

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Labour Day (WA) 10AM Resistance Bands Exercise - Floors 11AM Bingo (Café) 2:15PM Music Appreciation – “Tina Turner”	3 10AM Chair Exercise - Floors 11AM Sing a long - Café 1:45PM Ladies Club (Nail Salon- Pampering) 3PM Documentary on each floor	4 Happy Holi Festival 10AM Resistance Bands Exercise - Floors 11AM Words within words – Café 1:45PM Walks & Individual Visits 3PM Holi-Inspired Painting- Garden Room	5 Hairdresser & Beautician 10AM Chair Exercise - Floors 11AM Church Service with Fr Peter 1:45PM Flower arranging - Garden Room 3PM Individual visits/ Hand Massage with essential oils - Garden Room	6 10AM Pool Noodles exercise - Floors 11AM Choir group - Café 1:45PM Scotch College Student Volunteers - Café 3PM Bingo & Happy Hour - Café	7 10AM Wheelchair Walk/Time Outdoors 11AM Music & Memories Session - Café 1:30PM “Hand of Care” Crafts - Garden Room	8 International Women’s Day 10:30AM International Women’s Morning Tea 11AM “Who Am I?” – Famous Women Guessing Game 11:30AM Songs of Praise - Café 1:30PM “The Last Journey” - Movie on each floor
9 10AM Resistance Bands Exercise 11AM Guest Speaker “Jayme Harken” WAFL Presentation Café 2:15PM Baking “Irish Soda Bread” - Garden Room	10 10AM Chair Exercise - Floors 11AM Clay Making session 1 – Garden Room 1:45PM Ladies Club (Nail Salon- Pampering) 3PM Golf Putting & Quoits - Garden Room	11 10AM Resistance Bands Exercise – Floors 11AM Gardening 1:45PM Watercolour Painting – Garden Room 3PM Walks & Individual Visits	12 Hairdresser All Day 10AM Chair Exercise - Floors 11AM Clay Making session 2 – Garden Room 1:45PM Walks and Individual Visits 3PM Afternoon tea - Café	13 10AM Pool Noodles Exercise 11AM Choir group - Café /Poetry Club 1:45PM Scotch College Student Volunteers - Café 3PM Happy Hour- Café	14 10AM Floor Games - Garden Room 11AM Karaoke & Seated Dance 1:30PM “Shamrock Painting” - Garden Room	15 10AM Wheelchair Walk/Time Outdoors 11:30AM Songs of Praise - Café 1:30PM “Me and Pa Kettle” - Movie on each floor
16 10AM Resistance Bands Exercise 11AM Bingo - Café 2:15PM Armchair Travel to “Ireland”	17 10AM Chair Exercise 11AM Guess the Word – Café 1:45PM Ladies Club (Nail Salon- Pampering) 3PM Documentary on each floor	18 St. Patrick’s Day 11AM Performance with Toni Bianco 12AM St. Patrick’s Luncheon - Café 3PM Walks & Individual Visits	19 Hairdresser All Day 10AM Chair Exercise 11AM Walking Group 1:45PM Flower arranging - Garden Room 3PM Individual visits/ Hand Massage with essential oils - Garden room	20 10AM Pool Noodles Exercise 11AM Choir Group - Café 1:45PM Scotch College Student Volunteers - Café 3PM Happy Hour - Café	21 Harmony Day 10AM Wheelchair Walk/Time Outdoors 11AM “Everyone belongs” Music Session - Café 1:30PM Table Games- Garden Room	22 10:30AM Dominos & Puzzle – Garden Room 11:30AM Songs of Praise – Café 1:30PM “Number 96”- Movie on each floor
23 10AM Resistance Bands Exercise 11AM Performance with Julie Gardner 2:15PM “Sip and Paint” – Garden Room	24 10AM Chair Exercise 11AM Quiz – Café 1:45PM Ladies Club (Nail Salon- Pampering) 3PM Table Games- Garden Room	25 10AM Resistance Bands Exercise 11AM Gardening 13:45PM Watercolour Painting – Garden Room 3PM Walks & Individual Visits	26 Hairdresser All Day 10AM Chair Exercise 11AM Wheelchair Walk/Time Outdoors 1:45PM Knitting and cheat chat - Garden Room 3PM Classical Music – Garden Room	27 10AM Wellness with Jen - Garden Room 11AM Choir Group – Café /Poetry Club 1:45PM Scotch College Student Volunteers - Café 3PM Happy Hour - Café	28 10AM Floor Games - Garden Room 11AM Finish the Lyrics - Café 1:30PM “Make your own Easter Basket”- Garden Room	29 10AM Wheelchair Walk/Time Outdoors 11:30AM Songs of Praise - Café 1:30PM “Sense and Sensibility” Movie on each floor
30 10AM Resistance Bands Exercise – Floor 11AM Bingo - Café 2:15PM Easter Creations Pastel Egg Painting- Garden Room	31 10AM Chair Exercise 11AM Resident & Representative Meeting 1:45PM Ladies Club (Nail Salon- Pampering) 3PM Documentary on each floor	PLEASE NOTE: <ul style="list-style-type: none"> - Outdoor events/activities are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors. - All 10AM activities are held on the floors. - Our next Resident and Representative meeting will be held on 28th of April. We encourage more family and representatives to attend. - If we have an infection outbreak, we will not be able to host the lifestyle program, however the lifestyle team will do daily individual visits. If you have any feedback regarding the monthly programs, please email lifestyle@thequeenslea.com.au We encourage feedback either via feedback form or email.				