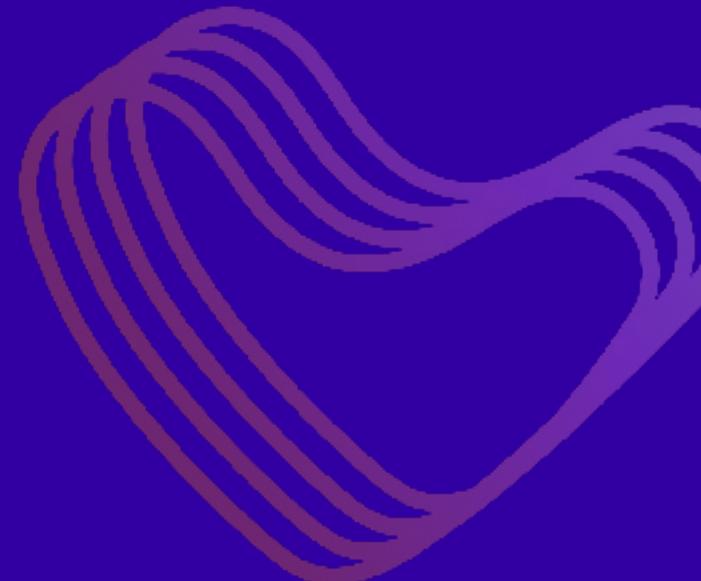


JB Care<sup>by</sup>

LumiaCare

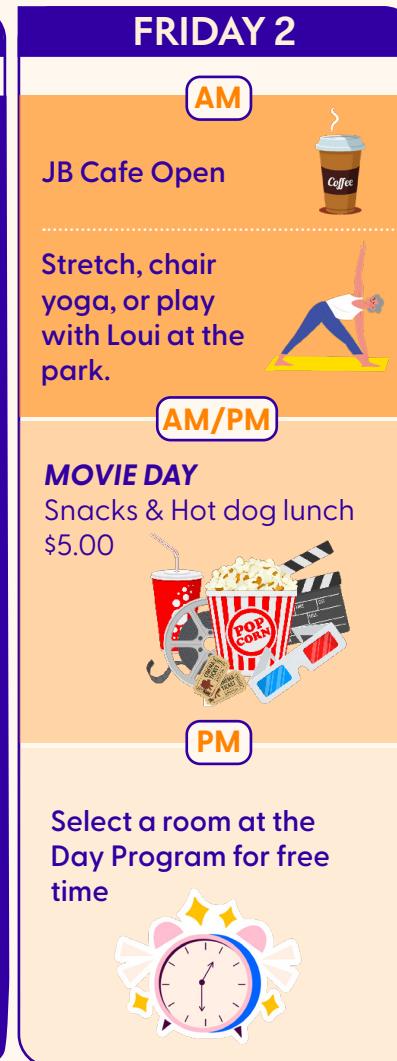
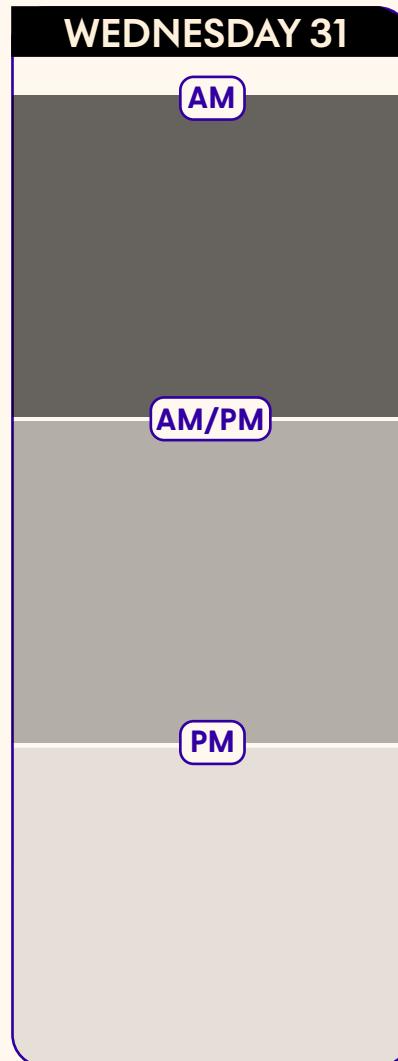
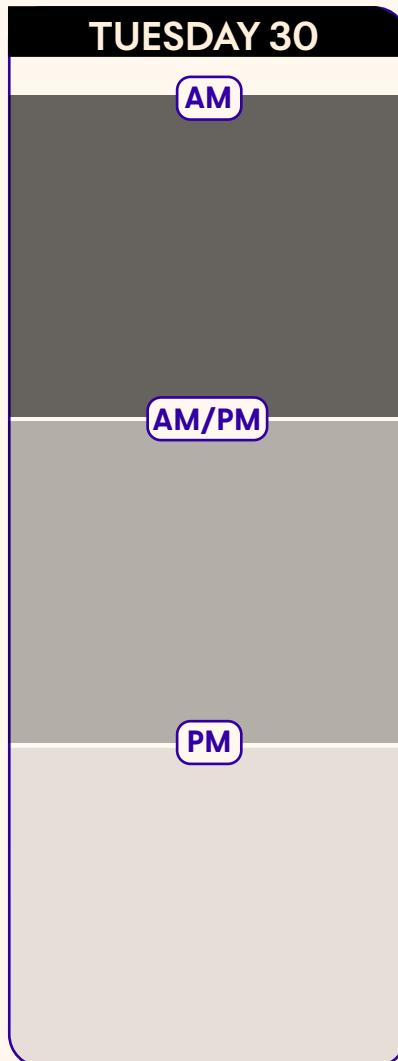
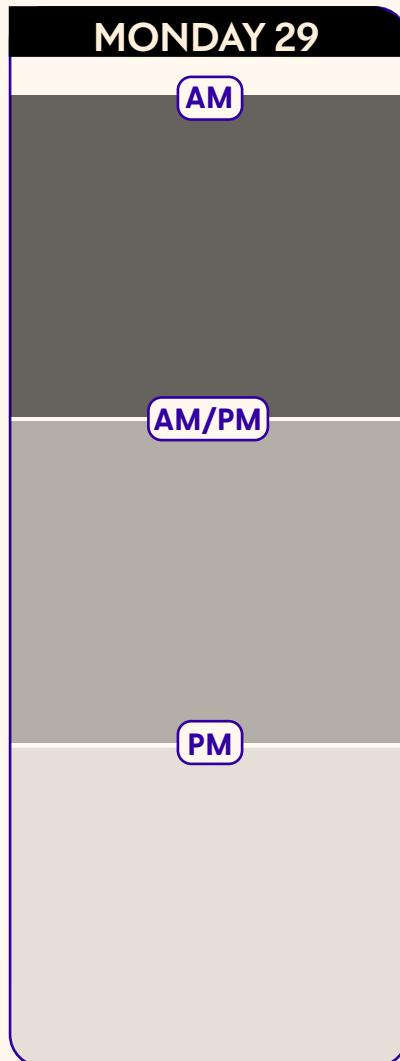


