

# ACTIVITY PROGRAM

MARCH | LEEDERVILLE | CITRUS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> 9:30 Chair aerobics & balance 10:15 Morning tea 1:30 Movie 	<b>2</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Party prep 1:30 News of the week: Come and discuss the best news stories of the week	<b>3</b> 9:30 Friday fun day 10:15 Morning tea 11:00 Choir 1:30 Bingo 	<b>4</b>	<b>5</b>
<b>6</b> <b>LABOR'S DAY</b> 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Outdoor walks 1:30 Art therapy or Bingo 	<b>7</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Catholic Church Service (first floor) 1:30 Wax bath therapy	<b>8</b> 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Anglican church service (first floor) 1:30 Puzzle & games group: Let's Try... Triominos 2:00 Men's Club	<b>9</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 News of the week: Come and discuss the best news stories of the week	<b>10</b> 9:30 Friday fun day 10:15 Morning tea 11:00 Craft 1:30 Bingo	<b>11</b>	<b>12</b>
<b>13</b> 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Sports chat group 1:30 Bingo <b>LIBRARY BOOK COLLECTION</b>	<b>14</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Wax bath therapy	<b>15</b> 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Outdoor walks 1:30 Puzzle & games group: group puzzle 2:00 Men's Club	<b>16</b> 9:30 Yoga/Mindfulness 10:15 Morning tea 10:45 Quiz/Word game 11:15 Party Prep 1:30 Birthday Party 	<b>17</b> <b>ST. PATRICKS' DAY</b> 9:30 Friday fun day 10:15 Morning tea 11:00 Choir 1:30 Bingo 2:30 Happy hour 	<b>18</b>	<b>19</b>
<b>20</b> 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Sports Club & outdoor walks 1:30 Bingo	<b>21</b> <b>HARMONY DAY</b> <b>BUS TRIP</b> 1:30 Wax Therapy and nail care 	<b>22</b> 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Outdoor walks 1:30 Puzzle & games group 2:00 Men's club	<b>23</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 News of the week: Come and discuss the best news stories of the week	<b>24</b> 9:30 Friday fun day 10:15 Morning tea 11:00 Craft 1:30 Bingo	<b>25</b> <b>GREEK INDEPENDENCE DAY</b>	<b>26</b>
<b>27</b> 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Outdoor walks 1:30 Bingo	<b>28</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Quiz 1:30 Wax bath therapy	<b>29</b> 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Outdoor walks 1:30 Puzzle & games group 2:00 Men's club	<b>30</b> <b>PAMPER DAY</b> 9:30 Chair aerobics 10:15 Morning tea 11:00 Pamper sessions: Foot spa & facials 1:30 Pamper sessions: Foot spa & facials	<b>31</b> 9:30 Friday fun day 10:15 Morning tea 11:00 Choir 1:30 Bingo		