

# ACTIVITY PROGRAM

MAY | LEEDERVILLE | CITRUS



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY                     | SUNDAY                 |
|---|--|---|---|--|------------------------------|------------------------|
| <b>1</b><br>9:30 Chair aerobics & balance<br>10:15 Morning tea<br>11:00 Word Game OR Sports Club (Magnolia)<br>1:30 Bingo OR Art Therapy (Magnolia)                       | <b>2</b><br>9:30 Chair aerobics<br>10:15 Morning tea<br>11:00 Catholic church service (first floor)<br>2:00 Wax bath therapy   | <b>3</b><br>9:30 Chair aerobics & Balance<br>10:15 Morning tea<br>11:00 Anglican church service (first floor)<br>2:00 Men's Club OR Nail care | <b>4</b><br>9:30 Chair Aerobics<br>10:15 Morning tea<br>11:00 Party Prep<br>1:30 Birthday Party with Peter Beanham (magnolia)  | <b>5</b><br>9:30 Friday fun day<br>10:15 Morning tea<br>10:45 Choir<br>2:00 Bingo  | <b>6</b> NATIONAL NURSES DAY | <b>7</b>               |
| <b>8</b><br>9:30 Chair aerobics & Balance<br>10:15 Morning tea<br>11:00 Quiz/Riddles<br>2:00 Bingo  | <b>9</b> EUROPE DAY / BUS OUTING<br>9:30 Chair Aerobics<br>10:15 Morning tea<br>11:00 Crosswords/Word Searches<br>2:00 Wax bath therapy  | <b>10</b><br>9:30 Chair aerobics & Balance<br>10:15 Morning tea<br>11:30 Mother's Day craft<br>2:00 Puzzle & games group                      | <b>11</b><br>9:30 Chair aerobics<br>10:15 Morning tea<br>11:00 Quiz/Riddles<br>2:00 News of the week  | <b>12</b> INTERNATIONAL NURSES DAY<br>10:00 Mother's Day High Tea<br>2:00 Bingo  | <b>13</b>                    | <b>14</b> MOTHER'S DAY |
| <b>15</b><br>9:30 Colouring therapy & word searches<br>10:15 Morning tea<br>2:00 Bingo  | <b>16</b> LIBRARY BOOK DELIVERY<br>9:30 Chair aerobics<br>10:15 Morning tea<br>11:00 Crosswords/Word Searches<br>2:00 Movie  | <b>17</b><br>9:30 Chair aerobics & Balance<br>10:15 Morning tea<br>11:00 Word Game<br>2:00 Men's Club OR Nail care                            | <b>18</b><br>9:30 Chair aerobics<br>10:15 Morning tea<br>11:00 Word Game<br>2:00 Music therapy in small groups or 1:1   | <b>19</b><br>9:30 Friday fun day<br>10:15 Morning tea<br>11:00 Choir<br>2:00 Bingo<br>2:30 Happy Hour  | <b>20</b>                    | <b>21</b>              |
| <b>22</b><br>9:30 Chair aerobics & balance<br>10:15 Morning tea<br>11:00 Sports Chat (magnolia) or word game<br>2:00 Bingo  | <b>23</b><br>9:30 Chair aerobics<br>10:15 Morning tea<br>11:00 Crosswords/Word Searches<br>2:00 Wax bath therapy   | <b>24</b><br>9:30 Chair aerobics & Balance<br>10:15 Morning tea<br>11:00 Quiz/Riddles<br>2:00 Puzzle & games group                            | <b>25</b> PAMPER DAY<br>9:30 Yoga/Mindfulness<br>10:30 Morning tea<br>11:00 Word Game<br>2:00 Pamper sessions: Foot spa and facials   | <b>26</b><br>9:30 Friday fun day<br>10:15 Morning tea<br>10:45 Choir<br>2:00 Bingo  | <b>27</b>                    | <b>28</b>              |
| <b>29</b><br>9:30 Chair aerobics & balance<br>10:15 Morning tea<br>11:00 Quiz/Riddles<br>2:00 Bingo   | <b>30</b><br>9:30 Chair aerobics<br>10:15 Morning tea<br>11:00 Discussion Group<br>2:00 Wax bath therapy   | <b>31</b><br>9:30 Chair aerobics & balance<br>10:15 Morning tea<br>11:00 Colouring Therapy<br>2:00 Men's Club OR Nail Care                    |   |  |                              |                        |