## St.Basil's

3.15pm1:1/hand careL2 3.30pm Hang Man L2

3.30pm: Craft L2

## NOVEMBER 2021 Level 2 & 4

Leisure & lifestyle Activities Program Schedule (COVID – 19)
As advised: Only for small groups and maintaining social distancing

LIFESTYLE OPTIONS FOR AGEING AUSTRALIA		NOVEMBER 2021 Level 2 & 4		As advised: Only	As advised: Only for small groups and maintaining social distancing		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1 QUIZ	2 TUESMY THOUSAND	3 CONTRACTOR OF THE PARTY OF TH	4 Memories of me	5	6 KARAOKE	7	
9.30am: Exercises (L2)	9.30am: Exercise L2	9.30 Falls prevention L2	10.00am: Discussion with	9.30 Falls prevention L2	10.30am: Bingo L1	10.00am: Room visit	
10.15amArtTherapyL2	10.00am: The horse	9.30amExercise -cardioL2	Father Robin L2	9.30am Chair Yoga L2	2.00pm: Nacho Day	10.00amTribute to	
11.15am: Quiz L2	race game L2	10.00am: Coffee Club L2	1.30pm: Garden Club L5	10.00am Coffee Club &Quiz	L1	Adolphe Sax's L1	
1.15pm Art therapy L3	2.00pmMelbourne cup	1.15pm Art therapy L3,2,4	3.30pmMemories of meL2	2.00pm: Music therapy L2	3.30pm: Karaoke L1	3.00pmMovie matinee	
3.15pm1:1/hand careL2	& fashion parade CH	3.30pm: Sandwich Day L2				LZ	
RAPITALEL	9	Men's Group	Lest we Forget	12	13	14	
9.30am: Exercises (L2)	9.30am: Exercise (L2)	9.30 Falls prevention L2	9.30amMorning exercise	9.30 Falls prevention L2	10.30am: Bingo L1	10.00am: Room visit	
10.00amHolyArchangels	10.30am: Bingo -L1	9.30amExercise -cardio L2	10.30:am Lest we forget -	9.30am Chair Yoga L2	2.00pm: Ladies Club	10.30 am: Tribute to C.	
religious celebration C	1.30pmCooking L5	10.30Men's Morning Teal1	Remembrance Day (L1)	2.00pm: Music therapy L2	High Tea & World	Monet L1	
10.30amArtTherapyL2	3.30pm: Inventors' Day	1.15pm Art therapy L3,2,4	1.30pm: Ice-cream Trolley	3.30pm:" Who Done it" –	Kindness Day L1	2.00pm: Armchair	
1.15pm Art therapy L3	- Discussion L2	3.00pm: Let's Talk – L2	3.30pm: Quiz L2	mystery short stories L1		travel to Canada-L1	
1.30pm: Bus Trip				0			
15 ART THERAPY	16	TRIVIA	18	HEALING SOUNDS	20	THE PRINTING OF THE	
9.30am: Exercises (L2)	9.30am: Exercises (L2)	9.30 Falls prevention L2	9.30amMorning exercise	9.30 Falls prevention L2	10.30am: Bingo L1	10.30am: Liturgy with	
10.15amArt Therapy L2	10.00Balloon gameL2	9.30amExercise -cardioL2	10.30am: Catholic /	9.30am Chair Yoga L2	1.30: News &viewsL1	F. Milton L1	
10.15am: Bus Trip	10.30am: Bingo -L1	10.00am: Coffee Club L2	Anglican Service – Father	10.30am: Music therapy L2	3.00 Birthday party -	3.00pm: Group	
1.15pm Art therapy L3	1.30pmCooking L5	1.15pm Art therapy L3,2,4	Robin	2.00pm: International	L1	discussion -Greek	
3.15pm1:1/hand careL2	3.30pm: Rummy tiles L2	3.30pm: Trivia L2	3.30pmFriendship clubL2	Men's Day L1	No.	philosophy L1	
22	23	24	25 The Ladies Club	26	27	28	
9.30am: Exercises (L2)	9.30am: Exercises (L2)	9.30 Falls prevention L2	9.30amMorning exercise	9.30 Falls prevention L2	10.30pm: Bingo L1	10.00am: Room visit	
10.15amArt Therapy L2	10.00amCarpet bowling	9.30amExercise -cardio L2	10.30am: Discussion with	9.30am Chair Yoga L2	1.30 pm: Discussion	11.00am: BBQ &	
11.15am: Bus Trip	1.30pm: Bingo -L1	10.00am: Coffee Club L2	Father Robin L2	10.00am: Music therapy L2	about St. Andrew's	International music	
1.15pm Art therapy L3	1.30pmCooking L5	1.15pm Art therapy L3,2,4	1.30pm: Sing along L2	2.00pm Poetry corner L1	Day L1	Day L1	
3.15pm1:1/hand careL2	3.00pmScattergories L2	3.30pm: Reminiscing L2	3.00pm: Ladies Talk L1	4.30pm: Predinner drinks DL2	3.00 Happy Hour L1	3.00pmMovie matinee L2	
29 NYSTERY BUS	30 NELPHI	31 Gull Mean	Melbowine Cup 2021 TUESDAY 21" OF NOVEMBER	REMEMBRANGE DAY	BBG	KEY	
9.30am: Exercises class	9.30am: Exercises (L2)	9.30 Falls prevention L2	MELBOURNE CUP CARNIVAL 2021	W W		(L1) = Secret Garden	
10.15amArt Therapy L2	10.00amQuoits gameL2	9.30amExercise -cardio L2			WILL THE STATE OF	(L2) Dinning L2 (L 2) Library	
10.15amBus Trip	1.30pm: Bingo -L1	10.00am: Coffee Club L2		, la		(DL3) Dinning Level 2	
1.15pm Art therapy L3	1.30pmCooking L5	1.15pm Art therapy L 3,2,4			Share!	(C) Chapel	
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