


# December 2023

# Nursing Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Birthdays 11th Tony				<b>1</b> 9am Exercises 10.30 Cooking 12.30 ST Massage 1.30 Sing a long 2.30 Movie	<b>2</b> 9am Ball Games 10.30 Bingo 12.30 ST Massage 1.30 Whiteboard Games 2.30 Move
<b>3</b> 9am Exercises 10.30 Memory Magic 12.30 ST Massage 1.30 Quizzes 2.30 Movie	<b>4</b> 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Quizzes 2.30 Movie	<b>5</b> 9am Chair Yoga 10.30 Golf 12.30 ST Massage 1.30 Craft 2.30 Movie	<b>6</b> 9am Exercise 10.30 Skittles 12.30 ST Massage 1.30 Remember When 2.30 Movie	<b>7</b> 9am Drummercise 10.30 Bobs 12.30 Nail Care 1.30 Card Bingo 2.30 Movie	<b>8</b> 9am Exercises 9.30 Catholic Mass 10.30 Cooking 12.30 ST Massage 1.30 Sing a long	<b>9</b> 9am Ball Games 10.30 Bingo 12.30 ST Massage 1.30 Whiteboard Games 2.30 Move
<b>10</b> 9am Exercises 10.30 Memory Magic 12.30 ST Massage 1.30 Quizzes 2.30 Movie	<b>11</b> 9am Exercises 10am Bday for Tony 12.30 Nail Care 1.30 Quizzes 2.30 Movie	<b>12</b> 9am Chair Yoga 10.30 Golf 12.30 ST Massage 1.30 Craft 2.30 Movie	<b>13</b> 9am Exercise 10.30 Skittles 12.30 ST Massage 1.30 Remember When 2.30 Movie	<b>14</b> 9am Drummercise 10.30 Bobs 12.30 Nail Care 1.30 Card Bingo 2.30 Movie	<b>15</b> 9am Exercises 10.30 Cooking 12.30 ST Massage 1.30 Sing a long 2.30 Movie	<b>16</b> 9am Ball Games 10.30 Bingo 12.30 ST Massage 1.30 Whiteboard Games 2.30 Move
<b>17</b> 9am Exercises 10.30 Memory Magic 12.30 ST Massage 1.30 Quizzes 2.30 Movie	<b>18</b> 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Quizzes 2.30 Movie	<b>19</b> 9am Chair Yoga 10.30 Golf 12.30 ST Massage 1.30 Craft 2.30 Movie	<b>20</b> 9am Exercise 10.30 Skittles 12.30 ST Massage 1.30 Remember When 6pm Carols by Sunlight	<b>21</b> Christmas Theme 9am Exercises 9.30 Anglican Christmas 10.30 Bobs 1.30 Card Bingo 2.30 Movie	<b>22</b> 9am Exercises 10.30 Christmas elves 12.30 ST Massage 1.30 Sing a long 2.30 Movie	<b>23</b> 9am Ball Games 10.30 Bingo 12.30 ST Massage 1.30 Whiteboard Games 2.30 Move
<b>24</b> Christmas Eve 9am Exercises 10.30 Memory Magic 12.30 ST Massage 1.30 Quizzes 2.30 Movie	<b>25</b> Christmas Day 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Quizzes 2.30 Movie	<b>26</b> 9am Chair Yoga 10.30 Golf 12.30 ST Massage 1.30 Craft 2.30 Movie	<b>27</b> 9am Exercise 10.30 Skittles 12.30 ST Massage 1.30 Remember When 2.30 Movie	<b>28</b> 9am Drummercise 10.30 Bobs 12.30 ST Massage 1.30 Card Bingo 2.30 Movie	<b>29</b> 9am Exercises 10.30 Cooking 12.30 ST Massage 1.30 Sing a long 2.30 Movie	<b>30</b> 9am Ball Games 10.30 Bingo 12.30 ST Massage 1.30 Whiteboard Games 2.30 Move
<b>31</b> New Year's Eve 9am Exercises 10.30 Memory Magic 12.30 ST Massage 1.30 Quizzes 2.30 Movie						