

January ACTIVITY PROGRAM Mountainview House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE BOOK THROUGH YOUR ACTIVITIES OFFICER. SEATS ARE LIMITED.						ACTIVITIES MAY CHANGE AT SHORT NOTICE BUGGY RIDES ARE WEATHER PERMITTING
				1 PUBLIC HOLIDAY NEW YEARS DAY NO ACTIVITIES TODAY	2 10am Church AM Poker Group  PM NY's Clean Up	3
4	5 AM Trivia  PM Gym 	6 AM Ball Games  PM Room visits w/ Winston 	7 AM Board Games PM Musical Buggy 	8 Am Trevor Owen (RH) Pm Bingo Bonanza 	9 10am Church AM Poker Group PM Happy Hour 	10
11	12 AM Room Visits PM Gym 	13 AM Bingo  PM February planning w/ residents	14 Catholic Mass AM Chair yoga  PM Scavenger Hunt around the river 	15 AM Water play (Gardens)  PM Room Visits	16 10am Church 7.30 AM LLO CPR Training AM Poker Group PM Ice Creams 	17
18	19 AM Trivia  PM Gym 	20 AM Music Hour  PM Room visits w/ Winston 	21 AM Aussie Party (RH)  PM Shopping Trip (Willows)	22 AM Trevor Owen (RH) PM Bingo 	23 10am Church AM Poker PM Frosty Mango Visit 	24
25 	26 PUBLIC HOLIDAY AUSTRALIA DAY NO ACTIVITIES TODAY	27 AM Bingo  PM Movie & Ice Cream 	28 AM Chair yoga  PM Turtle & Duck Feeding 	29 AM Music  PM Swimming w/ Elisa & Simone	30 10am Church AM Poker Group AM Mama's cooking show 	31