

ACTIVITY PROGRAM

MARCH | WEST PERTH | WATERFORD



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<p>1</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:15am Quiz</p> <hr/> <p>1:30pm Individual Visits 2:30pm Hand Pamper 3:30pm Let's get Physical</p>	<p>2</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 10:50am Yoga L4</p> <hr/> <p>1:30pm Individual Visits 2:30pm Musical Concert YouTube L2 3:30pm Let's get Physical</p>	<p>3</p> <p>9:30am Individual Visits 10:00am Bingo 10.30am Waterford: Gym 11:30 Good News Stories</p> <hr/> <p>1:30pm Individual Visits 2:30pm Get-together at Rosie's L4</p>	<p>4 LEVEL 2 ONLY</p> <p>10:00am Exercise Group 10:30am Tea & Talk 11:00am Art & Craft</p>  <hr/> <p>1:30pm Individual Visits 2:30pm Let's Get Physical</p>	<p>5 LEVEL 2 ONLY</p> <p>10:00am Exercise Group 10:30am Tea & Talk 11:00am Songs of Praise On ABC TV</p> <hr/> <p>1:30pm Individual Visits 2:30pm Let's Get Physical</p>
<p>6 LABOUR DAY (WA)</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:15am Concentration</p> <hr/> <p>1:30pm Individual Visits 2:30pm Bingo 3:30pm Let's get Physical</p>	<p>7</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30 am Tea & Talk 11:15am Art & Craft</p> <hr/> <p>1:30pm Individual Visits 2:30pm Birthday Party with Entertainer Peter Beanham L4 2:30pm Waterford: Gym</p>	<p>8 INTERNATIONAL WOMENS DAY</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:15am Art & Craft</p> <hr/> <p>1:30pm Individual Visits 2:30pm Hand Pamper 3:30pm Let's get Physical</p> 	<p>9 CELEBRATING INTERNATIONAL WOMENS DAY</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:00am Choir L4</p> <hr/> <p>1:30pm Individual Visits 2:30pm Famous Female Singer - Doris Day Sings Songs 3:30pm Let's get Physical</p>	<p>10</p> <p>9:30am Individual Visits 10:00am Bingo 10.30am Waterford: Gym 11:30 Good News Stories</p> <hr/> <p>1:30pm Individual Visits 2:30pm Making Name Badges L2</p> 	<p>11 LEVEL 2 ONLY</p> <p>10:00am Exercise Group 10:30am Tea & Talk 11:00am Art & Craft</p> <hr/> <p>1:30pm Individual Visits 2:30pm Let's Get Physical</p>	<p>12 LEVEL 2 ONLY</p> <p>10:00am Exercise Group 10:30am Tea & Talk 11:00am Songs of Praise On ABC TV</p> <hr/> <p>1:30pm Individual Visits 2:30pm Let's Get Physical</p>
<p>13</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:15am Concentration</p> <hr/> <p>1:30pm Individual Visits 2:30pm Picture Bingo 3:30pm Let's get Physical</p>	<p>14</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:15am St Patrick's Day Art</p> <hr/> <p>1:30pm Individual Visits 2.30pm Waterford: Gym 3:00pm Greek Orthodox Service: Lounge Gnd. Fl</p>	<p>15</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:15am Quiz</p> <hr/> <p>1:30pm Individual Visits 2:30pm Hand Pamper 3:30pm Let's get Physical</p>	<p>16</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 10:50am Yoga L4 11:00am Church: Anglican Non-Denominational Lounge near Rm I52</p> <hr/> <p>1:30pm Individual Visits 2:30pm What Song Is That 3:30pm Let's Get Physical</p>	<p>17 ST PATRICKS DAY</p> <p>9:30am Individual Visits 10:00am Bingo 10.30am Waterford: Gym 11:30 Good News Stories</p> <hr/> <p>1:30pm Individual Visits 2:30pm St Patrick Day get-together at Rosie's L4</p>	<p>18 LEVEL 2 ONLY</p> <p>10:00am Exercise Group 10:30am Tea & Talk 11:00am Art & Craft</p> <hr/> <p>1:30pm Individual Visits 2:30pm Let's Get Physical</p>	<p>19 LEVEL 2 ONLY</p> <p>10:00am Exercise Group 10:30am Tea & Talk 11:00am Songs of Praise On ABC TV</p> <hr/> <p>1:30pm Individual Visits 2:30pm Let's Get Physical</p> 

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>20</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:15am Concentration</p> <hr/> <p>1:30pm Individual Visits 2:30pm Picture Bingo 3:30pm Let's get Physical</p> 	<p>21 HARMONY DAY</p> <p>9:30am Individual Visits 10:00am Exercise Group 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 Tea & Talk 11:15am Quiz</p> <hr/> <p>1:30pm Individual Visits 2:30pm Hand Pamper 3:30pm Let's get Physical</p>	<p>23</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:00am Choir L4</p> <hr/> <p>1:30pm Individual Visits 2:30pm What Song Is That 3:30pm Let's Get Physical</p>	<p>24</p> <p>9:30am Individual Visit 10:00am Tea & Talk 10.30am Waterford: Gym 11:30am Good News Stories</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 10:00am Exercise Group 10:30am Tea & Talk 11:00am Group Games</p> <hr/> <p>1:30pm Brain Games 2:00pm Let's Get Physical</p>	<p>26 LEVEL 2 ONLY</p> <p>10:00am Exercise Group 10:30am 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 10:40am Tea & Talk 11:15am Concentration</p> <hr/> <p>1:30pm Individual Visits 2:30pm Picture Bingo 3:30pm Let's get Physical</p>	<p>28</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:15am Art & Craft</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 10:30am Tea & Talk 11:00am Tea & Talk</p> <hr/> <p>1:30pm Individual Visits 2:30pm Hand Pamper 3:30pm Let's get Physical</p>	<p>30</p> <p>9:30am Individual Visits 10:00am Exercise Group 10:30am Tea & Talk 11:00am Choir L4</p> <hr/> <p>1:30pm Individual Visits 2:30pm What Song Is That 3:30pm Let's Get Physical</p>	<p>31</p> <p>9:30am Individual Visits 10:00am Bingo 10.30am Waterford: Gym 11:30am Good News Stories</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.