

JANUARY 2019

Leisure & Lifestyle Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Morning Tea - 10.30am Lunch - 12.00pm (Konvalyia 12:30pm) Afternoon Tea - 2.30pm Dinner - 5.00pm (Konvalyia 5:30pm) Kiosk open Tuesday & Thursday 1:00pm - 2:00pm		9:30am - Craft-Mosaic in Topolya 9:30am - Poetry Club in Sosna & Newspaper reading in Konvalyia 11:00am - Visitations/Walks 11:00am - Chair Exercises in Hall 1:30pm - Visitations/Walks 3:00pm - Bingo in Hall 4:00pm - Visitations/ Walks	9:30am - Board Games in Topolya 9:30am - Choir Practise in Konvalyia 11:00am - Exercises - Hall 11:00pm - Visitations/Walks 1:30pm -Visitations/Walks 3:00pm - Bingo in Hall 3:00pm - Orange juice making	9:30am - Cooking - Making Rum Balls in Sosna 10:00am - Seated Aerobics Topolya 11:00am - Chair Exercises in Hall 1:30pm - Visitations/ Walks 3:00pm - German Volunteers singing club in Konvalyia 3:00pm - Bingo in Hall	9:30am - Shopping Keilor Downs 11:00am - Chair Exercises in Hall 11:00am - Visitations/Walks 1:30pm - Making Pizzas in Top. 1:30pm - Visitations/Walks 3:00pm - Guitar playing in Konv. 3:00pm - Tai Chi in Konvalyia Library	9:30am -Kniitng/ Konvalyia 11:00am - Chair Exercises in Hall <p style="text-align: center;">Family Day</p>
6	7	8	9	10	11	12
<p style="text-align: center;">Family Day</p> 4:30pm-Ukrainian Christmas Eve Mass -Hall 5:00pm-Svieta Vicheira Konvalyia	9:30am - Sewing Club in Sosna 9:30am - Balloon Games in Konv. 11:00am - Ukrainian Catholic Christmas Mass 1:30pm - Bingo in the Hall 1:30pm - Visitation/Walks 3:00pm - Newspaper reading & discussion in Sosna 3:00pm - Gardening with volunteers (LK/L)	HAIRDRESSER 9:30am - German Volunteers Singing Club in Konvalyia 9:30am - Writing Club in Sosna 11:00am - Chair Exercises in Hall 1:30pm - Visitations/ Walks 3:00pm - Bingo in the hall 3:00pm - Baking shortbread biscuits in Topolya	9:30am - Flower arranging in Konvalyia 9:30am - Craft- Mosaic in Topolya 11:00am - Chair Exercises - Hall 1:30pm - Visitations/Walks 3:00pm - Bingo in Hall 3:00pm - Memory Games using the whiteboard in Sosna 4:00pm - Visitations/ Walks	9:30am - Music therapy in Konvalyia garden area 10:00am - Seated Aerobics Topolya 11:00am - Chair Exercises in Hall 1:30pm - Visitations/ Walks 3:00pm -Famous face reminiscing in Konvalyia 3:00pm - Bingo in Hall 4:00pm - Visitations/Walks	9:30am - Bus outing alt. outside walking group 11:00am - Visitations/Walks 11:00am - Chair Exercises in Hall 1:30pm - Visitations/Walks 3:00pm - Happy Hour in Sosna 3:00pm - Tai Chi in Konvalyia Library 4:00pm - Visitations/Walks	9:30am - Scrapbooking in Konvalyia 11:00am - Chair Exercises in Hall <p style="text-align: center;">Family Day</p>
13	14	15	16	17	18	19
