

St Louis Nursing Home Social Program January 2026

This program is flexible and may change. Outings may be cancelled due to inclement weather.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 AM Individual Support Program Pilates Class 2.30pm Bingo	2 AM Individual Support Program 2.30pm White Board Games	3 AM Free Time 2.30pm Movie "Love Actually" Board Games	4 AM ABC TV Songs of Praise 2.30pm Exercise Class
5 AM Individual Support Program No Hairdresser 2.30pm Church Service	6 AM Individual Support Program No Hairdresser 2.30pm Pilates Class	7 AM Teamific Quiz 2.30pm Games with Grant Canvas Painting	8 AM Individual Support Program 2.30pm Bingo	9 AM Individual Support Program 2.30pm Happy Hour and Games	10 AM Free Time 2.30pm Movie "Man vs Baby" Card Games	11 AM ABC TV Songs of Praise 2.30pm Exercise Class
12 AM Individual Support Program Hairdresser 2.30pm Skittles	13 AM Individual Support Program Hairdresser 2.30pm Pilates Class	14 AM Individual Support Program 2.30pm Art and Craft	15 AM Individual Support Program Pilates Class Indian Cultural Day	16 AM Individual Support Program Bus Trip 2.30pm Bingo	17 AM Free Time 2.30pm Movie "Maverick" Board Games	18 AM ABC TV Songs of Praise 2.30pm Exercise Class
19 AM Individual Support Program Hairdresser 2.30pm Bean Bag & Ball Games	20 AM Individual Support Program Hairdresser Library 2.30pm Pilates Class	21 AM Teamific Wheel of Fortune 2.30pm Art Therapy	22 AM Individual Support Program Pilates Class 2.30pm Cooking with Chef Izzy	23 AM Individual Support Program 2.30pm Resident's Meeting	24 AM Free Time 2.30pm Movie "Marriage Story" Board Games	25 AM ABC TV Songs of Praise 2.30pm Exercise Class
26 Australia Day AM Individual Support Program Hairdresser 2.30pm Karaoke	27 AM Individual Support Program Hairdresser 2.30pm Pilates Class	28 AM Individual Support Program 2.30pm Church Service	29 AM Individual Support Program Pilates Class 2.30pm Bingo	30 AM Individual Support Program Bus Trip 2.30pm Canvas Painting	31 AM Free Time 2.30pm Movie "The Green Mile" Board Games	

Individual Support Program activities include – Cognitive Skills • Life Skills • Movement • Sensory • Music • Art • Socialisation