





























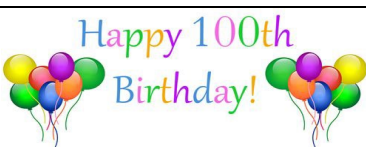



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		31						1		2		3	
Hair Dressing appointments available: - Thursdays - Fridays								9.30am Voting – Community Hall 1.30pm Bus Outing – Scenic MSU 2.00pm Music with Dylan Room Visits		9.30am Exercises with Physio 10.00am Coffee Club 10:15am One-on-One 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care L1 3.00pm Knitting Club Room Visits		9.30am Chair Zumba 10:15am Coffee Club 11.am Find-a-Word 1.00pm Art Therapy 3.00pm Concert Room Visits	
4		5		6		7		8		9		10	
9.15am One-on-One 9.45am Church Service on TV 10.15am Coffee Club 1.30pm Movie/Snacks (L1) 2.00pm Movie/Snacks (MS) Room Visits		9.30am Exercises with Physio 10.00am Quiz Games 10.30am Chair Zumba 11.am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care M/S Room Visits (Bus Lists)		9.30am Exercises with Physio 9.45am Bus Outing – Scenic 10.00am Coffee Club 11.00am Roman Catholic Church 11.00am Yoga/Meditate 1.30pm Bus Outing – Scenic 2.30pm Dog Therapy Room Visits		9.30am Exercises with Physio 10.00.am Greek Orthodox Church 11.00.am Spiritual Discussion 11.00am Falls Prevention 1.30pm Bingo Room Visits / Bus Lists also assisted Shopping)		9.30am Exercises with Physio 9.45am Bus Outing - Shopping (+ assisted shopping and delivery) 10.00am Quiz Games 11.00am One-one-One 1.30pm Bus Outing – Scenic MSU 2.00pm Musical Grandpas Room Visits		9.30am Exercises with Physio 10.00am Mothers Day Morning Tea 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care L1 3.00pm Lolly Trolley Room Visits		9.30am Chair Zumba 10.15am Coffee Club 11.00am Find-a-Word 1.00pm Art Therapy 3.00pm Concert Room Visits	
11		12		13		14		15		16		17	
9.15am One-on-One 9.45am Church Service on TV 10.15am Coffee Club 1.30pm Movie/Snacks (L1) 2.00pm Movie Snacks (MS) Room Visits		9.30am Exercises with Physio 10.00am Quiz Games 10.30am Chair Zumba 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care M/S Room Visits (Bus Lists)		9.30am Exercises with Physio 9.45am Bus Outing – Scenic 10.00am Coffee Club 11.00am Yoga/Meditate 1.30pm Bus Outing – Scenic 2.00pm Resident Representative Meeting Room Visits		9.30am Exercises with Physio 10.00.am Greek Orthodox Church 11.00.am Spiritual Discussion 11.00am Falls Prevention 1.30pm Bingo Room Visits / Bus Lists (also assisted Shopping)		9.30am Exercises with Physio 9.45am Bus Outing -Shopping (+ assisted shopping and delivery) 10.00am Quiz Games 11.00am Roman Catholic Church 1.30pm Bus Outing – Scenic MSU 2.00pm Ice Cream Trolley Room Visits		9.30am Exercises with Physio 10.00am High Tea with Paul 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care L1 3.00pm Knitting Club Room Visits		9.30am Chair Zumba 10.15am Coffee Club 11.00am Find-a-Word 1.00pm Art Therapy 3.00pm Concert Room Visits	
18		19		20		21		22		23		24	
9.15am One-on-One 9.45am Church Service on TV 10.15am Coffee Club 1.30pm Movie/Snacks (L1) 2.00pm Movie/Snacks (MS) Room Visits		9.30am Exercises with Physio 10.00am Quiz Games 10.30am Chair Zumba 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care M/S Room Visits (Bus Lists)		9.30am Exercises with Physio 9.45am Bus Outing – Scenic 10.00am Coffee Club 11.00am Yoga/Meditate 1.30pm Bus Outing – Scenic 2.00pm Food Forum Room Visits		9.30am Exercises with Physio 10.00.am Greek Orthodox Church 11.00.am Spiritual Discussion 11.00am Falls Prevention 1.30pm Bingo Room Visits / Bus Lists (also assisted Shopping)		9.30am Exercises with Physio 9.45am Bus Outing -Shopping (+ assisted shopping and delivery) 11.00am One-on-One 1.30pm Bus Outing – Scenic MSU 2.00pm Movies Room Visits		9.30am Exercises with Physio 10.00am Birthday Celebrations 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care L1 3.00pm Lolly Trolley Room Visits		9.30am Chair Zumba 10.15am Coffee Club 11.00am Find-a-Word 1.00pm Art Therapy 3.00pm Concert Room Visits	
25		26		27		28		29		30		31	
9.15am One-on-One 9.45am Church Service on TV 10.15am Coffee Club 1.30pm Movie/Snacks (L1) 2.00pm Movie/Snacks (MS) Room Visits		9.30am Exercises with Physio 10.00am Quiz Games 10.30am Chair Zumba 11.00am Falls Prevention 1.30pm Bingo 1.45pm Nail/Hand Care M/S Room Visits (Bus Lists)		9.30am Exercises with Physio 10.00am Coffee Club 10.45am Bus Outing - Luncheon 11.00am Yoga/Meditate 1.30pm Bus Outing – Scenic 2.00pm Knitting Club Room Visits		9.30am Exercises with Physio 10.00.am Greek Orthodox Church 11.00.am Spiritual Discussion 11.00am Falls Prevention 1.30pm Bingo Room Visits / Bus Lists (also assisted Shopping)		9.30am Exercises with Physio 9.45am Bus Outing: Shopping (+ assisted shopping and delivery) 10.00am Quiz Games 11.00 One-on-One 1.30pm Bus Outing – Scenic MSU 2:00pm Cooking/Baking Level 1 Room Visits		9.30am Exercises with Physio 10.00am Centenarians to Hazelhurst 11.00am Falls Prevention 1.30pm Bingo 2.00pm Sotiris Room Visits		9.30am Chair Zumba 10.15am Coffee Club 11.00am Find-a-Word 1.00pm Art Therapy 3.00pm Concert Room Visits	