

JANUARY | 2022

Monday

January 10th

CREATIVE PROJECTS 10am-1pm
Join with friends as we plan for 2022! We'll be creating our own vision boards and chatting about our projects for the year!

FUN & GAMES 1:30pm-3:30pm
Come along for a bit of exercise and a lot of laughs as we try our hand at ten pin bowling!

January 17th

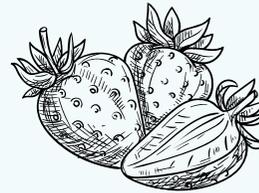
CREATIVE PROJECTS 10am-1pm
Today's session is up to you! Bring something from home you'd like to work on or try something new with one of the staff, you decide!

FUN & GAMES 1:30pm-3:30pm
Join us for armchair travel! We'll be exploring a surprise destination with fascinating facts and flavoursome food!

Thursday

January 13th

HEALTHY LIVING 9:30am-1:30PM
Today we'll explore the major vitamins which support our immune systems. We will gain a better understanding of how they assist us and which foods we find them in!



January 20th

HEALTHY LIVING 9:30am-1:30PM
We've done the vitamins, now lets look at minerals! We'll learn more about the minerals needed for a healthy immune system and where these are found in nature and food!



Friday

January 14th

SPICE OF LIFE 10am-2pm
Welcome to 2022! Lets celebrate the new year with some treats, trivia and tunes! We'll be looking at music through the ages, featuring some of our favourite artists and learning more about their songs and stories!



January 21st

SPICE OF LIFE 10am-2pm
Join with friends as we get together for a games day! There'll be plenty of old classics as well as some new favourites, so come along for some friendly competition!

Monday

January 24th

CREATIVE PROJECTS 10am-1pm

Today we'll be celebrating Australia Day, a day to reflect on what it means to be Australian, to celebrate contemporary Australia and to acknowledge our history. We'll be looking at some famous Australian art and putting together some of our own!

FUN & GAMES 1:30pm-3:30pm

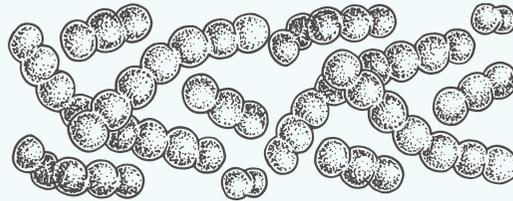
Celebrate Australia Day with some classic Aussie games!

Thursday

January 25th

HEALTHY LIVING 9:30am-1:30pm

Start your day right with chair yoga before sharing morning tea with friends! Afterwards, we'll be getting to know our guts! We'll be learning about the gut biome and how it works to keep us healthy!



Friday

January 28th

SPICE OF LIFE 10am-2pm

Today we will be celebrating Australia Day, a day to reflect on what it means to be Australian, to celebrate contemporary Australia and to acknowledge our history. We'll be testing your knowledge of Australian history, eating some yummy Aussie food and playing some classic Aussie games!