\* Sundowning program includes \* reminiscing, hand massage, relaxing music, aromatherapy

## **January Kogarah 2025**

Leisure & lifestyle Activities Program Schedule (COVID – 19) LLO team number: 0490 421 157 (07:00-19:00weekdays/07:00-15:00 weekends)

As advised: Only for small groups to stop/slow the spread of infection diseases

LIFESTYLE OPTIONS FOR AGEING AUSTRALIA		,		As advised: Only for small groups to stop/slow the spread of infection diseases		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 AROMATHERAPY	2 Spiritual Connection in Daily Life	3	4	5
		9:00 Exercises with Physio 09:30 Coffee club 10:30 Summary of last year(Discussion with residents) 13:00 Ice cream trolley 14:00 Bingo 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 13:30 Live Music with Sotiris 13:30 Bus trip 15:00 Memories of today 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program	10:00 Coffee club 13:00 Bingo	9:30 Live Church Service on TV 10:30 Coffee club 13:30 Travel documentary with snacks
6	7	8 POR HA	9 Totay's Memories	10	11	12
9:00 Exercises with Physio 10:00 Church service-Bishop lakovos 11:30 Discussion with Bishop 13:30 Bingo 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Art therapy 13:30 Art therapy 13:30 Coffee outing 14:30 Happy Hour 16:00 Sundowning program	9:00 Exercises with Physio 09:30 Coffee club 10:00 Bus trip 13:00 Ice cream trolley 13:30 Bus trip 14:00 Bingo 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 13:30 Live Music with Sotiris 13:30 Bus trip 15:00 Memories of today 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program	10:00 Coffee club 13:00 Bingo	9:30 Live Church Service on TV 10:30 Coffee club 13:30 Travel documentary with snacks
13	14	15	16	17	18	19 The Harman days leave less
9:00 Exercises with Physio 10:00 Church service with Bishop 11:30 Discussions with Bishop 13:30 Bingo 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Coffee club 13:30 Bingo 13:30 Coffee outing 14:30 Happy Hour 16:00 Sundowning program	9:00 Exercises with Physio 09:30 Coffee club 10:00 Bus trip 13:00 Ice cream trolley 13:30 Bus trip 14:00 Bingo 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 13:30 Live Music with Sotiris 10:00 Bus trip 15:00 Memories of today 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program	10:00 Coffee club 13:00 Bingo	9:30 Live Church Service on TV 10:30 Coffee club 13:30 Travel documentary with snacks
20	21	22	23 Memory Care	24	25 COFFEE CLUS	26 Justification
9:00 Exercises with Physio 10:00 Church service- Fr Agathangelos 11:30 Discussions with Father 13:30 Bingo 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Art therapy 13:30 Art therapy 13:30 Coffee outing 14:30 Happy hour 16:00 Sundowning program	9:00 Exercises with Physio 09:30 Coffee club 10:00 Bus trip 13:00 Ice cream trolley 13:30 Bus trip 14:00 Bingo 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 12:00 BBQ with relatives 12:30 Live Music with Sotiris 13:30 Bus trip 15:00 Memories of today 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program	10:00 Coffee club 13:00 Bingo	9:30 Live Church Service on TV 10:30 Coffee club 13:30 Reading/discussion for Australia day
27	28	29 LUNAR NEW YEAR 2025 at Alan Screety Floats	30	31		
9:00 Exercises with Physio 10:00 Church service with Bishop 11:30 Discussion with Bishop 14:30 Bingo 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Coffee club 13:30 Coffee outing 13:30 Bingo 14:30 Happy hour 16:00 Sundowning program	9:00 Exercises with Physio 09:30 Coffee club 10:00 Bus trip 13:00 Celebration-Lunar new year 13:30 Bus trip 14:00 Bingo 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Spiritual Connection with Creativity 10:00 Bus trip 13:30 Live Music with Sotiris 13:30 Bus trip 15:00 Memories of today 16:00 Sundowning program	9:00 Exercises with Physio 10:00 Church service -Fr Agathangelos 11:30 Discussion with Fr Agathangelos 13:00 Pampering time 13:30 Cooking 16:00 Sundowning program		