












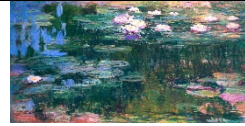















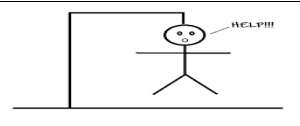









# NOVEMBER 2021 Level 3

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

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1		2		3		4		5		6		7	
9.30am: Exercises (L2) 10.15am Art Therapy L2 11.15am: Quiz L3 1.15pm Art therapy L3 3.15pm 1:1/hand care L3		9.30am: Exercise L2 10.00am: The horse race game L2 2.00pm Melbourne cup & fashion parade CH		9.30 Falls prevention L2 9.30am Exercise -cardio L2 10.00am: Coffee Club L2 1.15pm Art therapy L3,2,4 3.30pm: Sandwich Day L3		10.30am: Discussion with Father Nicholas L3 1.30pm: Garden Club 3.30pm Memories of me L3		9.30 Falls prevention L2 9.30am Chair Yoga L2 10.00am Coffee Club & Quiz 2.00pm: Music therapy L3		10.30am: Bingo L1 2.00pm: Nacho Day L1 3.30pm: Karaoke L1		10.00am: Room visit 10.00am Tribute to Adolphe Sax's L1 3.00pm Movie matinee L3	
8		9		10		11		12		13		14	
9.30am: Exercises (L2) 10.00am Holy Archangels religious celebration C 10.30am Art Therapy L2 1.15pm Art therapy L3 1.30pm: Bus Trip		9.30am: Exercise (L2) 10.30am: Bingo -L1 1.30pm Cooking L5 3.30pm: Inventors' Day - Discussion L3		9.30 Falls prevention L2 9.30am Exercise -cardio L2 10.30 Men's Morning Tea L1 1.15pm Art therapy L3,2,4 3.00pm: Let's Talk - L3		9.30am Morning exercise 10.30am Lest we forget - Remembrance Day (CH) 1.30pm: Ice-cream Trolley 3.30pm: Quiz L3		9.30 Falls prevention L2 9.30am Chair Yoga L2 10.00am: Music therapy L2 3.30pm: "Who Done it" - mystery short stories L1		10.30am: Bingo L1 2.00pm: Ladies Club High Tea & World Kindness Day L1		10.00am: Room visit 10.30 am: Tribute to C. Monet L1 2.00pm: Armchair travel to Canada-L1	
15		16		17		18		19		20		21	
9.30am: Exercises (L2) 10.15am Art Therapy L2 10.15am: Bus Trip 1.15pm Art therapy L3 3.15pm 1:1/hand care L3		9.30am: Exercises (L2) 10.00 Balloon game L2 10.30am: Bingo -L1 1.30pm Cooking L5 3.30pm: Rummy tiles L3		9.30 Falls prevention L2 9.30am Exercise -cardio L2 10.00am: Coffee Club L2 1.15pm Art therapy L3,2,4 3.30pm: Trivia L3		9.30am Morning exercise 10.30am Chapel Service - F. Milton & F. Nicholas 3.30pm Friendship club L3		9.30 Falls prevention L2 9.30am Chair Yoga L2 10.30am: Music therapy L3 2.00pm: International Men's Day L1		10.30am: Bingo L1 1.30: News & views L1 3.00 Birthday party - L1		10.30am: Liturgy with F. Milton L1 3.00pm: Group discussion -Greek philosophy L1	
22		23		24		25		26		27		28	
9.30am: Exercises (L2) 10.15am Art Therapy L2 11.15am: Bus Trip 1.15pm Art therapy L3 3.15pm 1:1/hand care L3		9.30am: Exercises (L2) 10.00am Carpet bowling 1.30pm: Bingo -L1 1.30pm Cooking L5 3.00pm Scattergories L3		9.30 Falls prevention L2 9.30am Exercise -cardio L2 10.00am: Coffee Club L2 1.15pm Art therapy L3,2,4 3.30pm: Reminiscing L3		9.30am Morning exercise 10.30am: Discussion with Father Nicholas L3 1.30pm: Sing along L3 3.00pm: Ladies Talk L1		9.30 Falls prevention L2 9.30am Chair Yoga L2 10.00am: Music therapy L3 2.00pm Poetry corner L1 4.30pm: Predinner drinks		10.30pm: Bingo L1 1.30 pm: Discussion about St. Andrew's Day L1 3.00 Happy Hour L1		10.00am: Room visit 11.00am: BBQ & International music Day L1 3.00pm Movie matinee L3	
29		30		31		 		 		 		<b>KEY</b> (L1) = Secret Garden (L3) Dinning L3 (L 2) Library (DL3) Dinning Level 3 (C) Chapel	
9.30am: Exercises class 10.15am Art Therapy L2 10.15am Bus Trip 1.15pm Art therapy L3 3.15pm 1:1/hand care L3		9.30am: Exercises (L2) 10.00am Quoits game L2 1.30pm: Bingo -L1 1.30pm Cooking L5 3.30pm Hang Man L3		9.30 Falls prevention L2 9.30am Exercise -cardio L2 10.00am: Coffee Club L2 1.15pm Art therapy L3,2,4 3.30pm: Pen Pals L3									