



JULY 2024

ACTIVITIES PROGRAMME

Independent Residents

Deborah Cheetham Village

Week One

Monday 01 July

09:45 am	Shopping Trip - Ocean Grove Marketplace 📍	Reception
10:00 am	Outdoor Bowls - Coaching	Bowling Green
10:30 am	Coffee Club	Cafe
11:45 am	Out & About- Westfield Shopping - BUS 📍	Reception
01:30 pm	Line Dancing	Recreation Room
03:00 pm	Meditation With Bec	Movie Theatre
04:15 pm	Yoga - Gentle Chair Yoga With Bec -3.00pm	Recreation Room

Tuesday 02 July

10:00 am	Triple A Circuit	Recreation Room
11:00 am	Triple A Functional	Recreation Room
03:00 pm	Table Tennis	Recreation Room
06:00 pm	Movie - Art That Made Us - Ep 5.	Movie Theatre

Wednesday 03 July

09:00 am	Pilates With Rick 📍	Gym
10:00 am	Gym Orientation - 1:1 sessions with Rick Read 📍	Gym
01:30 pm	Mens Shed - Woodworking Wednesday	Village Workshop
02:00 pm	Guest Speaker - Vicar Liz Meet & Greet 📍	Movie Theatre
04:00 pm	Outdoor Bowls - Social fun game	Village Green

Thursday 04 July

09:30 am	Online Art Class	Virtual Events
10:00 am	Triple A Circuit	Recreation Room
11:00 am	Triple A Functional	Recreation Room
02:00 pm	Cards/Rummikub	Village Lounge
03:00 pm	Enhanced Activities Programme Focus Group	Movie Theatre
04:00 pm	Happy Hour	Dining Room
05:00 pm	Village Host - Village Bar	Village Bar
07:00 pm	External Event - Mousetrap \$97.00 📍	Reception
07:30 pm	⊗ CANCELLED External Event - Mousetrap - Self Drive	Geelong Arts Centre

Friday 05 July

09:00 am	Gardening Group - With Angie and Gardening Crew	Resident's workshop
10:30 am	Aqua Aerobics - Hydro Mobility	Pool

01:30 pm	Movie - Saving Mr Banks	Movie Theatre
01:30 pm	Walking Group	Reception
01:30 pm	Shopping Trip - Bus - Kingston Village 🏠	Reception
04:00 pm	Village Host- Village Bar	Village Bar
04:00 pm	Indoor Bowls	Recreation Room
05:00 pm	myRyman App Support with Grace	Resident Experience Coordinator Desk - In between SA dining and the lounge
06:00 pm	Movie - Saving Mr Banks	Movie Theatre

Saturday 06 July

08:00 am	Table Tennis - All Day	Recreation Room
10:30 am	Pool/ Snooker	Village Lounge
01:00 pm	Craft Group - Jewellery Making	Craft Room
04:00 pm	Village Host- Village Bar	Village Bar
04:00 pm	Indoor Bowls	Recreation Room
05:00 pm	myRyman App Support - With Grace	Resident Experience Coordinator Desk, between dining room and village lounge
06:45 pm	External Event - Mousetrap \$97.00 🏠	Reception
07:30 pm	External Event - Mousetrap - Self Drive \$97.00 🏠	Geelong Arts Centre

Sunday 07 July

08:00 am	Table Tennis - All day	Recreation Room
10:00 am	Church Service - Mass for you at home	Movie Theatre
11:30 am	Spiritual Group - Songs of Praise	Movie Theatre
01:30 pm	Movie - Amadeus	Movie Theatre
04:00 pm	Indoor Bowls	Recreation Room

Week Two

Monday 08 July

09:45 am	Shopping Trip - Ocean Grove Marketplace 🏠	Reception
10:00 am	Outdoor Bowls - Coaching	Bowling Green
10:30 am	Coffee Club	Cafe
01:30 pm	Line Dancing	Recreation Room
03:00 pm	Meditation With Bec	Movie Theatre
04:15 pm	Yoga - Gentle Chair Yoga With Bec	Recreation Room

Tuesday 09 July

10:00 am	Triple A Circuit	Recreation Room
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11:00 am	Triple A Functional	Recreation Room
01:30 pm	Craft Group - Craft with Laura	Craft Room
03:00 pm	Guest Speaker - Cherished Pets 🏠	Movie Theatre
03:00 pm	Table Tennis	Recreation Room
06:00 pm	Movie - Art That Made Us - Ep 6.	Movie Theatre

Wednesday 10 July

09:00 am	Pilates With Rick 🏠	Gym
10:00 am	Gym Orientation - 1:1 sessions with Rick Read 🏠	Gym
11:45 am	Out & About - The Bungalow - BUS 🏠	Reception
12:15 pm	Out & About - The Bungalow - Self Drive 🏠	32 HIGH STREET, Drysdale Victoria 3222
01:30 pm	Mens Shed - Woodworking Wednesday	Village Workshop
02:00 pm	Entertainer - Belmont Singers	Village Lounge
04:00 pm	Outdoor Bowls - Social fun game	Village Green

