St. Basil's

3.15pm1:1/hand careL3 3.30pm Hang Man L3

3.30pm: Pen Pals L3

NOVEMBER 2021 Level 3

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 3		As advised: Only	As advised: Only for small groups and maintaining social distancing		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1 QUIZ	2	3 CONTREE.	4 Memories of me	5	6 KARAOKE	7	
9.30am: Exercises (L2)	9.30am: Exercise L2	9.30 Falls prevention L2	10.30am: 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 Nicholas L3	9.30am Chair Yoga L2	2.00pm: Nacho Day	10.00amTribute to	
11.15am: Quiz L3 1.15pm Art therapy L3	race game L2 2.00pmMelbourne cup	10.00am: Coffee Club L2 1.15pm Art therapy L3,2,4	1.30pm: Garden Club 3.30pmMemories of meL3	10.00am Coffee Club &Quiz 2.00pm: Music therapy L3	L1 3.30pm: Karaoke L1	Adolphe Sax's L1 3.00pmMovie matinee	
3.15pm1:1/hand careL3	& fashion parade CH	3.30pm: Sandwich Day L3	5.50pinivientories of friels	2.00pm. Music therapy L3	5.50pm. Karaoke LI	L3	
8 **First of the Job Androng to Proceedings of the Job Androng to Proceedings of the Proceedings of the John Androng to Proceedings of the John Androne to Proceedings of the John Andrope to Proceedings of the John Androne to Proceedings of the John Androne to Proceedings of the John Andrope to Proceedings of the Proceedings of the John Andrope to Proceedings of t	9	10 Men's Group	11 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 (CH)	10.00am: 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 1.30pm: Bus Trip	- Discussion L3	3.00pm: Let's Talk – L3	3.30pm: Quiz L3	mystery short stories L1		travel to Canada-L1	
15 ART THERAPY	16	17 TRIVIA	18	19 HEALING SOUNDS	20	21	
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	10.30amChapel Service –	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	F. Milton & F. Nicholas	10.30am: Music therapy L3	3.00 Birthday party -	3.00pm: Group	
1.15pm Art therapy L3	1.30pmCooking L5	1.15pm Art therapy L3,2,4	3.30pmFriendship clubL3	2.00pm: International	L1	discussion -Greek	
3.15pm1:1/hand careL3 22	3.30pm: Rummy tilesL3 23	3.30pm: Trivia L3 24	25 The Ladies Club	Men's Day L1 26	27	philosophy L1 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 Nicholas L3	10.00am: Music therapy L3	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 L3	2.00pm Poetry corner L1	Day L1	Day L1	
3.15pm1:1/hand careL3	3.00pmScattergories L3	3.30pm: Reminiscing L3	3.00pm: Ladies Talk L1	4.30pm: Predinner drinks	3.00 Happy Hour L1	3.00pmMovie matinee L3	
29 MYSTERY BUS	30 ON NELPHI	31 Pen pri	Melbowrne Cup 2021 TIRSON 2" OF NOVEMBER	REMEMBRANCE DAY	BBQ	KEY	
9.30am: Exercises class	9.30am: Exercises (L2)	9.30 Falls prevention L2	MELBOURNE CUP CARNIVAL 2021	M W		(L1) = Secret Garden	
10.15amArt Therapy L2	10.00amQuoits gameL2	9.30amExercise -cardio L2	THAT I			(L3) Dinning L3 (L 2) Library	
10.15amBus Trip	1.30pm: Bingo -L1	10.00am: Coffee Club L2				(DL3) Dinning Level 3	
1.15pm Art therapy L3	1.30pmCooking L5	1.15pm Art therapy L3,2,4	IED S			(C) Chapel	