

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Western Australia Day	2	3 Hairdresser	4	5	6	7
<b>No Hairdresser</b> 9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 14:00 Number Bingo 15:15 Individual visits	9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 14:00 Pampering for L5/L6/L7/L8 15:15 Individual visits	9:15 Walking Group 10:15 Band exercises 10:45 Morning Tea 14:00 Poetry club 15:15 Individual visits	<b>10:00 Anglican Service(Theatre)</b> 10:15 Seated Aerobics 10:45 Morning Tea <b>QUIZ!</b> 14:15 Gardening / Quiz 15:15 Individual visits	9:15 Walking Group 10:15 Ball exercises 10:45 Morning Tea 14:00 Happy hour with Matt Price	09:45 Individual Walking 14:30 Movie Sherlock Holmes - The Sign on Four (Theatre) 72 mins	09:45 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Card writing for men (Theatre) 15:30 Individual visits
8 Hairdresser	9	10	11	12	13	14
9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 14:00 Picture Bingo 15:15 Individual visits	9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 14:00 Pampering for L2/L3/L4 15:15 Individual visits	9:15 Walking Group 10:15 Band exercises 14:00 Ladies High Tea 15:15 Individual visits	9:15 Walking Group <b>10:30 Violin played by Vivienne with Tea</b> 14:00 Cards writing for Men <b>15:10 Catholic Service (Theatre)</b>	9:15 Walking Group 10:15 Ball exercises 10:45 Morning Tea 14:00 Armchair Travel to WA and Happy hour (Theatre)	09:45 Individual Walking 14:00 Card writing for men (Theatre) 15:15 Individual visits	09:45 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Time in Garden 15:30 Individual visits
15 Men's Health Week	16 Men's Health Week	17 Library	18 Men's Health Week	19 Men's Health Week	20 Men's Health Week	21 World Music Day
<b>Hairdresser</b> 9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 14:00 Number Bingo 15:15 Individual visits	9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 11:00 Social Club 14:00 Pampering 15:15 Individual visits	9:15 Walking Group 10:15 Band exercises 14:00 Men's Afternoon Tea	9:15 Walking Group 10:15 Seated Aerobics 10:45 Morning Tea 14:00 Denis Presentation Famouse Tunnels and Bridges (Theatre)	9:15 Walking Group 10:15 Ball exercises 11:15 Food focus meeting (Theatre) 14:00 Happy hour with Shevonne	09:45 Individual Walking 14:00 Resident's choice activity (Theatre) 15:15 Individual visits	09:45 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Time in Garden with World music 15:30 Individual visits
22 Hairdresser	23	24	25	26	27	28
9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 14:00 Picture Bingo 14:00 Bus Outing 15:15 Individual visits	9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 14:00 Pampering for L5/L6/L7/L8 15:15 Individual visits	9:15 Walking Group 10:15 Band exercises 10:45 Morning Tea <b>14:00 Kintting (Crochet, Embroidery)club</b> 15:15 Individual visits	9:15 Walking Group 10:15 Seated Aerobics 10:45 Morning Tea 14:00 Resident and Relatives Meeting(Theatre) 15:15 Individual visits	9:15 Walking Group 10:15 Ball exercises 10:45 Morning Tea 14:00 Book club 14:00 Happy hour	09:45 Individual Walking 14:30 Movie The General (Theatre) 78 mins	09:45 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Resident's choice activity 15:30 Individual visits
29 <b>No Hairdresser</b>	30	 Western Australia Day		 NATIONAL MEN'S HEALTH AWARENESS MONTH		<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>
9:15 Walking Group 10:15 Noodle exercises 10:45 Morning Tea 14:00 Number Bingo 15:15 Individual Visits	9:15 Walking Group 10:15 Dumbell exercises 10:45 Morning Tea 14:00 Pampering for L2/L3/L4 15:15 Individual visits					

New rotation



14:00 Men's  
High Tea

Ladies high tea	clinical appointments	gardening
Men's High Tea	Baking	Sea shanty
Resident's meeting	Crafting	knitting
Food focus meeting	Gaming	
Denis presentation	Documentary/ Movie	
Armchair Travel **		

Rainy season activity