Thursday 11 July

10:00 am	Triple A Circuit	Recreation Room
11:00 am	Triple A Functional	Recreation Room
02:00 pm	Cards/Rummikub	Village Lounge
03:00 pm	Music Appreciation - Classical conversations	Movie Theatre
04:00 pm	Happy Hour	Village Bar
05:00 pm	Village Host - Village Bar	Village Bar

Friday 12 July

09:00 am	Gardening Group - With Angie and Gardening Crew	Resident's workshop
10:30 am	Aqua Aerobics - Hydro Mobility	Pool
01:30 pm	Movie - The Benny Goodman Story	Movie Theatre
01:30 pm	Walking Group	Reception
01:30 pm	Shopping Trip - Bus - Kingston Village 🏠	Reception
04:00 pm	Village Host - Village Bar	Village Bar
04:00 pm	Indoor Bowls	Recreation Room
05:00 pm	myRyman App Support with Grace	Resident Experience Coordinator Desk - In between SA dining and the lounge
06:00 pm	Movie - The Benny Goodman Story	Movie Theatre

Saturday 13 July

08:00 am	Table Tennis - All Day	Recreation Room
10:30 am	Pool/ Snooker	Village Lounge

01:00 pm	Craft Group - French Crafts	Craft Room
04:00 pm	Village Host-Village Bar	Village Bar
04:00 pm	Indoor Bowls	Recreation Room
05:00 pm	myRyman App Support -With Grace	Resident Experience Coordinator Desk,between dining room and village lounge

Sunday 14 July

08:00 am	Table Tennis - All day	Recreation Room
10:00 am	Church Service - Mass for you at home	Movie Theatre
11:30 am	Spiritual Group - Songs of Praise	Movie Theatre
01:30 pm	Movie - Ratatouille	Movie Theatre
04:00 pm	Indoor Bowls	Recreation Room

Week Three

Monday 15 July

08:30 am	Charity Fundraiser - Croissant breakfast 🏠	Dining Room
09:45 am	Shopping Trip - Ocean Grove Marketplace 🏠	Reception
10:00 am	Outdoor Bowls - Coaching	Bowling Green
10:30 am	Coffee Club	Cafe
01:30 pm	Line Dancing	Recreation Room
03:00 pm	Yoga - Gentle Chair Yoga With Bec 🏠	Recreation Room
04:15 pm	Meditation With Bec 🏠	Movie Theatre

Tuesday 16 July

10:00 am	Triple A Circuit	Recreation Room
11:00 am	Triple A Functional	Recreation Room
02:00 pm	Entertainer - James Taylor Live at Beacon Theater	Craft Room
03:00 pm	Table Tennis	Recreation Room
06:00 pm	Movie - Art That Made Us - Ep 7.	Movie Theatre

Wednesday 17 July

09:00 am	Pilates With Rick 🏠	Gym
09:30 am	Tai Chi	Virtual Events
10:00 am	Gym Orientation - 1:1 sessions with Rick Read 🏠	Gym
01:30 pm	Mens Shed - Woodworking Wednesday	Village Workshop
02:00 pm	Village Anniversary Celebration	Village Lounge
03:00 pm	Entertainer- Ros	Village Lounge
04:00 pm	Outdoor Bowls - Social fun game	Village Green

Thursday 18 July

10:00 am	Triple A Circuit	Recreation Room
11:00 am	Triple A Functional	Recreation Room
02:00 pm	Cards/Rummikub	Village Lounge
04:00 pm	Happy Hour	Dining Room
05:00 pm	Village Host - Village Bar	Village Bar
05:45 pm	Fine Dining - French Bon Appetit \$45.00 🍷	Dining Room

Friday 19 July

09:00 am	Gardening Group - With Angie and Gardening Crew	Resident's workshop
10:30 am	Aqua Aerobics - Hydro Mobility	Pool
01:30 pm	Movie - The Dressmaker	Movie Theatre
01:30 pm	Walking Group	Reception
01:30 pm	Shopping Trip - Bus - Kingston Village 🍷	Reception
04:00 pm	Village Host - Village Bar	Village Bar
04:00 pm	Indoor Bowls	Recreation Room
05:00 pm	myRyman App Support with Grace	Resident Experience Coordinator Desk - In between SA dining and the lounge
06:00 pm	Movie - The Dressmaker	Movie Theatre

Saturday 20 July

08:00 am	Table Tennis - All Day	Recreation Room
10:30 am	Pool/ Snooker	Village Lounge
01:00 pm	Craft Group - Olympics Crafts	Craft Room
04:00 pm	Village Host - Village Bar	Village Bar
04:00 pm	Indoor Bowls	Recreation Room
05:00 pm	myRyman App Support - With Grace	Resident Experience Coordinator Desk, between dining room and village lounge

