









JANUARY ACTIVITIES 2026

Annemarie Lemming - Team Leader of Day Program
jbcare_dayprogram@lumiacare.com.au
Phone: (02) 9135 4868




JANUARY

| MONDAY 29 | TUESDAY 30 | WEDNESDAY 31 | THURSDAY 1 | FRIDAY 2 |
|-----------|------------|--------------|---|---|
| AM | AM | AM |  | AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  |
| AM/PM | AM/PM | AM/PM | | AM/PM MOVIE DAY Snacks & Hot dog lunch \$5.00  |
| PM | PM | PM | | PM Select a room at the Day Program for free time  |
| | | | | Bring: Water Bottle  |

ACTIVITIES ARE SUBJECT TO CHANGE

Please wear comfortable shoes and clothing, a sun hat, and apply sunscreen for all outings. It will be \$5 for any lunches provided at JB Care as shown on the calendar. No lunch is needed on these days if you would like to participate. If you do not wish to participate, please bring your own lunch.

JANUARY

| MONDAY 5 | TUESDAY 6 | WEDNESDAY 7 | THURSDAY 8 | FRIDAY 9 |
|--|---|--|---|--|
| <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>CITY BOWLING CAMPBELLTOWN \$10.00</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p>  | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>ART, CRAFTS, KARAOKE & DANCING</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p>  | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>BRADBURY POOLS Swimming \$8.00</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p>  | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>COOKING LUNCH Participants Choice \$5.00</p> <p>CRAFT & GAMES</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p>  | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>PARK VISIT Play & lunch</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p>  |
| <p>Bring: Water Bottle & Own Lunch</p>  | <p>Bring: Water Bottle & Own Lunch</p>  | <p>Bring: Water Bottle & Own Lunch</p>  | <p>Bring: Water Bottle</p>  | <p>Bring: Water Bottle & Own Lunch</p>  |

ACTIVITIES ARE SUBJECT TO CHANGE

Please wear comfortable shoes and clothing, a sun hat, and apply sunscreen for all outings. It will be \$5 for any lunches provided at JB Care as shown on the calendar. No lunch is needed on these days if you would like to participate. If you do not wish to participate, please bring your own lunch.

JANUARY

| MONDAY 12 | TUESDAY 13 | WEDNESDAY 14 | THURSDAY 15 | FRIDAY 16 |
|---|---|---|--|---|
| <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>MACQUARIE FIELDS POOLS Swimming \$8.00 </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>COOKING DAY Taco Tuesday \$5.00 CRAFT AND GAMES </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>STUART PARK NORTH WOLLONGONG Play & BBQ lunch \$5.00 </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>MOVIES & GAME DAY OR OP SHOPPING Bring spending money </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>ORAN PARK SPLASH PARK Play & lunch </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> |
| <p>Bring: Water Bottle & Own Lunch </p> | <p>Bring: Water Bottle </p> | <p>Bring: Water Bottle </p> | <p>Bring: Water Bottle & Own Lunch </p> | <p>Bring: Water Bottle & Own Lunch </p> |

ACTIVITIES ARE SUBJECT TO CHANGE

Please wear comfortable shoes and clothing, a sun hat, and apply sunscreen for all outings. It will be \$5 for any lunches provided at JB Care as shown on the calendar. No lunch is needed on these days if you would like to participate. If you do not wish to participate, please bring your own lunch.

JANUARY

| MONDAY 19 | TUESDAY 20 | WEDNESDAY 21 | THURSDAY 22 | FRIDAY 23 |
|--|---|---|---|---|
| <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>BALL GAMES IN THE PARK Picnic lunch </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>CRAFTS, MOVIE & GAME DAY </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>PIZZA HUT LUNCH All you can eat menu \$25.40 </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>CRAFTS, DANCING & KARAOKE Picnic in the park </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> | <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>BRADBURY POOLS Swimming & lunch \$8.00 </p> <p>PM</p> <p>Select a room at the Day Program for free time </p> |
| <p>Bring: Water Bottle & Own Lunch </p> | <p>Bring: Water Bottle & Own Lunch </p> | <p>Bring: Water Bottle & Own Lunch </p> | <p>Bring: Water Bottle & Own Lunch </p> | <p>Bring: Water Bottle & Own Lunch </p> |

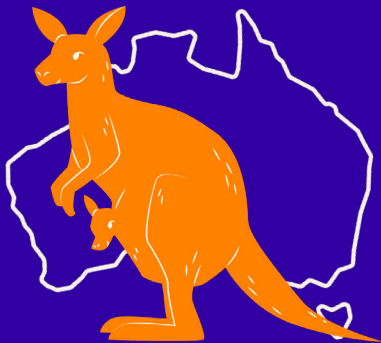
ACTIVITIES ARE SUBJECT TO CHANGE

Please wear comfortable shoes and clothing, a sun hat, and apply sunscreen for all outings. It will be \$5 for any lunches provided at JB Care as shown on the calendar. No lunch is needed on these days if you would like to participate. If you do not wish to participate, please bring your own lunch.

JANUARY

MONDAY 26

**AUSTRALIA
DAY**



TUESDAY 27

AM

JB Cafe Open



Stretch, chair
yoga, or play
with Loui at the
park.



AM/PM

**CRAFTS, GAMES &
MOVIES**

Cooking hamburgers
for lunch \$5.00



PM

Select a room at the
Day Program for free
time



WEDNESDAY 28

AM

JB Cafe Open



Stretch, chair
yoga, or play
with Loui at the
park.



AM/PM

**AQUATOPIA WATER
PARK \$25.00**



PM

Select a room at the
Day Program for free
time



THURSDAY 29

AM

JB Cafe Open



Stretch, chair
yoga, or play
with Loui at the
park.



AM/PM

**CRAFTS, GAMES &
MOVIES**



PM

Select a room at the
Day Program for free
time



FRIDAY 30

AM

JB Cafe Open



Stretch, chair
yoga, or play
with Loui at the
park.



AM/PM

**LUNCH AT HARRINGTON
PARK**



PM

Select a room at the
Day Program for free
time



Bring:
Water Bottle



Bring:
Water Bottle &
Own Lunch



Bring:
Water Bottle &
Own Lunch



Bring:
Water Bottle &
Own Lunch



ACTIVITIES ARE SUBJECT TO CHANGE

Please wear comfortable shoes and clothing, a sun hat, and apply sunscreen for all outings. It will be \$5 for any lunches provided at JB Care as shown on the calendar. No lunch is needed on these days if you would like to participate. If you do not wish to participate, please bring your own lunch.