

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