>  <b>10:30 – 11:30am</b> Moving and Grooving Chair yoga  <b>1:30 – 3:30pm</b> Julie Noble Singing	<b>26<sup>th</sup></b>  <b>10:30– 11:30am</b> Bright hour  <b>1:30 – 3:30pm</b> Craft time	<b>27<sup>th</sup></b>  <b>10:30 – 12pm</b> Chapel  <b>1:30 – 3:30pm</b> 10 pin bowling comp Men's Shed Time with fellas by the river	<b>28<sup>th</sup></b>  <b>10:30 – 12pm</b> Cooking  <b>1:30 – 3:00pm</b> Chair yoga & craft  <b>3:00 – 4:30pm</b> Melody sing-along with Anne		

If there is an outing you wish to attend in February 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 and it is always weather dependant.*

- If the weather is forecast for rain or it is forecast for over 30 degrees the outing may be cancelled or re scheduled with short notice.***

9<sup>th</sup> Feb Lunch at the Loxton Club

15<sup>th</sup> Feb Movie and lunch at Living Waters

***\*\* if you would like more information about taxi vouchers see Hannah at reception or speak to Crystal in the office \*\****