

# JULY 2024



★ Special event

25.06.24 17:18

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

| M Monday   | T Tuesday  | W Wednesday  | T Thursday  | F Friday  | S Saturday   | S Sunday  |
|--|--|--|---|---|--|---|
| <b>1</b><br>1:45 Out & About - Bus Trip<br>3:00 News & Views<br>3:30 Relaxation Music/Resparke<br>4:00 Book Reading    | <b>2</b><br>11:00 Church Service - Full Catholic Mass<br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>4:00 Active Games - Quoits   | <b>3</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Men's Club - Dominoes<br>3:30 Weekly Quiz/Puzzles<br>4:00 Gardening on Balcony | <b>4</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Entertainer - Jennifer<br>4:00 Happy Hour   | <b>5</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:30 NAIDOC Week - Musical Moments<br>4:00 Mind Benders - Bingo                      | <b>6</b><br>2:00 Memory Lane - NAIDOC Week<br>2:30 Triple A - Functional Fitness<br>3:00 Outdoor Walk<br>4:00 NAIDOC Week Decorations                | <b>7</b><br>11:30 Songs of Praise<br>1:30 NAIDOC Week (AU) Starts ★<br>2:30 Triple A - Functional Fitness<br>3:00 Musical Quiz<br>3:30 Movie of Choice<br>4:00 Nail Care            |
| <b>8</b><br>1:45 Out & About - Bus Trip<br>3:00 News & Views<br>3:30 Light Music/Resparke<br>4:00 Book Reading         | <b>9</b><br>2:00 Church Service - Catholic Communion<br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>4:00 Active Games - Bucket Ball Toss                                    | <b>10</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Men's Club - UNO Cards<br>3:30 Weekly Quiz/Puzzles<br>4:00 Folding Clothes    | <b>11</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Entertainer - Brendon<br>4:00 Happy Hour   | <b>12</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:30 Aboriginal Musical Moments<br>4:00 Mind Benders - Bingo                        | <b>13</b><br>2:00 Memory Lane - NAIDOC Week<br>2:30 Triple A - Functional Fitness<br>3:00 Outdoor Walk<br>4:00 Aboriginal Sand Art                   | <b>14</b><br>11:30 Songs of Praise<br>1:30 NAIDOC Week (AU) Ends ★<br>2:30 Triple A - Functional Fitness<br>3:00 Musical Bingo<br>3:30 Movie of Choice<br>4:00 Gardening on Balcony |
| <b>15</b><br>1:45 Out & About - Bus Trip<br>3:00 News & Views<br>3:30 Recreational Music/Resparke<br>4:00 Book Reading | <b>16</b><br>2:00 Church Service - Catholic Communion<br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Birthday Celebration - July ★<br>4:00 Active Games - Parachute    | <b>17</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Men's Club - Coffee on Balcony<br>3:30 Weekly Quiz/Puzzles<br>4:00 Nail Spa   | <b>18</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Entertainer - Trish<br>4:00 Happy Hour     | <b>19</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:30 Greatest Hits 60's 70's<br>4:00 Mind Benders - Bingo                           | <b>20</b><br>2:00 Memory Lane - Summer Olympics<br>2:30 Triple A - Functional Fitness<br>3:00 Outdoor Walk<br>4:00 Summer Olympics - Make and Create | <b>21</b><br>11:30 Songs of Praise<br>2:30 Triple A - Functional Fitness<br>3:00 Musical Chair<br>3:30 Movie of Choice<br>4:00 Aromatherapy Hand Spa                                |
| <b>22</b><br>1:45 Out & About - Bus Trip<br>3:00 News & Views<br>3:30 Relaxation Music/Resparke<br>4:00 Book Reading   | <b>23</b><br>2:00 Church Service - Catholic Communion<br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>4:00 Active Games - Passing the Ball                                   | <b>24</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Men's Club - Outdoor Walk<br>3:30 Weekly Quiz/Puzzles<br>4:00 Baking/Cooking  | <b>25</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Entertainer - Cassandra<br>4:00 Happy Hour | <b>26</b><br>1:30 Summer Olympics Begins ★<br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:30 Friendship Songs<br>4:00 Mind Benders - Bingo | <b>27</b><br>2:00 Memory Lane - Friendship Day<br>2:30 Triple A - Functional Fitness<br>3:00 Outdoor Walk<br>4:00 Friendship Bands                   | <b>28</b><br>11:30 Songs of Praise<br>2:30 Triple A - Functional Fitness<br>3:00 Musical Moments - Karaoke<br>3:30 Movie of Choice<br>4:00 Touch the Fabrics                        |
| <b>29</b><br>1:45 Out & About - Bus Trip<br>3:00 News & Views<br>3:30 Musical Moments - Resparke<br>4:00 Book Reading  | <b>30</b><br>1:30 International Friendship Day ★<br>2:00 Church Service - Catholic Communion<br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>4:00 Musical Chair with Friends | <b>31</b><br>2:00 News & Views<br>2:30 Triple A - Functional Fitness<br>3:00 Men's Club - Movie<br>3:30 Weekly Quiz/Puzzles<br>4:00 Smell the Herbs        |   |   |  |   |