

ACTIVITY PROGRAM

MARCH | WEST PERTH



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|--|---|--|
| | | 1 9:30am Bus Outing North Mole 10:00am Exercise Group 10.30am Balmoral: Gym 10:30am Tea & Talk 11:15am Brain Games ----- 1:30pm Individual Visits 2:30pm Hand Pamper 2.30pm Windsor: Gym | 2 9:30am Individual Visits 10:00am Exercise Group 10.30am Kensington: Gym 10:30am Tea & Talk 10:50am Yoga L4 ----- 1:30pm Individual Visits 2:30pm Movie- POMS Theatre / Gym  | 3 9:30am Individual Visits 10:00am Bingo 10.30am Waterford: Gym 10:30am Tea & Talk 11:00am Kensington Small Catholic Service: Lounge near Rm 340 11:00am Preparation for Afternoon Program ----- 1:30pm Individual Visits 2:30pm Get-together at Rosie's L4 | 4 LEVEL 2 ONLY 10:15am Tea & Talk 11:00am Group Games  ----- 2:00pm Brain Games 3:00pm Let's Get Physical | 5 LEVEL 2 ONLY 10:30am Tea & Talk 11:00am Songs of Praise On ABC TV ----- 1:45pm Art & Craft 3:00pm Let's Get Physical |
| 6 LABOUR DAY (WA) 9:30am Individual Visits 10:00am Exercise Group 10.30 Windsor: Gym 10:30am Tea & Talk 11:15am Labour Day Quiz ----- 1:30pm Individual Visits 2:30pm Bingo 2.30pm Balmoral: Gym | 7 9:30am Individual Visits 10:00am Exercise Group 10.30am Kensington: Gym 10:30 am Tea & Talk 11:15am Art & Craft ----- 1:30pm Individual Visits 2:30pm Birthday Party with Entertainer Peter Beanham L4 2:30pm Waterford: Gym | 8 INTERNATIONAL WOMENS DAY 9:30am Bus Outing Burswood Park 10:00am Exercise Group 10.30am Balmoral: Gym 10:30am Tea & Talk 11:15am Brain Games ----- 1:30pm Individual Visits 2.30pm Windsor: Gym 2:30pm Hand Pamper  | 9 CELEBRATING INTERNATIONAL WOMENS DAY 9:30am Individual Visits 10:00am Exercise Group 10.30am Kensington: Gym 10:30am Tea & Talk 11:00am Choir L4 ----- 1:30pm Individual Visits 2:30pm Documentary Women who Changed the World- Marie Curie Theatre / Gym | 10 9:30am Individual Visits 10:00am Bingo 10.30am Waterford: Gym 10:30am Tea & Talk 11:00am Preparation for Afternoon Program 11am Food Focus Group L4 ----- 1:30pm Individual Visits 2:30pm Pub Quiz L4  | 11 LEVEL 2 ONLY 10:15am Tea & Talk 11:00am Group Games ----- 2:00pm Brain Games 3:00pm Let's Get Physical | 12 LEVEL 2 ONLY 10:30am Tea & Talk 11:00am Songs of Praise On ABC TV ----- 1:45pm Art & Craft 3:00pm Let's Get Physical |
| 13 9:30am Individual Visits 10:00am Exercise Group 10.30 Windsor: Gym 10:30am Tea & Talk 10:30am Art Therapy L4 11:00am Knitting Group L4 11:15am Concentration ----- 1:30pm Individual Visits 2:30pm Bingo 2.30pm Balmoral: Gym  | 14 9:30am Individual Visits 10:00am Exercise Group 10.30am Kensington: Gym 10:30am Tea & Talk 11:15am Good News Stories ----- 1:30pm Individual Visits 3:00pm Greek Orthodox Service: Lounge Gnd. Fl 2.30pm Waterford: Gym | 15 10:00am Exercise Group 10.30am Balmoral: Gym 10:30am Tea & Talk 11:00am Bus Outing: Irish Pub Lunch 11:15am Brain Games ----- 1:30pm Individual Visits 2:30pm Sing-along L4 2.30pm Windsor: Gym | 16 9:30am Individual Visits 10:00am Exercise Group 10.30am Kensington: Gym 10:30am Tea & Talk 10:50am Yoga L4 11:00am Church: Anglican Lounge near Rm 152 ----- 1:30pm Individual Visits 2:30pm Movie Theatre /Gym  | 17 ST PATRICKS DAY 9:30am Individual Visits 10:00am Bingo 10.30am Waterford: Gym 10:30am Tea & Talk 11:00am Preparation for Afternoon Program ----- 1:30pm Individual Visits 2:30pm St Patrick Day get-together at Rosie's L4 | 18 LEVEL 2 ONLY 10:15am Tea & Talk 11:00am Group Games ----- 2:00pm Brain Games 3:00pm Let's Get Physical | 19 LEVEL 2 ONLY 10:15am Tea & Talk 11:00am Songs of Praise On ABC TV ----- 1:45pm Art & Craft 3:00pm Let's Get Physical  |

