

# JULY 2024



The following activities are available in the mornings with the care companions on an ad hoc basis:

- Active recreation - croquet, bowls, pétanque, mini golf
- Reading and poetry
- Knitting, embroidery, croquet
- Cards, board games, puzzles, quizzes, bingo/housie
- Gardening
- Music appreciation
- Walking group
- Resident choir
- Reminiscing discussions
- Activities of daily living - making soups, baking, laundry, dishes
- Craft activities - making cards, adult colouring, painting

★ Special event

27.06.24 06:11

| M Monday  | T Tuesday   | W Wednesday   | T Thursday   | F Friday   | S Saturday  | S Sunday  |
|---|---|---|--|--|---|---|
| <p><b>1</b></p> <p>1:30 Musical Moments - with Roselind</p> <p>3:00 News &amp; Views</p> <p>3:30 Triple A - Functional Fitness</p> <p>4:00 Memory Lane - Favourite Short Stories</p>                | <p><b>2</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>3:00 Mind Benders - Bingo</p>               | <p><b>3</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>3:00 Make &amp; Create - Rainbows</p>                 | <p><b>4</b></p> <p>1:30 Out &amp; About - Scenic Drive</p> <p>3:00 Triple A - Functional Fitness</p> <p>3:30 Memory Lane - School Days</p>           | <p><b>5</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>2:30 Happy Hour with Carmen</p>            | <p><b>6</b></p> <p>1:30 Active Games - Snakes &amp; Ladders</p> <p>2:15 Movie Ladies in Black</p> | <p><b>7</b></p> <p>1:30 Musical Moments - Sing Along with Jill.</p> <p>3:00 News &amp; Views</p> <p>3:30 Triple A - Functional Fitness</p> <p>4:00 Sensational Senses - Hand Massages</p>                     |
| <p><b>8</b></p> <p>1:30 Musical Moments - with Roselind</p> <p>3:00 News &amp; Views</p> <p>3:30 Triple A - Functional Fitness</p> <p>4:00 Memory Lane - Movie Stars from the 1950's and 1960's</p> | <p><b>9</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>3:00 Mind Benders - Puzzles</p>             | <p><b>10</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>3:00 Make &amp; Create - Boomerangs</p>              | <p><b>11</b></p> <p>1:30 Out &amp; About - Scenic Drive</p> <p>3:00 Triple A - Functional Fitness</p> <p>3:30 Memory Lane - Favorite Holiday</p>     | <p><b>12</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>2:30 Happy Hour with Jenny &amp; Gary</p> | <p><b>13</b></p> <p>1:30 Active Games - Balloon Tennis</p> <p>2:15 Movie Armadus</p>              | <p><b>14</b></p> <p>1:30 Musical Moments - Sing Along with Jill.</p> <p>3:00 News &amp; Views</p> <p>3:30 Triple A - Functional Fitness</p> <p>4:00 Sensational Senses - Reading Poems and Limericks</p>      |
| <p><b>15</b></p> <p>1:30 Musical Moments - with Roselind</p> <p>3:00 News &amp; Views</p> <p>3:30 Triple A - Functional Fitness</p> <p>4:00 Memory Lane - Inside the Travel Memory Box</p>          | <p><b>16</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>3:00 Mind Benders - Word Builders</p>      | <p><b>17</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 Deborah Cheetham 1st Birthday Celebration ★</p> <p>3:00 News &amp; Views</p> | <p><b>18</b></p> <p>1:30 Out &amp; About - Scenic Drive</p> <p>3:00 Memory Lane - Catch a Conversation</p> <p>3:00 Triple A - Functional Fitness</p> | <p><b>19</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>2:30 Happy Hour Belmont Singers</p>       | <p><b>20</b></p> <p>1:30 Active Games - Board Games</p> <p>2:15 Movie Victoria &amp; Abdul</p>    | <p><b>21</b></p> <p>1:30 Musical Moments - Sing Along with Jill.</p> <p>3:00 News &amp; Views</p> <p>3:30 Triple A - Functional Fitness</p> <p>4:00 Sensational Senses - A Walk in the Garden</p>             |
| <p><b>22</b></p> <p>1:30 Musical Moments - with Roselind</p> <p>3:00 News &amp; Views</p> <p>3:30 Triple A - Functional Fitness</p> <p>4:00 Memory Lane - The Melbourne 1956 Olympic Games</p>      | <p><b>23</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>3:00 Make &amp; Create - Olympic Games</p> | <p><b>24</b></p> <p>1:45 Deborah Cheetham Musical Performance ★</p> <p>3:00 Triple A - Functional Fitness</p> <p>3:30 News &amp; Views</p>      | <p><b>25</b></p> <p>1:30 Out &amp; About - Scenic Drive</p> <p>3:00 Memory Lane - Winter Days</p> <p>3:00 Triple A - Functional Fitness</p>          | <p><b>26</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>2:30 Happy Hour with Carmen</p>           | <p><b>27</b></p> <p>1:30 Active Games - Bingo</p> <p>2:15 Movie Great Gilly Hopkins</p>           | <p><b>28</b></p> <p>1:30 Musical Moments - Sing Along with Jill.</p> <p>3:00 News &amp; Views</p> <p>3:30 Triple A - Functional Fitness</p> <p>4:00 Sensational Senses - Creating a Gratitude Memory Tree</p> |
| <p><b>29</b></p> <p>1:30 Musical Moments - with Roselind</p> <p>3:00 News &amp; Views</p> <p>3:30 Triple A - Functional Fitness</p> <p>4:00 Memory Lane</p>   | <p><b>30</b></p> <p>1:30 Triple A - Functional Fitness</p> <p>2:00 News &amp; Views</p> <p>3:00 Mind Benders - Olympic Quiz</p>       | <p><b>31</b></p> <p>1:30 Summer Olympics - Mini Games</p> <p>3:00 News &amp; Views</p>  |  |  |   |   |