

























January Kogarah 2025

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
				1		2		3		4		5	
				9:00 Exercises with Physio 09:30 Coffee club 10:30 Summary of last year(Discussion with residents) 13:00 Ice cream trolley 14:00 Bingo 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 13:30 Live Music with Sotiris 13:30 Bus trip 15:00 Memories of today 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program		10:00 Coffee club 13:00 Bingo		9:30 Live Church Service on TV 10:30 Coffee club 13:30 Travel documentary with snacks	
6		7		8		9		10		11		12	
9:00 Exercises with Physio 10:00 Church service-Bishop Iakovos 11:30 Discussion with Bishop 13:30 Bingo 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Art therapy 13:30 Art therapy 13:30 Coffee outing 14:30 Happy Hour 16:00 Sundowning program		9:00 Exercises with Physio 09:30 Coffee club 10:00 Bus trip 13:00 Ice cream trolley 13:30 Bus trip 14:00 Bingo 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 13:30 Live Music with Sotiris 13:30 Bus trip 15:00 Memories of today 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program		10:00 Coffee club 13:00 Bingo		9:30 Live Church Service on TV 10:30 Coffee club 13:30 Travel documentary with snacks	
13		14		15		16		17		18		19	
9:00 Exercises with Physio 10:00 Church service with Bishop 11:30 Discussions with Bishop 13:30 Bingo 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Coffee club 13:30 Bingo 13:30 Coffee outing 14:30 Happy Hour 16:00 Sundowning program		9:00 Exercises with Physio 09:30 Coffee club 10:00 Bus trip 13:00 Ice cream trolley 13:30 Bus trip 14:00 Bingo 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 13:30 Live Music with Sotiris 10:00 Bus trip 15:00 Memories of today 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program		10:00 Coffee club 13:00 Bingo		9:30 Live Church Service on TV 10:30 Coffee club 13:30 Travel documentary with snacks	
20		21		22		23		24		25		26	
9:00 Exercises with Physio 10:00 Church service- Fr Agathangelos 11:30 Discussions with Father 13:30 Bingo 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Art therapy 13:30 Art therapy 13:30 Coffee outing 14:30 Happy hour 16:00 Sundowning program		9:00 Exercises with Physio 09:30 Coffee club 10:00 Bus trip 13:00 Ice cream trolley 13:30 Bus trip 14:00 Bingo 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 12:00 BBQ with relatives 12:30 Live Music with Sotiris 13:30 Bus trip 15:00 Memories of today 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program		10:00 Coffee club 13:00 Bingo		9:30 Live Church Service on TV 10:30 Coffee club 13:30 Reading/discussion for Australia day	
27		28		29		30		31					
9:00 Exercises with Physio 10:00 Church service with Bishop 11:30 Discussion with Bishop 14:30 Bingo 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Coffee club 13:30 Coffee outing 14:30 Happy hour 16:00 Sundowning program		9:00 Exercises with Physio 09:30 Coffee club 10:00 Bus trip 13:00 Celebration-Lunar new year 13:30 Bus trip 14:00 Bingo 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 13:30 Live Music with Sotiris 13:30 Bus trip 15:00 Memories of today 16:00 Sundowning program		9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program					

