








# MCW January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>29</b> <i>*Due to unforeseen circumstances, activities may be changed or cancelled. Please see whiteboards for changes. All walks are subject to weather</i>	<b>30</b>	<b>31</b>	<b>1</b> <b>New Year's Day</b>	<b>2</b> 10:00 Walking group 11:00 Snakes & Ladders 12:00 BBQ Lunch 1:30 Armchair Travel - Singapore 2:45 Exercise with Physio 3:30 Connections & Pampering	<b>3</b> 10:30 Crosswords 2:00 Social Drinks 3:00 Music Appreciation	<b>4</b> 1:30 <b>Movie Matinee</b> 'Room at the Top'
<b>5</b> 11:30 <b>Songs of praise</b> 1:30 <b>Movie Matinee</b> 'Good Morning Vietnam'	<b>6</b> 10:00 Walking group 10:45 Floor Games 1:30  3:00 Men's group 3:30 Keep It Up!	<b>7</b> 10:45 Floor Games 2:00 Afternoon Tea with Veronica 3:30 Exercise with Physio	<b>8</b> 10:00 Walking group 11:00 Quiz 1:30  3:30 Nails and Pamper	<b>9</b> 10:00 Walking group 10:45 Crosswords 2:45 Exercise with Physio 3:30 Connections & Pampering	<b>10</b> 10:30 Snakes & Ladders 2:00 Social Drinks 3:00 Music Appreciation	<b>11</b> 1:30 <b>Movie Matinee</b> 'Play it Again Sam'
<b>12</b> 11:30 <b>Songs of praise</b> 1:30 <b>Movie Matinee</b> 'Love Actually'	<b>13</b> 10:00 Walking group 10:45 Floor Games 12:00 Men's Group Pub Lunch 1:30  3:30 Keep It Up!	<b>14</b> 10:45 Floor Games 2:00 MAX the MAGICIAN  3:30 Exercise with Physio	<b>15</b> 10:00 Walking group 11:00 Word Games 1:30  3:30 Summer Art & Craft	<b>16</b> 10:00 Walking group 10:45 Crosswords 2:00 CHURCH of CHRIST 2:45 Exercise with Physio 3:30 Connections & Pampering	<b>17</b> 10:30 Sing-along with Pat 1:30 COMMUNION 2:00 Social Drinks 3:00 Jazz Music Appreciation	<b>18</b> 1:30 <b>Movie Matinee</b> 'Blandings'
<b>19</b> 11:30 <b>Songs of praise</b> 1:30 <b>Movie Matinee</b> 'Strictly Ballroom'	<b>20</b> 10:00 Walking group 10:45 Floor Games 1:30  2:00 Food Focus Meeting 3:00 Men's group 3:30 Keep It Up!	<b>21</b> 10:45 Floor Games 2:00 Afternoon Tea with Veronica 3:30 Exercise with Physio	<b>22</b> 10:00 Walking group 11:00 Word Games 11:00 WE VISIT NIDO 1:30  3:30 Nails and Pamper	<b>23</b> 10:00 Walking group 10:45 Crosswords 2:45 Exercise with Physio 3:30 Connections & Pampering	<b>24</b> 10:30 Sing-along with Pat 2:00 Social Drinks 3:00 Music Appreciation	<b>25</b> 1:30 <b>Movie Matinee</b> 'Cinderella'
<b>26</b> <b>AUSTRALIA DAY</b> 11:30 <b>Songs of praise</b> 1:30 <b>Movie Matinee</b> 'Carry on Abroad'	<b>27</b> <b>PUBLIC HOLIDAY</b>	<b>28</b> 10:45 Floor Games 2:00 Afternoon Tea with Veronica 3:30 Exercise with Physio	<b>29</b> <b>CHINESE NEW YEAR</b> 10:00 Walking group 11:00 Word Games 1:30  3:30 Music Appreciation	<b>30</b> 10:00 Walking group 10:45 Crosswords 2:45 Exercise with Physio 3:30 Connections & Pampering	<b>31</b> 10:30 Sing-along with Pat 2:00 Social Drinks 3:00 Music Appreciation	<b>1</b> <i>*Due to unforeseen circumstances, activities may be changed or cancelled. Please see whiteboards for changes. All walks are subject to weather</i>