



INGHAM

February Activity Calendar 2025

76 Davidson St

4776 2296

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
3	4 Gentle Exercise 10am -11.30am Includes Morning Tea	5 Wellness Activity Pedicare & Pampering Everglow Davidson St 10am – 2pm RSVP 22/1/25 Please book ahead.	6 Mind & Body Exercises 10am – 11.30am Includes Morning Tea Improve your Brain, Memory, Concentration & Sleep. Relieves Anxiety & Stress.	7 Arts & Craft 10am – 12noon Includes Morning Tea
10	11 Gentle Exercise 10am -11.30am Includes Morning Tea	12 Monthly Function Valentine’s Day Lunch Everglow Davidson St 11.30am – 1.30pm \$15.00 RSVP 7/2/24 Raffle & Games	13 Mind & Body Exercises 10am – 11:30am Includes Morning Tea	14 BINGO 9.30am – 11.30am Includes Morning Tea 5 Benefits of playing Bingo 1. Mental Stimulation 2. Social Interaction 3. Emotional Well-being 4. Motor Skills 5 Memory Enhancement
17	18 Gentle Exercise 10am -11.30am Includes Morning Tea	19 Monthly Function Station Hotel Lunch 11.30am – 1.30pm RSVP 14/2/24 Lunch orders taken on the day	20 Mind & Body Exercises 10am – 11:30am Includes Morning Tea	21 Arts & Craft 10am – 12noon Includes Morning Tea
24	25 Gentle Exercise 10am -11.30am Includes Morning Tea	26	27 Mind & Body Exercises 10am – 11:30am Includes Morning Tea	28 Hoy 10am – 11.30am Includes Morning Tea

#Contact your Case Manager for more information on Activity pricing and additional costs

Everglow Community Care February 2025 Functions – Ingham

To attend any of the weekly or monthly functions you need the appropriate My Aged Care referral-please ask your case manager if unsure.

For Catering and Staffing purposes 24 hour's notice is required for monthly function cancellations or charges will apply.

Menu & Prices subject to change for Monthly Functions only.

Monthly Function
Wednesday 12th February
Everglow Davidson St
11.30am – 1.30pm

Valentine's Day Lunch

\$15.00

Please contact the Ingham Everglow office for more details.

RSVP Friday 7th February
Raffle & Games



Monthly Function
Wednesday 19th February
91 Cartwright St Ingham
11.30am – 1.30pm

Station Hotel Lunch
Lunch orders taken of the day

RSVP Friday 14th February
Raffle

