



SEPTEMBER LIFESTYLE CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 10AM Resistance Bands Exercise - Floors 11AM Card Making Father's Day- Garden Room 1:45PM Armchair Travel to: Japan – Garden Room	1 Hello Spring 10AM Seated Yoga – Floors 11AM Bingo – Café 1:45PM Ladies Club (Nail Salon) Garden Room  3PM Documentary Cherry Blossom & Individual Visits	2 10AM Resistance Bands Exercise - Floors 11AM Tennis – Garden Room 1:45PM R U OK Crafts- Garden Room 3PM Individual Visits	3 Hairdresser & Beautician 10.30AM Anglican Church Service - Garden Room 11AM Guess the Song - Café 1:45PM Knit/ Hand massage - Garden Room 3PM Walks & Individual Visits	4 10AM Pool Noodles Exercise - Floors 11AM Choir Group -Café/ Poetry Club (Garden Room) 1:45PM Scotch College Student Volunteers - Café 3PM Happy Hour - Café	5 10AM Floor Games - Garden Room 11AM R U OK Crafts- Garden Room 1:30PM Card Games & Dominoes - Café	6 10AM Yoga- Garden Room 10:30AM Father's Day Morning Tea  11:30AM Songs of Praise - 1PM Individual Visits
7 10AM Resistance Bands Exercise - Floors 11AM Bingo - Café 1:45PM Yellow Cupcake Decorating Baking Class- Garden Room	8 10AM Seated Yoga – Floors 11AM Words within words- Cafe 1:45PM Ladies Club (Nail Salon)  3PM Resident's choice: Classical Music – Garden Room	9 10AM Resistance Bands Exercise 11AM Carol Volunteer Pianist- Café 1:45PM Resident's Choice: Flower Arranging - Garden Room 3PM Individual visits	10 R U OK? 10AM R U OK Morning Tea 11AM Performance Gary - Café 1:45PM ☘ Table Challenge – Café 3PM Walks & Individual Visits	11 10AM Pool Noodles Exercise 11AM Choir Group (Café) 1:45PM Scotch College Student Volunteers - Café 3PM Happy Hour - Café & Lounge	12 10AM Tennis- Garden Room 11AM Karaoke - Café 1:30PM Resident's Choice Documentary - floors	13 10AM Table Games -Garden Room 11:30AM Songs of Praise (Café) 1PM Garden Walk
14 10AM Resistance Bands Exercise 11AM Bingo (Café) 1:45PM Music Appreciation: Johann Sebastian Bach – Garden Room 3PM Individual Visits	15 10AM Seated Yoga 11AM Puzzle Club- Café 1:45PM Ladies Club (Nail Salon)  3PM Walks & Individual Visits	16 10AM Resistance Bands Exercise 10AM CAB Meeting – Garden Room 1:45PM Volleyball– Garden Room 3PM Individual visits	17 Hairdresser 10AM Chair Exercise 11AM Cherry Blossom Art – Garden Room 1:45PM Life Stories: School Days- Garden Room 3PM Walks & Individual Visits	18 10AM Pool Noodles Exercise 11AM Choir Group - Café/Poetry Club (Garden Room) 1:45PM Scotch College Student Volunteers - Café 3PM Happy Hour - Café	19 10AM Floor Games - Garden Room 11AM Karaoke– Café 1:30PM Mahjong & Rummy Games - Café	20 10AM Gentle Chair Yoga- Garden Room 11:30AM Songs of Praise – Café 1PM Spring Art Workshop- Garden Room
21 World Alzheimer's Day 9:30AM Bus Trip Register with the Lifestyle Team 10AM Resistance Bands Exercise 11AM Bingo - Café 3PM Resident's Choice: Sequence Game – Café	22 Dementia week 10AM Seated Yoga 11AM Performance Toni Bianco – Café 1:45PM Ladies Club (Nail Salon)  3PM Walks & Individual Visits	23 Dementia week 12:15PM AFL Luncheon – Café Residents & staff wear team colours • footy decorations • Grand Final tipping • team songs • 3PM Individual Visits	24 Hairdresser 10AM Chair Exercise 11AM Catholic Church Service 1:45PM Knit/ Hand massage - Garden Room 3PM Resident's choice: Classical Music – Garden Room	25 Dementia week 10AM Wellness with Jen - Garden Room  11AM Choir group (Café) 1:45PM Footy games, trivia & tipping – Garden Room 3PM Happy Hour - Café & Lounge	26 AFL Grand Final 10AM Volleyball- Garden Room 11AM Karaoke– Café 12:30PM AFL Grand Final -Live 1:30PM Resident's Choice Documentary - floors 	27 Dementia week 10AM Table Games -Garden Room 11:30AM Songs of Praise (Café) 1PM Garden Walk
28 10AM Resistance Bands Exercise 11AM Bingo - Café 1:45PM Cooking Class- Make your own Hummus and nibbles- Garden Room	29 10AM Seated Yoga 11AM Residents and Representatives Meeting 1:45PM Ladies Club (Nail Salon)  3PM Walks & Individual Visits	30 10AM Resistance Bands Exercise 11AM Resident's Choice: Golf Garden Room 1:15PM Spring Gardening Club 3PM Individual Visits	PLEASE NOTE: Outdoor events and activities are weather permitting. If a specific event cannot go ahead there will be another activity in its place indoors. All 10:00 am activities are held on the floors. Start times may vary slightly as Lifestyle staff support multiple floors. Thank you for your patience. Our next Residents and Representatives Meeting will be held on 27 October. Families and representatives are encouraged to attend. In the event of an infectious outbreak, the group Lifestyle Program may be suspended. The Lifestyle Team will provide individual visits where possible. We welcome feedback about our monthly programs. Please complete a feedback form or email lifestyle@thequeenslea.com.au .			