# JANUARY ACTIVITIES

2026

Annemarie Lemming - Team Leader of Day Program  
[jbcare\\_dayprogram@lumiacare.com.au](mailto:jbcare_dayprogram@lumiacare.com.au)  
Phone: (02) 9135 4868

# JANUARY



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.

Bring:  
Water Bottle



# JANUARY

MONDAY 5

AM

JB Cafe Open



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



AM/PM

**CITY BOWLING CAMPBELLTOWN** \$10.00



PM

Select a room at the Day Program for free time



Bring:  
Water Bottle & Own Lunch



TUESDAY 6

AM

JB Cafe Open



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



AM/PM

**ART, CRAFTS, KARAOKE & DANCING**



PM

Select a room at the Day Program for free time



Bring:  
Water Bottle & Own Lunch



WEDNESDAY 7

AM

JB Cafe Open



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



AM/PM

**BRADBURY POOLS**  
Swimming \$8.00



PM

Select a room at the Day Program for free time



Bring:  
Water Bottle & Own Lunch



THURSDAY 8

AM

JB Cafe Open



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



AM/PM

**COOKING LUNCH**  
Participants Choice \$5.00



PM

Select a room at the Day Program for free time



Bring:  
Water Bottle



FRIDAY 9

AM

JB Cafe Open



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



AM/PM

**PARK VISIT**  
Play & lunch



PM

Select a room at the Day Program for free time



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# JANUARY

MONDAY 12

AM

JB Cafe Open



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

AM/PM

**MACQUARIE FIELDS POOLS**

Swimming \$8.00



PM

Select a room at the Day Program for free time



Bring:  
Water Bottle &  
Own Lunch



TUESDAY 13

AM

JB Cafe Open



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

AM/PM

**COOKING DAY**

Taco Tuesday \$5.00

**CRAFT AND GAMES**



PM

Select a room at the Day Program for free time



Bring:  
Water Bottle

WEDNESDAY 14

AM

JB Cafe Open



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

AM/PM

**STUART PARK NORTH WOLLONGONG**

Play & BBQ lunch \$5.00



PM

Select a room at the Day Program for free time



Bring:  
Water Bottle



THURSDAY 15

AM

JB Cafe Open



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

AM/PM

**MOVIES & GAME DAY OR OP SHOPPING**

Bring spending money



PM

Select a room at the Day Program for free time



Bring:  
Water Bottle &  
Own Lunch



FRIDAY 16

AM

JB Cafe Open



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

AM/PM

**ORAN PARK SPLASH PARK**

Play & lunch



PM

Select a room at the Day Program for free time



Bring:  
Water Bottle &  
Own Lunch



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# JANUARY

**MONDAY 19**

**AM**  
JB Cafe Open 

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

**AM/PM**  
**BALL GAMES IN THE PARK**  
Picnic lunch 

**PM**  
Select a room at the Day Program for free time 

**TUESDAY 20**

**AM**  
JB Cafe Open 

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

**AM/PM**  
**CRAFTS, MOVIE & GAME DAY** 

**PM**  
Select a room at the Day Program for free time 

**WEDNESDAY 21**

**AM**  
JB Cafe Open 

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

**AM/PM**  
**PIZZA HUT LUNCH**  
All you can eat menu \$25.40 

**PM**  
Select a room at the Day Program for free time 

**THURSDAY 22**

**AM**  
JB Cafe Open 

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

**AM/PM**  
**CRAFTS, DANCING & KARAOKE**  
Picnic in the park 

**PM**  
Select a room at the Day Program for free time 

**FRIDAY 23**

**AM**  
JB Cafe Open 

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

**AM/PM**  
**BRADBURY POOLS**  
Swimming & lunch \$8.00 

**PM**  
Select a room at the Day Program for free time 

Bring:  
Water Bottle &  
Own Lunch



Bring:  
Water Bottle &  
Own Lunch



Bring:  
Water Bottle &  
Own Lunch



Bring:  
Water Bottle &  
Own Lunch



Bring:  
Water Bottle &  
Own Lunch



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# 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



Bring:  
Water Bottle



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



Bring:  
Water Bottle &  
Own Lunch



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



Bring:  
Water Bottle &  
Own Lunch



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 &  
Own Lunch



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