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MARCH | WEST PERTH



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|--|---|--|
| <p>20</p> <p>9:30am Individual Visits 10:00am Exercise Group 10.30 Windsor: Gym 10:30am Tea & Talk 11:15am Concentration</p> <hr/> <p>1:30pm Individual Visits 2:30pm Bingo 2.30pm Balmoral: Gym</p>  | <p>21 HARMONY DAY</p> <p>9:30am Individual Visits 10:00am Exercise Group 10.30am Kensington: Gym 10:30am Tea & Talk 11:15am Art & Craft</p> <hr/> <p>1:30pm Individual Visits 2:30pm Harmony Day Celebrations L4 2.30pm Waterford: Gym</p> <p>LIBRARY BOOK COLLECTION</p> | <p>22</p> <p>9:30am Bus Outing; 10:00am Exercise Group 10.30am Balmoral: Gym 10:30am Tea & Talk 11:00am Let's Talk About it with Steve (Discussion Group) L4</p> <hr/> <p>1:30pm Individual Visits 2:30pm Hand Pamper 2.30pm Windsor: Gym</p> | <p>23</p> <p>9:30am Individual Visits 10:00am Exercise Group 10.30am Kensington: Gym 10:30am Tea & Talk 11:00am Choir L4</p> <hr/> <p>1:30pm Individual Visits 2:30pm Armchair Travel: Greece - Theatre / Gym. Windsor & Kensington</p> | <p>24</p> <p>9:30am Individual Visit 10:00am Bingo 10.30am Waterford: Gym 10:30am Tea & Talk 11:00am Preparation for Afternoon Program</p> <hr/> <p>1:30pm Individual Visits 2:30pm Get-together at Rosie's. Celebrating Greek International Day L4</p> | <p>25 CELEBRATING GREECE</p> <p>Greek International Day 10:15am Tea & Talk 11:00am Group Games</p> <hr/> <p>2:00pm Brain Games 3:00pm Let's Get Physical</p> | <p>26 LEVEL 2 ONLY</p> <p>10:15am Tea & Talk 11:00am Songs of Praise on ABC TV</p> <hr/> <p>1:45pm Art & Craft 3:00pm Let's Get Physical</p> |
| <p>27</p> <p>9:30am Individual Visits 10:00am Exercise Group 10.30 Windsor: Gym 10:40am Tea & Talk 11:00 Knitting Group L1 11:15am Concentration</p> <hr/> <p>1:30pm Individual Visits 2:30pm Bingo 2:30pm Men's Group L4 2.30pm Balmoral: Gym</p>  | <p>28</p> <p>9:30am Individual Visits 10:00am Exercise Group 10.30am Kensington: Gym 10:30am Tea & Talk 11:15am Good News Stories</p> <hr/> <p>1:30pm Individual Visits 2:30pm Concert L4 2.30pm Waterford: Gym</p> | <p>29</p> <p>9:30am Bus Outing for L2 10:00am Exercise Group 10.30am Balmoral: Gym 10:30am Tea & Talk 11:00am Resident's Meeting L4</p> <hr/> <p>1:30pm Individual Visits 2:30pm Sing-along 2.30pm Windsor: Gym</p> | <p>30</p> <p>9:30am Individual Visits 10:00am Exercise Group 10.30am Kensington: Gym 10:30am Tea & Talk 11:00am Choir L4</p> <hr/> <p>1:30pm Individual Visits 2:30pm Documentary The Environment Theatre/Gym</p> | <p>31</p> <p>9:30am Visits 10:00am Bingo 10.30am Waterford: Gym 10:30am Tea & Talk 11:00am Preparation for Afternoon Program</p> <hr/> <p>1:30pm Individual Visits 2:30pm Get-together at Rosie's L4</p> | | |

Activities in light green are for that floor only Activities in blue are special activities

Lifestyle activities are subject to change without notice due to staffing & other unforeseen circumstances. Walks are subject to temperature and weather conditions.

Should we get Covid in our home it will have a significant impact on our Lifestyle program. There are often individual activities running in the background.