

ACTIVITY PROGRAM

MAY | WEST PERTH

Activities in light green are for that floor only

Activities in blue are special activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Windsor: Gym 10:30am Tea & Talk 11:00am Quiz</p> <hr/> <p>1:30pm Individual Visits 2:00pm Bingo 2:00pm Balmoral Gym</p>	<p>2 LIBRARY</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Kensington: Gym 10:30am Tea & Talk 11:00am Art & Craft - Mother's Day</p> <hr/> <p>1:30pm Individual Visits 2:00pm Interesting Women: Coco Channel</p>	<p>3</p> <p>9:30am Bus Outing: Kensington 10:00am Exercises 10:30am Balmoral: Gym 10:30am Tea & Talk 11:00am Whiteboard games</p> <hr/> <p>1:30pm Individual Visits 2:00pm Hand Pamper 2:00pm Windsor: Gym</p>	<p>4</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Kensington: Gym 10:30am Tea & Talk 10:30am Bus Outing to Optus 11:00am Yoga with Brett on L4</p> <hr/> <p>1:30pm Individual Visits 2:00pm Afternoon Movie</p>	<p>5</p> <p>9:30am Individual Visits 10:00am Games/Walks 10:30am Tea & Talk 11:00am Bingo</p> <hr/> <p>1:30pm Individual Visits 2:00pm Get together at Rosie's with Entertainer on L4</p>	<p>6 KING'S CORONATION</p> <p>10:15am Tea & Talk 11:00am Bowling</p> <hr/> <p>1:30pm Quite Time 2:00pm Whiteboard games 3:00pm Dance it Out</p> <p style="text-align: right;"> LEVEL 2 ONLY</p>	<p>7</p> <p>10:15am Tea & Talk 11:30am Songs of Praise</p> <hr/> <p>1:30pm Quite Time 2:00pm Table Ping Pong 3:00pm Dance it Out</p> <p style="text-align: right;">LEVEL 2 ONLY</p>
<p>8</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Windsor: Gym 10:30am Tea & Talk 11:00am Knitting Group LI 1:00am Quiz</p> <hr/> <p>1:30pm Individual Visits 2:00pm Bingo 2:00pm Balmoral Gym</p>	<p>9</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Kensington: Gym 10:30am Tea & Talk 11:00am Art & Craft - Mother's Day</p> <hr/> <p>1:30pm Individual Visits 2:00pm Armchair Travel: Mexico 3:00pm Greek Orthodox Prayer Group L3</p>	<p>10</p> <p>9:30am Bus Outing: Balmoral 10:00am Exercises 10:30am Balmoral: Gym 10:30am Tea & Talk 11:00am Blindfold Food tasting</p> <hr/> <p>2:00pm Hand Pamper 2:00pm Windsor: Gym</p>	<p>11</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Kensington: Gym 10:30am Tea & Talk 11:00am Good News Stories</p> <hr/> <p>1:30pm Make your own Afternoon Tea</p>	<p>12</p> <p>9:30am Individual Visits 10:00am Games/Walks 10:30am Tea & Talk 11:00am Bingo 11:00am Kensington: Catholic Mass/Eucharist L3 lounge near Room 340</p> <hr/> <p>1:30pm Individual Visits 2:00pm Mother's Day High Tea on L4</p>	<p>13</p> <p>10:15am Tea & Talk 11:00am Bowling</p> <hr/> <p>1:00 Individual Visits 2:00pm Quiz 3:00pm Dance it Out</p> <p style="text-align: right;">LEVEL 2 ONLY</p>	<p>14 MOTHER'S DAY</p> <p>10:15am Tea & Talk 11:30am Songs of Praise</p> <hr/> <p>1:00 Individual Visits 2:00pm Table Ping Pong 3:00pm Dance it Out</p> <p style="text-align: right;"> LEVEL 2 ONLY</p>
