

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<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.  <i>Lifestyle staff may visit your room to assist in setting up new Swift TV as Individual visits.</i></p>					<b>1 Buddha Day</b> 9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 14:00 Happy hour 15:45 Individual visits	<b>2</b> 10:00 Individual Walking 14:00 Craft Mix Activity  15:15 Individual visits	<b>3</b> 10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Time in the Garden 15:30 Individual visits
<b>4 Hairdresser</b> 9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 14:00 Pampering for L6/L7/L8 15:15 Individual visits	<b>5 Hand Hygiene Day</b> 9:15 Walking Group 10:15 Band exercises 10:45 Morning Tea 14:00 Bake and Sip shape cookies 15:15 Individual visits	<b>6</b> 9:15 Walking Group 10:15 Seated Aerobics 14:00 Ladies High tea to celebrate Mother's day 15:15 Individual visits	<b>7</b> 9:15 Walking Group 10:00 Anglican Service (Theatre) 10:15 Ball exercises 10:45 Morning Tea 14:00 Armchair Travel to Tasmania 15:15 Individual visits	<b>8</b> 9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 14:30 Mother's day Happy hour with Janie 15:15 Individual visits	<b>9 World Bellydance day</b> 10:00 Individual Walking 14:00 Scented Candle Making 15:15 Individual visits	<b>10 Mother's Day</b> 10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Time in the garden 15:30 Individual visits	
<b>11 Hairdresser</b> 9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 14:00 Number Bingo 15:15 Individual visits	<b>12 International Nurses Day</b> 9:15 Walking Group 10:15 Special Morning Tea to thank RNs 14:00 Pampering for L2/L3/L4 15:15 Individual visits	<b>13</b> 9:15 Walking Group 10:15 Seated Aerobics 10:45 Morning Tea <b>14:00 Lost and Found Bazaar</b> 15:15 Individual visits	<b>14</b> 9:15 Walking Group <b>10:30 Violin played by Vivienne with Tea</b> 14:00 Gardening/Gaming 15:10 Catholic service (Theatre)	<b>15</b> 9:15 Walking Group 10:15 Noodle exercises 11:00 Food focus meeting (Theatre) 14:00 Happy hour 14:00 Social club	<b>16</b> 10:00 Individual Walking 14:00 Afternoon tea in the Garden/Gaedening 15:15 Individual visits 	<b>17</b> 10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Time in the Garden 15:30 Individual visits	
<b>18 Hairdresser</b> 9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 14:00 Mother's Day Bingo 14:00 Bus Outing 15:15 Individual visits	<b>19</b> 9:15 Walking Group 10:15 Band exercises 10:45 Morning Tea 14:00 Pampering for L6/L7/L8 15:15 Individual visits	<b>20</b> 9:15 Walking Group 10:15 Seated Aerobics <b>Men's BBQ</b> 15:15 Individual visits	<b>21</b> 9:15 Walking Group 10:15 Ball exercises 10:45 Morning Tea <b>QUIZ!</b> 14:00 Gardening/Quiz 15:15 Individual visits	<b>22 Melbourne International Comedy Festival Road</b> 9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 11:00 Book Club 14:30 Happy hour with Wayne	<b>23</b> 10:00 Individual Walking 14:00 Residents choice 15:15 Individual visits	<b>24</b> 10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Time in the Garden 15:30 Individual visits	
<b>25 Hairdresser</b> 9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 14:00 Number Bingo 15:15 Individual Visits	<b>26</b> 9:15 Walking Group 10:15 Band exercises 10:45 Morning Tea 14:00 Pampering for L2/L3/L4 15:15 Individual visits	<b>27</b> 9:15 Walking Group 10:15 Seated Aerobics <b>11:10 Resident and Relatives Meeting (Theatre)</b> 15:15 Individual visits	<b>28</b> 9:15 Walking Group 10:15 Ball exercises 10:45 Morning Tea 14:00 Residents choice 15:15 Individual visits	<b>29</b> 9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 14:00 Happy hour 15:45 Individual visits	<b>30</b> 10:00 Individual Walking 14:00 Documentary Nature's Most Extraordinary Moments Narrated by Sir David 15:30 Individual visits	<b>31</b> 10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Time in the Garden 15:30 Individual visits	