



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
1 WA Day <p>10AM Resistance Bands Exercise (floors) 11AM "Celebrating Western Australia" Morning Tea 2PM Armchair Travel Around WA 3PM: Resident's Choice: Sequence Game – Café</p>	2 <p>10AM Seated Yoga (floors) 11AM Resident's choice: Word within words- Café 1:30PM Ladies Club (Nail Salon) 3PM 1:1 Visits & Outback Documentary - Floors</p>	3 <p>10AM Resistance Bands Exercise (floors) 11AM Bowling/Golf Garden Room 1:45PM WA Landscapes Watercolor Painting 3PM 1:1 Visits & Memory Match -Garden Room</p>	4 Hairdresser & Beautician <p>10:30AM Anglican Church Service with Fr Peter Boyland 11AM Bingo / Walks 1:45PM Knit/Coloring - Garden Room 3PM: 1:1 Visits & Hand Massage- Garden Room</p>	5 World Environment Day <p>10AM Pool Noodles Exercise 11AM Choir group - Café 1:45PM Scotch College Students Volunteers 3PM Happy Hour - Café </p>	6 <p>10AM Floor Games - Garden Room 11AM Karaoke - Café 1:30PM Crafts Resident's Choice – Garden Room</p>	7 <p>10AM Gentle Chair Yoga- Garden Room 11:30AM Songs of Praise - Café 1:30PM Sunday Afternoon Movie on each floor</p>	
8 <p>10AM Resistance Bands Exercise (floors) 11AM Bingo - Café 1:45PM Cooking "Pizza" Garden Room 3PM: Resident's Choice: Sequence Game – Café</p>	9 <p>10AM Seated Yoga (floors) 11AM Performance with Matt Price - Café 1:45PM Ladies Club (Nail Salon) 3PM 1:1 Visits & Old Perth Documentary</p>	10 <p>Resistance Bands Exercise (floors) 11AM Balloon Tennis/Bean bag toss – Garden Room 1:45PM Flower arranging- Garden Room 3PM 1:1 Visits & Basketball- Garden Room</p>	11 Hairdresser All Day <p>10AM Chair Exercise 11AM Walks/ Table Games 1:30PM Aiming Games: Cup soccer - Garden Room 3PM: 1:1 & Hand Massage- Garden Room</p>	12 <p>7-10am FIFA World Cup opening ceremony + first match 11AM Choir group Café/<u>Poetry Club</u> 1:45PM Scotch College Students Volunteers 3PM Happy Hour - Café</p>	13 <p>10AM Gentle Balloon Volleyball- Garden Room 11AM Reminiscence: Growing Up in WA - Cafe 1:30PM Games Resident's Choice – Garden Room</p>	14 <p>10AM Table Games -Garden Room 11:30AM Songs of Praise - Café 1:30PM Sunday Afternoon Movie on each floor – Resident's choice</p>	
15 <p>10AM Resistance Bands (floors) Bus Trip – Hillary harbor (limited spaces) 11AM Colored clips and cardboard/Collaborative Games – Garden Room 2PM Music Appreciation: The Beatles</p>	16 <p>10AM Seated Yoga (floors) 11AM Resident's choice: Word within words- Café 1:45PM Ladies Club (Nail Salon) 3PM 1:1 Visits& Documentary</p>	17 Wear your team colours <p>10AM Resistance Bands Exercise (floors) 12 BBQ FIFA's World Cup Luncheon 3PM 1:1 Visits & Table Games - Garden Room</p>	18 Hairdresser All Day <p>10AM Chair Exercise 11AM Bingo/ Walks 1:45PM Beaded Embroidery & Knit - Garden Room 3PM: 1:1 & FIFA World Cup Highlights</p>	19 <p>10AM Pool Noodles Exercise 11AM Choir Group in Café 1:45PM Scotch College Students Volunteers 3PM Happy Hour - FIFA World Cup Updates & Tipping </p>	20 <p>10AM Floor Games - Garden Room 11AM Karaoke in the Café 1:30PM Crafts Resident's Choice – Garden Room</p>	21 <p>10AM Gentle Chair Yoga- Garden Room 11:30AM Songs of Praise - Café 1:30PM Sunday Afternoon Movie on each floor</p>	
22 <p>10AM Resistance Bands Exercise (floors) 11AM Bingo – Café 2PM Aiming Games: Pool noodle with ball – Garden Room 3PM: Afternoon Tea: New Residents</p>	23 <p>10AM Seated Yoga (floors) 11AM FIFA trivia – Café 1:45PM Ladies Club (Nail Salon) 3PM 1:1 Visits & Old Perth Documentary - Floors</p>	24 <p>10AM Resistance Bands Exercise (floors) 11AM Tournament: Soccer Match- Garden Room 3PM 1:1 Visits & Golf– Garden Room</p>	25 Hairdresser All Day <p>10AM Chair Exercise 11AM Catholic Church Service 1:45PM Cups & Peg Coordination Games – Garden Room 3PM: 1:1 & FIFA World Cup Highlights/ Classical Music -Garden Room</p>	26 <p>10AM Wellness with Jen 11AM Choir group in Café /<u>Poetry Club</u> 1:45PM Scotch College Students Volunteers 3PM Happy Hour - FIFA World Cup Updates & Tipping </p>	27 <p>10AM Gentle Balloon Volleyball- Garden Room 11AM Reminiscence: Perth Then & Now Café 1:30PM Games Resident's Choice – Garden Room</p>	28 <p>10AM Table Games -Garden Room 11:30AM Songs of Praise - Café 1:30PM Sunday Afternoon Movie on each floor</p>	
29 <p>10AM Resistance Bands Exercise (floors) 11AM Performance with Julie - Café 2PM Recycling Craft/Sensory Wall – Garden Room 3PM: Resident's Choice: Sequence Game- Café</p>	30 <p>10AM Seated Yoga (floors) 11AM Resident & Representative Meeting /Bingo – Café 1:45PM Ladies Club (Nail Salon) 3PM 1:1 Visits & Documentary - Floors</p>	PLEASE NOTE: <ul style="list-style-type: none"> - Throughout June and July, residents will have the opportunity to participate in friendly FIFA World Cup tipping - Outdoor events/activities are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors. - We will be having a Resident and Representative meeting this month, the next meeting will be held on 28th of July. We encourage more family 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 instead. - Bus Trip on the 15 of June. If your loved ones (or yourself) get chosen to attend, you will be informed 1-2 weeks before the event. <p>If you have any feedback regarding the monthly programs, please email lifestyle@thequeenslea.com.au, we encourage feedback either via feedback form or email.</p>					