


December 2024

ALL ACTIVITIES ARE SUBJECT TO CHANGE AT ANYTIME

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30am Church Service 2:00pm Live Music Performance with Luke	2 	3 9:30am Chair Exercise 10:00am Make Your Own Christmas Ornament 2:00pm Live Music Entertainment with Eugene 3:00pm Walking Group	4 9:30am Chair Exercise 10:00am Balloon Badminton 1:30pm Chair Zumba 3:00pm Reading Club	5 9:30am Chair Exercise 10:00am Christmas Tree Decoration 1:30pm Bingo 3:00pm Back In Time-Reminiscing	6 9:30am Chair Exercise 10:00am Active Game: Bean Bag Toss 2:00pm Happy Hour & Live Music with Victor 3:00pm Group Boardgames	7 9:30am Chair Exercise 10:15am Beauty Hour 1:15pm Christmas Greeting Card 2:30pm Brain Games: Trivia
8 10:00am Yoga with Anna 	9 1:30pm Live Music Entertainment with Ian 	10 9:30am Chair Exercise 10:30am Christmas Fragrances Gift 1:15pm Short Stories & Jokes 3:00pm Walking Group	11 9:30am Chair Exercise 10:00am Balloon Badminton 1:30pm High Tea Christmas Party	12 9:30am Chair Exercise 10:00am Active Games: Bowling 1:30pm Bingo 3:00pm Brain Games: Word Games	13 9:30am Chair Exercise 10:15am Christmas Active Game 2:00pm Live Music Entertainment with Eugene 3:00pm Group Boardgames 6:00pm Christmas Lights Bus Ride	14 9:30am Chair Exercise 10:15am Beauty Hour 2:00pm Christmas Carols & Santa's Visit
15 9:30am Church Service 	16 1:30pm Live Music Entertainment with Ian 	17 9:30am Chair Exercise 10:00am Indoor Bocce Game 1:30pm Christmas Social & Trivia 3:00pm Walking Group	18 9:30am Chair Exercise 10:00am Christmas Painting 1:30pm Chair Zumba 3:00pm Reading Club	19 9:30am Chair Exercise 10:00am Active Games: Bowling 1:30pm Christmas Bingo 3:00pm Back In Time-Reminiscing	20 9:30am Chair Exercise 10:30am Christmas Cookie Decoration 2:00pm Happy Hour & Live Music with Casey Ryder 3:00pm Group Boardgames	21 9:30am Chair Exercise 10:00am Story telling/ Reminiscing 11:00am Active Games 1:30pm Bingo 2:30pm Christmas Colouring
22 10:00am Yoga with Anna 	23 1:30pm Live Music Entertainment with Ian 	24 9:30am Chair Exercise 10:00am Christmas Stockings Decoration 2:00pm Christmas Live Music with Two Among Friends 	25 9:30am Chair Exercise & Christmas Carols 10:30am Christmas Picture Quiz 1:00pm Christmas Reminiscing 	26 9:30am Chair Exercise 10:30am New Year's Bingo 2:00pm Live Music with Peter Jasmin 3:00pm Brain Games: Word Games	27 9:30am Chair Exercise 10:00am Jokes & Reading 11:00am Active Game: Bean Bag Toss 2:00pm Happy Hour & Live Music with Truman 3:00pm Group Boardgames	28 9:30am Chair Exercise 10:00am Active Game 11:00am Story telling 1:30pm Bingo 2:30pm Colouring to Music
29 10:00am Yoga with Anna 	30 Happy Birthday Nathan! 	31 9:30am Chair Exercise 11:00am New Year's Reminiscing 2:00pm New Year's Eve countdown 4:00pm New Year's Trivia 				