








Chantal Cottage Day Respite Program

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				
5	6	7	8	9
	Welcome Back to Chantal Cottage! 9:30am Morning Tea & Socialising - New year traditions around the world 11:00am January Quiz - Lounge Room 12:00pm Lunch - Dining room 1:00pm Let's play Bingo - Dining Room 2:30pm Exotic Fruit - Word Search competition - Activity Room	Bus outing Watson Bay 9:30am Morning Tea and socialising 10:30am Bus Outing – Watsons Bay Lunch - Join us for a relaxing scenic drive and lunch by the water at beautiful Watsons Bay.	Elvis Presley's Birthday 11:00am Seated exercises with Balloons – Lounge Room 12:00pm Lunch - Dining room 1:00pm Elvis Songs Bingo – Activity Room 2:30pm Elvis Presley Quiz with afternoon tea – Lounge Room	Bus outing Palm Beach RSL Club 9:30am Morning Tea & Socialising 10:30am Bus Outing Palm Beach - Spend a peaceful day discovering the beauty of Palm Beach. After a scenic drive, savour a delicious lunch and connect with new friends at the RSL Club.
12	13	14	15	16
Australian Open 9:30am Morning Tea & Socialising 11:00am Tennis Bingo - Activity Room 12:00pm Lunch – Dining room 1:00pm Chair Dance - "Dance to remember" – Dining Room 2:30pm Australian Female Tennis Players Quiz - Activity Room	9:30am Morning Tea & Socialising 11:00am Superstitions – Crossword – Lounge Room 12:00pm Lunch - Dining room 1:00pm Seated exercises with balloons – Dining Room 2:30pm Sing along with Afternoon Tea – Lounge Room	Bus outing Pie in the Sky Café 9:30am Morning Tea & socialising 10:30am Bus Outing: Pie in the Sky Café, Cowan. Enjoy a scenic drive and a delicious treat at the famous Pie in the Sky café – a lovely outing with beautiful views and good company.	9:30am Morning Tea & Socialising 11:00am Tovertafel Game – Activity Room 12:00pm Lunch - Dining room 1:00pm Australian Bird Bingo – Dining Room 2:30pm Flowers Word Search with afternoon tea – Dining Room	
19	20	21	22	23
Flower Day 9:30am Morning Tea & Socialising 11:00am Seated Workout – Lounge Room 12:00pm Lunch - Dining room 1:00pm Sing Along – Lounge Room 2:30pm Aussie Flowers Bingo - Activity Room	9:30am Morning Tea & Socialising 11:00am Australian Slang Quiz – Lounge Room 12:00pm Lunch - Dining room 1:00pm Movie time – "Ride like a Girl" With popcorn & Ice cream – Lounge Room 2:30pm Elvis Presley Songs - Crossword – Activity Room	Bus outing – Glenorie RSL 9:30am Morning Tea and socialising 10:30am Bus Outing – Fagan Park – Glenorie RSL Club. Take a scenic drive and unwind at Glenorie RSL, where you can enjoy a delicious lunch and the peaceful surrounds	9:30am Morning Tea & Socialising 11:00am Australian Food and Drink Quiz – Lounge Room 12:00pm Lunch - Dining-room 1:00pm Chair Dance - "Dance to remember" – Dining Room 2:00pm Music Appreciation – Andre Rieu – "Magic of the Waltz" – Lounge Room	Sydney renovated Airport 9:30am Morning Tea & Socialising 10:30am Bus Outing: Sydney Airport - Enjoy a scenic outing to the newly renovated Sydney Airport. Explore the refreshed viewing areas, watch planes take off and land, and take in the improved facilities. It's a fun and engaging experience to share with friends.
26	27	28	29	30
	Mozart's Birthday 9:30am Morning Tea & Socialising 11:00am Chair spoons Exercises - Activity Room 12:00pm Lunch – Dining room 1:00pm Cake & celebrate – Guess the celebrity – January Birthday – Dining Room 2:30pm The letter J Quiz – Lounge Room	Bus outing – Manly Dam 9:30am Morning Tea & Socialising 10:30am Bus Outing: Manly Dam - Come along to Manly Dam for a day of fresh air and conversation. Enjoy a picnic lunch while connecting with others.	9:30am Morning Tea & Socialising - The number 12 Quiz 11:00am Steve Irwin Biography – Lounge Room 12:00pm Lunch – Dining room 1:00pm Floor Game Competition - Bowls – Lounge Room 2:30pm Australian Garden Quiz – Lounge Room	

Activities are listed in a daily activities sheet for clients. Activities are subject to change. 1:1 activities such as Jenga, jigsaw puzzles, sensory activities, crossword, search word and colouring are also available.
To Join or for more information contact yanci.rivera@chcs.com.au or phone number 0403928482