

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Hairdresser	31					1
9:15 Walking Group 10:15 Seated Aerobics 10:45 Morning Tea 14:00 March Bingo	9:15 Walking Group 10:15 Ball exercises 10:45 Morning Tea 14:00 Whiteboard quiz 	<p>All Activities are conducted on Level 1, unless otherwise stated. Outdoor activities are weather permitting, if an activity is affected by the weather, an alternative will be offered indoors. If we go into a facility outbreak, the lifestyle team will offer individual visits. Your feedback is important to us, please speak to one of the lifestyle team or please complete a feedback form at our reception.</p>				10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Flower arrangement
2 Labour Day (No hairdresser)	3 Doll's day	4 Holi Festival	5	6	7	8 International Women's day
9:15 Walking Group 10:15 Seated Aerobics 10:45 Morning Tea 14:00 March Bingo	9:15 Walking Group 10:15 Ball exercises 10:45 Morning Tea 14:00 Pampering for L2/L3/L4	9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 14:00 Indian Afternoon Tea (Restaurant)	9:15 Walking Group 10:00 Anglican Service (Theatre) 10:15 Dumbell exercises 10:45 Morning Tea 14:00 Doll making	9:15 Walking Group 10:15 Band exercises 10:45 Morning Tea 14:00 Happy hour celebrating women (Restaurant)	10:00 Individual Walking 14:00 Documentary David Attenborough ; The Secret Life of Hummingbirds (Theatre)	10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Word games
9 Hairdresser	10	11	12	13	14	15
9:15 Walking Group 10:15 Seated Aerobics 10:45 Morning Tea 14:00 March Bingo	9:15 Walking Group 10:15 Ball exercises 10:45 Morning Tea 14:00 Denis's presentation (Theatre)	9:15 Walking Group 10:15 Noodle exercises 11:00 Food Focus Meeting with morning tea 14:00 Pampering for L6/L7/L8	9:15 Walking Group 10:30 Violin played by Vivienne 10:45 Morning Tea 15:10 Catholic service (Theatre) 14:00 Armchair travel- Ireland (Theatre)	9:15 Walking Group 10:15 Band exercises 10:45 Morning Tea 11:00 Social club (Cafe) 14:00 Happy hour (Restaurant)	10:00 Individual Walking 14:00 Potpourri satchet making	10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Table games
16 Hairdresser	17 St.Patrick Day	18	19	20 Autumn Equinox	21	22
9:15 Walking Group 10:15 Seated Aerobics 10:45 Morning Tea 14:00 March Bingo	9:15 Walking Group 10:30 St Patrick day Morning Tea 14:00 Bake and Green cup cake	9:15 Walking Group 10:15 Noodle exercises 14:00 Ladies High Tea (Restaurant)	9:15 Walking Group 10:30 Jay Weston's concert (Reception) 14:00 Pampering for L2/L3/L4	9:15 Walking Group 11:00 Resident and Relatives Meeting 14:00 Happy hour (Restaurant)	 10:00 Individual Walking 14:00 Documentary for the Harmony day (Theatre)	10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Musical Travel Quiz
23 Hairdresser	24	25	26	27	28	29
9:15 Walking Group 10:15 Seated Aerobics 10:45 Morning Tea 14:00 Bus Outing 14:00 March Bingo	9:15 Walking Group 10:15 Ball exercises 10:45 Morning Tea 14:00 Pampering for L6/L7/L8	9:15 Walking Group 10:15 Noodle exercises 12:30 Men's Group BBQ 15:00 Individual visits	9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 14:00 March Quiz	9:15 Walking Group 10:15 Band exercises 10:45 Morning Tea 11:00 Book club (Cafe) 14:00 Happy hour (Restaurant)	10:00 Individual Walking 14:00 Embroidery	10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Afternoon tea at the garden