Sunday 21 July

08:00 am	Table Tennis - All day	Recreation Room
10:00 am	Church Service - Mass for you at home	Movie Theatre
11:30 am	Spiritual Group - Songs of Praise	Movie Theatre
01:30 pm	Movie - Chicago	Movie Theatre
04:00 pm	Indoor Bowls	Recreation Room

Week Four

Monday 22 July

09:45 am	Shopping Trip - Ocean Grove Marketplace 🏠	Reception
10:00 am	Outdoor Bowls - Coaching	Bowling Green
10:30 am	Coffee Club	Cafe
01:30 pm	Line Dancing	Recreation Room
03:00 pm	Yoga - Gentle Chair Yoga With Bec 🏠	Recreation Room
04:15 pm	Meditation With Bec 🏠	Movie Theatre

Tuesday 23 July

10:00 am	Triple A Circuit	Recreation Room
11:00 am	Triple A Functional	Recreation Room
01:30 pm	Craft Group - Craft with Laura	Craft Room
03:00 pm	Table Tennis	Recreation Room
06:00 pm	Movie - Art That Made Us - Ep 8.	Movie Theatre

Wednesday 24 July

09:00 am	Pilates With Rick 🏠	Gym
10:00 am	Gym Orientation - 1:1 sessions with Rick Read 🏠	Gym
01:30 pm	Mens Shed - Woodworking Wednesday	Village Workshop
01:45 pm	Entertainer - Deborah Cheetham Frallion 🏠	Village Lounge
04:00 pm	Outdoor Bowls - Social fun game	Village Green

Thursday 25 July

10:00 am	Triple A Circuit	Recreation Room
11:00 am	Triple A Functional	Recreation Room
02:00 pm	Cards/Rummikub	Village Lounge
03:00 pm	Music Appreciation - Classical conversations	Movie Theatre
04:00 pm	Happy Hour	Dining Room
05:00 pm	Village Host - Village Bar	Village Bar

Friday 26 July

09:00 am	Gardening Group - With Angie and Gardening Crew	Resident's workshop
10:30 am	Aqua Aerobics - Hydro Mobility	Pool
01:30 pm	Movie - The Iron Lady	Movie Theatre
01:30 pm	Walking Group	Reception
01:30 pm	Shopping Trip - Bus - Kingston Village 🏠	Reception
04:00 pm	Village Host - Village Bar	Village Bar
04:00 pm	Indoor Bowls	Recreation Room

05:00 pm	myRyman App Support with Grace	Resident Experience Coordinator Desk - In between SA dining and the lounge
06:00 pm	Movie - The Iron Lady	Movie Theatre

Saturday 27 July



08:00 am	Table Tennis - All Day	Recreation Room
10:30 am	Pool/ Snooker	Village Lounge
01:00 pm	Craft Group - Painting	Craft Room
04:00 pm	Village Host- Village Bar	Village Bar
04:00 pm	Indoor Bowls	Recreation Room
05:00 pm	myRyman App Support - With Grace	Resident Experience Coordinator Desk, between dining room and village lounge

Sunday 28 July

08:00 am	Table Tennis - All day	Recreation Room
10:00 am	Church Service - Mass for you at home	Movie Theatre
11:30 am	Spiritual Group - Songs of Praise	Movie Theatre
12:00 pm	Village BBQ	Bowling Green
01:30 pm	Movie - The Banger Sisters	Movie Theatre
04:00 pm	Indoor Bowls	Recreation Room

Week Five

Monday 29 July

09:45 am	Shopping Trip - Ocean Grove Marketplace 	Reception
10:00 am	Outdoor Bowls - Coaching	Bowling Green
10:30 am	Coffee Club	Cafe
01:30 pm	Line Dancing	Recreation Room
04:15 pm	Meditation With Bec 	Movie Theatre
04:15 pm	Yoga - Gentle Chair Yoga With Bec- 3.00pm	Recreation Room

Tuesday 30 July

10:00 am	Triple A Circuit	Recreation Room
11:00 am	Triple A Functional	Recreation Room
01:30 pm	Craft Group - Craft with Laura	Craft Room
03:00 pm	Table Tennis	Recreation Room
06:00 pm	Movie - High Arctic Haulers Episode 1: Chasing Ice	Movie Theatre

Wednesday 31 July

09:00 am	Pilates With Rick 🚩	Gym
10:00 am	Gym Orientation - 1:1 sessions with Rick Read 🚩	Gym
01:15 pm	Out & About - Daniel's Donuts in Portarlinton - BUS 🚩	Reception
01:30 pm	Mens Shed - Woodworking Wednesday	Village Workshop
03:00 pm	Entertainer - Chrissy	Village Lounge
04:00 pm	Outdoor Bowls - Social fun game	Village Green

KEY:  - Featured Event. \$ - Paid events. 🚩 - Need RSVP.

See the village copy of this months' Featured Events to find out more about the activities.