





















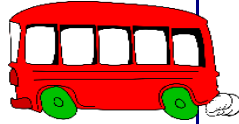








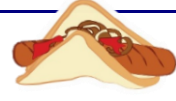



January ACTIVITY PROGRAM – Mountain View House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COVID SAFE PRACTICES ARE IN PLACE ACTIVITIES MAY CHANGE			 			
	1 New Year's Day Public Holiday 	2 10.30am Bingo  1.30pm Gentle massage	3 10.30am Noodle & ball fun 1.30pm Buggy rides 	4 10.30am Finger creations  1.30pm Palmetum walks	5 10.00am Church  1.30pm Happy hour fun	6
7	8 10.00am Bus outing  1.30pm Exercise group	9 10.00am Movie - RH  1.30pm Cafe visit 	10 10.30am Bingo  1.30pm Buggy rides 	11 10.30am Trevor Owen  1.30pm Room visits	12 10.00am Church  1.30pm Chair exercises 	13
14	15 10.30am Tropical Squeeze  1.30pm Exercise group	16 10.30am Bingo  1.30pm Room visits	17 10.30am Chair exercises  1.30pm Buggy rides 	18 10.30am Australia Day art and craft  1.30pm Turtle bridge walks 	19 10.00am Church  Bus outing 	20
21	22 10.00am Bus outing  1.30pm Exercise group	23 10.30am Bingo   1.30pm Making lamingtons	24 10.30am Aussie Day – RH  1.30pm Buggy rides 	25 10.30am Trevor Owen  1.30pm Gentle Massage	26 Australia Day Public Holiday 	27
28	29 10.30am Bingo  1.30pm Exercise group	30  Australia Day BBQ lunch 1.30pm Room visits	31 10.30am Chair exercises  1.30pm Buggy rides 