<p>15</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Windsor: Gym 10:30am Tea & Talk 11:00am Quiz</p> <hr/> <p>1:30pm Individual Visits 2:00pm Bingo 2:00pm Balmoral: Gym</p>	<p>16</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Kensington: Gym 10:30am Tea & Talk 11:00am Art & Craft</p> <hr/> <p>1:30pm Individual Visits 2:00pm Gardening</p>	<p>17</p> <p>9:30am Bus Outing: Windsor 10:00am Exercises 10:30am Balmoral: Gym 10:30am Tea & Talk 11:00am Sing-along</p> <hr/> <p>1:30pm Individual Visits 2:00pm Hand Pamper 2:00pm Windsor: Gym</p>	<p>18</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea & Talk 10:30am Kensington: Gym 11:00am Yoga on L4 11:00am Anglican Service LI</p> <hr/> <p>1:30pm Individual Visits 2:00pm Movie Afternoon</p>	<p>19</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea & Talk 11:00am Bingo</p> <hr/> <p>1:30pm Individual Visits 2:00pm Get together at Rosie's: Jazz, Wine & Conversation on L4</p>	<p>20</p> <p>10:15am Tea & Talk 11:00am Bowling</p> <hr/> <p>1:00 Individual Visits 2:00pm Quiz 3:00pm Dance it Out</p> <p style="text-align: right;">LEVEL 2 ONLY</p>	<p>21</p> <p>10:15am Tea & Talk 11:30am Songs of Praise</p> <hr/> <p>1:00 Individual Visits 2:00pm Table Ping Pong 3:00pm Dance it Out</p> <p style="text-align: right;"> LEVEL 2 ONLY</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>22</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Windsor: Gym 10:30am Tea & Talk 11:00am Quiz 11:00am Knitting Group LI</p> <hr/> <p>1:30pm Individual Visits 2:00pm Bingo 2:00pm Balmoral: Gym</p>	<p>23</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Kensington: Gym 10:30am Tea & Talk 11:00am Art & Craft</p> <hr/> <p>1:30pm Individual Visits 2:00pm Environmental Documentary - Chasing Coral</p>	<p>24</p> <p>9:30am Bus Outing: Mixed 10:00am Exercises 10:30am Balmoral: Gym 10:30am Tea & Talk 11:00am Whiteboard Games</p> <hr/> <p>1:30pm Individual Visits 2:00pm Hand Pamper 2:00pm Windsor: Gym</p>	<p>25</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea & Talk 10:30am Kensington: Gym 11:00am Good News Stories 11:00am Yoga with Brett on L4</p> <hr/> <p>1:30pm Make your own Afternoon Tea</p>	<p>26</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea & Talk 11:00am Bingo</p> <hr/> <p>1:30pm Individual Visits 2:00pm Get together at Rosie's- with Entertainer Derek Tabarias on L4</p>	<p>27</p> <p>10:15am Tea & Talk 11:00am Bowling</p> <hr/> <p>1:00 Individual Visits 2:00pm Quiz 3:00pm Dance it Out</p>	<p>28</p> <p>10:15am Tea & Talk 11:30am Songs of Praise</p> <hr/> <p>1:00 Individual Visits 2:00pm Table Ping Pong 3:00pm Dance it Out</p> <p style="text-align: right;">LEVEL 2 ONLY</p>
<p>29</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Windsor: Gym 10:30am Tea & Talk 11:00am Quiz</p> <hr/> <p>1:30pm Individual Visits 2:00pm Bingo 2:00pm Balmoral: Gym</p> 	<p>30</p> <p>9:30am Individual Visits 10:30am Kensington: Gym 10:30am Tea & Talk 11:00am Art & Craft</p> <hr/> <p>1:30pm Individual Visits 2:00pm Gardening</p>	<p>31</p> <p>9:30am Bus Outing: Waterford 10:00am Exercises 10:30am Balmoral: Gym 10:30am Tea & Talk 11:00am Resident's Meeting on L4</p> <hr/> <p>1:30pm Individual Visits 2:00pm Hand Pamper 2:00pm Windsor: Gym</p>				

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.