

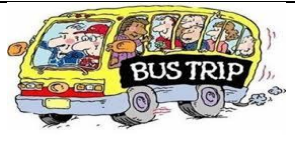

























St.Basil's <small>LIFESTYLE OPTIONS FOR AGEING AUSTRALIA</small>		April 2025				Miranda MSU							
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1		2		3		4		5	
				9.30am Meet & Greet 10.30am <b>Chair Zumba</b> 11.00am <b>Roman Catholic Church</b> 11.00am Yoga & Meditation 1.30pm <b>Pet Therapy</b> 2:30pm Physiotherapy 3.30pm Movie Time Room Visits		9.30am Meet & Greet 10.00am <b>Greek Orthodox Church</b>  11.00am <b>Spiritual Discussions</b> 1.30pm <b>Singalong - Suzie Q</b> 3.00pm <b>Armchair Travel</b> Room Visit		9.30am Meet & Greet 10.00am <b>Coffee Club</b> 11.00am Ball Games 1.30pm Bus Outing – Scenic 3.00pm <b>Music with Dylan</b> Room Visits		9.30am Meet & Greet 10.00am <b>Balloon Games</b> 11.00am Garden Walks 1.30pm <b>Ice Cream Trolley</b> 2.30pm Touch & Smell - Garden Room Visits		9.30am Meet & Greet 10.00am <b>Art Therapy</b> 1.30pm <b>Garden Walks</b> 3.30pm Funny Home Videos Room Visits	
6	Daylight Saving ends	7		8		9		10		11		12	
9.30am <b>Church Service on TV</b> 10.15am <b>Coffee Club</b> 11.00am Garden Walks 2.00pm <b>Movie Time/Happy Hour</b> Room Visits		9.30am Meet & Greet 10.00am <b>Coffee Club</b> 11.00am Ball Games 1.30pm <b>Nail/Hand Care</b> 3.00pm Relaxing Music One-on-One		9.30am Meet & Greet 10.30am <b>Chair Zumba</b> 11.00am <b>Balloon Games</b> 2:30pm Physiotherapy 3.30pm Movie Time Room Visits		9.30am Meet & Greet 10.00am <b>Greek Orthodox Church</b>  11.00am <b>Spiritual Discussions</b> 1.30pm <b>Singalong - Suzie Q</b> 3.00pm <b>Armchair Travel</b> Room Visit		9.30am Meet & Greet 10.00am <b>Coffee Club</b> 11.00am Ball Games 1.30pm Bus Outing – Scenic 3.00pm <b>Musical Grandpas</b> Room Visits		9.30am Meet & Greet 10.30 <b>ONE STEP UP</b> 1.30pm Garden Walks 2.00pm <b>Ice Cream Trolley</b> Room Visits		9.30am Meet & Greet 10.00am <b>Art Therapy</b> 2.30pm <b>Physiotherapy</b> 1.30pm <b>Garden Walks</b> 3.30pm Funny Home Videos Room Visits	
13		14		15		16		17		18	Easter Friday	19	
9.30am <b>Church Service on TV</b> 10.15am <b>Coffee Club</b> 11.00am Garden Walks 2.00pm <b>Movie Time/Happy Hour</b> Room Visits		9.30am Meet & Greet 10.00am <b>Coffee Club</b> 11.00am Garden Walks 1.30pm <b>Nail/Hand Care</b> 3.00pm Funny Videos One-on-One		9.30am Meet & Greet 10.30am <b>Chair Zumba</b> 11.00am Table Games 1.30pm <b>Milkshakes</b> 2:30pm Physiotherapy 3.30pm Sensory Activities Room Visits		9.30am Meet & Greet 10.00am <b>Greek Orthodox Church</b>  11.00am <b>Spiritual Discussions</b> 1.30pm <b>Singalong - Suzie Q</b> 3.00pm <b>Armchair Travel</b> Room Visit		9.30am Meet & Greet 10.00am <b>Coffee Club</b> 11.00am Ball Games 1.30pm Bus Outing – Scenic 2.00pm Easter Celebration Room Visits		9.30am Meet & Greet 10.00am <b>Art Therapy</b> 2.00pm <b>Easter Hat Parade</b> Room Visits		9.30am Meet & Greet 2.30pm <b>Physiotherapy</b> 1.30pm <b>Garden Walks</b> 3.30pm Funny Home Videos Room Visits	
20	Easter Sunday	21	Easter Monday	22		23		24	ANZAC Day Celebrations	25		26	
9.30am <b>Church Service on TV</b> 10.15am <b>Coffee Club</b> 11.00am Garden Walks 2.00pm <b>Movie Time/Happy Hour</b>		9.30am Meet & Greet 10.00am <b>Coffee Club</b> 11.00am Gardening 1.30pm <b>Nail/Hand Care</b> 3.00pm Balloon Games		9.30am Meet & Greet 10.30am <b>Chair Zumba</b> 11.00am Garden Walks 1.30pm <b>Cooking / Baking</b> 2:30pm Physiotherapy 3.30pm Sensory Mats Room Visits		9.30am Meet & Greet 10.00am <b>Greek Orthodox Church</b> 11.00am <b>Spiritual Discussions</b> 1.30pm Singalong – Suzie Q 3.00pm <b>Funny Videos</b> Room Visits		9.30am Meet & Greet 10.00am <b>Anzac Day Service</b> 11.00am <b>Roman Catholic Church</b> 1.30pm Bus Outing – Scenic 1.45pm <b>Singalong - Suzie Q</b> Room Visits		9.30am Meet & Greet 10.00am <b>Garden Walks</b> 11.00am Balloon Games 1.30pm Sensory Box 2.00pm <b>Movie Time</b> Room Visits		9.30am Meet & Greet 10.00am <b>Art Therapy</b> 1.30pm <b>Garden Walks</b> 2.30pm <b>Physiotherapy</b> 3.30pm Funny Home Videos Room Visits	
27		28		29		30	Suzie Singalong	31					
9.30am <b>Church Service on TV</b> 10.15am <b>Coffee Club</b> 11.00am Garden Walks 2.00pm <b>Monthly Birthday Celebrations</b>		9.30am Meet & Greet 10.00am <b>Coffee Club</b> 11.00am Garden Walks 1.30pm Nail/Hand Care 2.00pm Patrick (Vocalist) - Community Hall One-on-One		9.30am Meet & Greet 10.30am <b>Chair Zumba</b> 11.00am Garden Walks 2pm <b>Ice Cream Trolley</b> 2:30pm Physiotherapy 3.30pm Sensory - Herbs Room Visits		9.30am Meet & Greet 10.00am <b>Greek Orthodox Church</b> 11.00am <b>Spiritual Discussions</b> 1.30pm <b>Singalong - Suzie Q</b> 3.00pm Armchair Travel Room Visits		9.30am Meet & Greet 10.00am <b>Coffee Club</b> 11.00am Table Games 1.30pm <b>Bus Outing – Scenic</b> 1.45pm <b>Singalong - Suzie Q</b> 3.00pm <b>Balloon Games</b> Room Visits		Hairdresser Appointments: - Thursdays - Fridays			

