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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 11.00am  Exercise 2.30pm Colouring In	31 AM  Hairdresser by appointment AM  Coffee Club 2.30pm Quiz Time					1 11.00 Songs of Praise 2.30pm Sunday Movie
2 11.00am  Exercise 2.30pm Opposites Word Games	3 AM  Hairdresser by appointment AM  Coffee Club 2.30pm Indoor Chair Volley Ball	4 10.00am  Morning Tea Bus Trip 2.30pm Cooking - Bread & Butter Pudding	5 11.00am  Lunch Bus Trip 2.30pm Fun Riddle	6 11.00am  Exercise 2.30pm Mens Club or Bowls	7 AM TV in the Link 2.30pm Bingo	8 11.00 Songs of Praise 2.30pm Sunday Movie
9 11.00am  Exercise 2.30pm Flower Arranging	10 AM  Hairdresser by appointment AM  Coffee Club 2.30pm Scrapbooking	11 10.00am  Morning Melodies Bus Trip 2.30pm Art Therapy and 1:1 with Susanna	12 11.00am  Lunch Bus Trip 2.30pm Pairing and Sorting	13 11.00am  Exercise 2.30pm Happy Hour or Mens Club	14 AM TV in the Link 2.30pm Spot the Difference	15 11.00 Songs of Praise 2.30pm Sunday Movie
16 11.00am  Exercise 2.30pm Home like activities - folding, washing up	17 AM  Hairdresser by appointment AM  Coffee Club 2.30pm Winter Reminiscing	18 10.00am  Bus Trip 2.30pm Singalong with Susanna	19 11.00am  Lunch Bus Trip 2.30pm Mind Challenging Puzzles	20 11.00am  Exercise 2.30pm Alzanne Concert	21 AM TV in the Link 2.30pm Maze Puzzles	22 11.00 Songs of Praise 2.30pm Sunday Movie
23 11.00am  Exercise 2.30pm Cards - Find 10	24 AM  Hairdresser by appointment AM  Coffee Club 2.30pm Cut and Paste Collage	25 10.00am  Morning Melodies Bus Trip PM Art Therapy 2.30pm Church Service	26 11.00am  Lunch Bus Trip 2.30pm Residents Birthday Party 	27 11.00am  Exercise 2.30 Residents Meeting and Mens Club	28 AM TV in the Link 2.30pm Sing-a-long in the Link	29 11.00 Songs of Praise 2.30pm Sunday Movie