Ukrainian Catholic Mass Live feed on TV <p style="text-align: center;">Family Day</p>	9:30am - Reading and discussion group in Topolya 9:30am - Chair Yoga in Konvalyia 11:00am - Exercises in Hall 1:30pm - Bingo in the Hall 1:30am - Visitations / Walks 3:00pm - Reminiscing Club 3:00pm - Gardening with volunteers (LK/L)	9:30am -Craft Paper Mosaic in Sosna 9:30am - Poetry club in Konvalyia 11:00am - Exercises in Hall 1:30pm - Visitations/Walks 1:30pm - Mathematics Group in Sosna 3:00pm - Bingo in Hall 4:00pm - Visitations / Walks	9:30am - Mini Olympic Games in Konvalyia 9:30am -Resident Representative Meeting in Hall 11:00am - Visitations/Walks 11:00am - Exercises in Hall 1:30pm - Visitations/ Walks 3:00pm - Bingo in the Hall 4:00pm - Visitations / Walks	9:30am -Board Games in Konvalyia 10:00am - Seated Aerobics in Topolya 11:00am - Ukrainian Catholic Mass 1:30pm - Visitations/Walks 3:00pm - Bingo in Hall 3.30pm -Sip and Paint in Topolya	9:30am - Shopping Keilor Downs 11:00am - Exercises in Hall 1:30pm - Visitatations / Walks 3:00pm - Making fruit salad in Topolya 3:00pm - Tai Chi -Konvalyia Library 4:00pm - Visitations/ Walks	9:30am - Flower arranging in Konvalyia 11:00am - Chair Exercises in Hall <p style="text-align: center;">Family Day</p>
20	21	22	23	24	25	26
Ukrainian Catholic Mass Live Feed on TV <p style="text-align: center;">Family Day</p>	9:30am -Mind games in Konvalyia 9:30am - Reading Club in Sosna 11:00am - Chair Exercises in Hall 1:30pm - Bingo in Hall 1:30pm - Visitations/Walks 3:00pm -Baking Cup Cakes in Top. 3:00pm - Gardening with volunteers (LK/L)	HAIRDRESSER 9:30am - German Vol. singing club in Konv, 9:30am - Writing group in Sosna 11:00am - Visitation/Walks 11:00am - Exercises in Hall 1:30pm - Visitations/Walks 3:00pm - Bingo in Hall 3:00pm - Mind Games in Sosna	9:30am - Baking Scones in Sosna 9:30am - Walking Club 11:00am - Visitations/Walks 11:00am - Exercises in Topolya 1.30pm - Visitations/Walks 3:00pm - Bingo in Konvalyia 3:00pm - Craft- Festive Wall 4:00pm - Visitations / Walks	9:30am - Reading Club in Konv. 10:00am - Seated Aerobics in Topolya 11:00am - Ukrainian Catholic Mass-Blessing of the rooms 1:30pm - Visitations/Walks 3:00pm - Bingo in the hall 3:00pm - Craft Bow tie collage-Top.	9:30am - Bowling in Sosna 11:00am - Visitations/Walks 11:00am - Exercises in Hall 1:30pm - Visitation/Walks 3:00pm - Craft- Sunflower Poster Group Activity in Sosna 4:00pm - Visitations/Walks	9:30am - Chair Exercises in Hall 11:00am - Australia Day special morning tea <p style="text-align: center;">Family Day</p>
27	28	29	30	31		
Ukrainian Catholic Mass Live Feed on TV <p style="text-align: center;">Family Day</p>	9:30am - Craft- Paper flower collage-Konvalyia 9:30am - Walking Club 11:00am - Exercises in the Hall 1:30pm - Visitation/Walks 1:30pm - Bingo in Hall 3:00pm - Table games in Topolya 3:00pm - Gardening with volunteers(LK/L)	9:30am - Baking- Make your own easy Croissantsin Sosna 9:30am - Poetry group in Konvaylia 11:00am - Chair Exercises in Hall 1:30pm - Visitations/Walks 3:00pm - Bingo in Hall 3:00pm - Guitar playing in Konvaylia	9:30am - Baking Shortbread Biscuits in Sosna 11:00am - Wildlife Gone Walkabout in Hall 1:30pm - Visitations/ Walks 3:00pm - Bingo in Hall 3:00pm - Mind games in Topolya 4:00pm - Visitations/ Walks	9:30am -Table games in Hall 10:00am - Seated Aerobics in Topolya 11:00am - Ukrainian Catholic Mass in Hall 3:00pm - Mathematics group in Konvalyia 3:00pm - Bingo		

Note: Activities or locations are subject to change. Please check with Lifestyle staff on the day. Bus & shopping trips require a minimum of 5 residents.