

December 2023

The Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Birthdays 19th Annie Z				1 9am Exercises 10.30 Memory Magic 12.30 St Massage 1.30 Sing a long 2.30 Table Activites	2 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Bingo 2.30 Tablegames
3 9am Exercises 10.30 Card Bingo 12.30 ST Massage 1.30 Craft 2.30 Movie	4 9am Exercises 10.30 Bowls 12.30 St Massage 1.30 Whiteboard Games 2.30 Snakes & Ladders	5 9am Ball Games 10.30 Bobs 12.30 ST Massage 1.30 Quizzes 2.30 Table Activies	6 9am Chair yoga 10.30 Bounce off 12.30 St Massage 1.30 ice cream and giggles 2.30 Boardgames	7 9am Exercises 10.30 Golf 12.30 Nail Care 1.30 Read a bit, Talk a bit 2.30 Colour Therapy	8 9am Exercises 9.30 Catholic Mass 10.30 Golden oldies with Dave 1.30 Sing a long	9 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Bingo 2.30 Tablegames
10 9am Exercises 10.30 Card Bingo 12.30 ST Massage 1.30 Craft 2.30 Movie	11 9am Exercises 10.30 Bowls 12.30 St Massage 1.30 Ansley Collection 1.30 Whiteboard Games	12 9am Ball Games 10.30 Bobs 12.30 ST Massage 1.30 Quizzes 2.30 Table Activies	13 9am Chair yoga 10.30 Bounce off 12.30 St Massage 1.30 ice cream and giggles 2.30 Boardgames	14 9am Exercises 9.30 Anglicain Service 10.30 Golf 12.30 Nail Care 1.30 Read a bit, Talk a bit	15 9am Exercises 10.30 Memory Magic 12.30 St Massage 1.30 Sing a long 2.30 Table Activites	16 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Bingo 2.30 Tablegames
17 9am Exercises 10.30 Card Bingo 12.30 ST Massage 1.30 Craft 2.30 Movie	18 9am Exercises 10.30 Bowls 12.30 St Massage 1.30 Whiteboard Games 2.30 Snakes & Ladders	19 9am Exercises 10am Bday for Annie 10.30 Bobs 12.30 ST Massage 1.30 Quizzes	20 9am Chair yoga 10.30 Bounce off 12.30 St Massage 1.30 ice cream and giggles 6pm Carols by Sunlight	21 Christmas theme 9am Exercises 10.30 Golf 12pm Christmas Lunch 1.30 Sing with Mike 2.30 Colour Therapy	22 9am Exercises 10.30 Christmas Elves 12.30 St Massage 1.30 Sing a long 2.30 Table Activites	23 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Bingo 2.30 Tablegames
24 Christmas Eve 9am Exercises 10.30 Card Bingo 12.30 ST Massage 1.30 Craft 2.30 Movie	25 Christmas Day Family Visits	26 9am Exercises 10.30 Bobs 12.30 ST Massage 1.30 Quizzes 2.30 Table Activies	27 9am Chair yoga 10.30 Bounce off 12.30 St Massage 1.30 ice cream and giggles 2.30 Boardgames	28 9am Exercises 9.30 Anglicain Service 10.30 Golf 12.30 Nail Care 1.30 Read a bit, Talk a bit	29 9am Exercises 10.30 Memory Magic 1.30 Sing a long 2.30 Table Activites	30 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Bingo 2.30 Tablegames
31 New Year's Eve 9am Exercises 10.30 Card Bingo 12.30 ST Massage 1.30 Craft						