

# ACTIVITY PROGRAM

MAY | WEST PERTH | WATERFORD

Activities in light green are for that floor only

Activities in blue are special activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>1</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk <b>10:30am Art Therapy</b> 11:00am Sing-along</p> <hr/> <p>1:00pm Quite Time 2:00pm Picture Bingo 3:00pm Dance it out</p>	<p><b>2</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Art &amp; Craft: Mother's Day art/craft</p> <hr/> <p>1:00pm Quite Time <b>2:00pm Waterford: Gym</b> 3:00pm Dance it out</p>	<p><b>3</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Whiteboard games</p> <hr/> <p>1:30pm Quite Time 2:00pm Hand Pamper 3:00pm Dance it out</p>	<p><b>4</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk <b>11:00am Yoga with Brett on L4</b></p> <hr/> <p>1:30pm Quite Time <b>2:00pm Sing-along on L4</b> 3:00pm Dance it out</p>	<p><b>5</b></p> <p>9:30am Individual Visits 10:00am Tea &amp; Talk <b>10:30am Waterford: Gym</b></p> <hr/> <p>1:30pm Quite Time <b>2:30pm Get together at Rosie's with Entertainer</b></p>	<p><b>6 KING'S CORONATION</b></p> <p>10:15am Tea &amp; 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><b>7</b></p> <p>10:15am Tea &amp; 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><b>8</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Sing-along</p> <hr/> <p>1:30pm Quite Time 2:00pm Picture Bingo 3:00pm Dance it out</p>	<p><b>9</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Art &amp; Craft: Mother's Day art/craft</p> <hr/> <p>1:30pm Quite Time <b>2:00pm Waterford: Gym</b> 3:00pm Dance it out <b>3:00pm Greek Orthodox Prayer Group L3</b></p>	<p><b>10</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Blindfold Food Tasting</p> <hr/> <p>1:30pm Quite Time 2:00pm Hand Pamper 3:00pm Dance it out</p>	<p><b>11</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Good New Stories</p> <hr/> <p>1:30pm Quite Time <b>2:15pm Make your own Afternoon Tea</b> 3:00pm Dance it out</p>	<p><b>12</b></p> <p>9:30am Individual Visits 10:00am Tea &amp; Talk <b>10:30am Waterford: Gym</b></p> <hr/> <p>1:30pm Quite Time <b>2:30pm Mother's Day High Tea &amp; Classical Music on L4</b></p>	<p><b>13</b></p> <p>10:15am Tea &amp; Talk 11:00am Bowling</p> <hr/> <p>1:30pm Quite Time 2:00pm Quiz 3:00pm Dance it Out</p> <p style="text-align: right;">LEVEL 2 ONLY</p>	<p><b>14 MOTHER'S DAY</b></p> <p>10:15am Tea &amp; Talk 11:30am Songs of Praise</p> <hr/> <p>1:30pm Quite Time 2:00pm Reminiscing about Motherhood and Mother's 3:00pm Dance it Out</p> <p style="text-align: right;"> LEVEL 2 ONLY</p>
<p><b>15</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Sing-along</p> <hr/> <p>1:30pm Quite Time 2:00pm Picture Bingo 3:00pm Dance it out</p>	<p><b>16</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Art &amp; Craft</p> <hr/> <p>1:30pm Quite Time <b>2:00pm Waterford: Gym</b> 3:00pm Dance it out</p>	<p><b>17</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Whiteboard games</p> <hr/> <p>1:30pm Quite Time 2:00pm Hand Pamper 3:00pm Dance it out</p>	<p><b>18</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk <b>11:00am Yoga L4</b> <b>11:00am Anglican Service L1</b></p> <hr/> <p>1:30pm Quite Time 2:00pm Concert on TV 3:00pm Dance it out</p>	<p><b>19</b></p> <p>9:30am Individual Visits 10:00am Tea &amp; Talk <b>10:30am Waterford - Gym</b></p> <hr/> <p>1:30pm Quite Time <b>2:30pm Get together at Rosie's: Jazz, Wine &amp; Conversation L4</b></p>	<p><b>20</b></p> <p>10:15am Tea &amp; Talk 11:00am Bowling</p> <hr/> <p>1:30pm Quite Time 2:00pm Whiteboard Game 3:00pm Dance it Out</p> <p style="text-align: right;">LEVEL 2 ONLY</p>	<p><b>21</b></p> <p>10:15am Tea &amp; 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>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>22</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Sing-along</p> <hr/> <p>1:30pm Quite Time 2:00pm Picture Bingo 3:00pm Dance it out</p>	<p><b>23</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Art &amp; Craft</p> <hr/> <p>1:30pm Quite Time 2:00pm Waterford: Gym 3:00pm Dance it out</p>	<p><b>24</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Blindfold Food Tasting</p> <hr/> <p>1:30pm Quite Time 2:00pm Hand Pamper 3:00pm Dance it out</p>	<p><b>25</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Good New Stories <b>11:00am Yoga with Brett on L4</b></p> <hr/> <p><b>1:30pm Make your own Afternoon Tea</b> 3:00pm Dance it out</p>	<p><b>26</b></p> <p>9:30am Individual Visits 10:00am Tea &amp; Talk <b>10:30am Waterford:Gym</b></p> <hr/> <p>1:30pm Quite Time <b>2:30pm Get together at Rosie's: Entertainer Derek Tabarias on L4</b></p>	<p><b>27</b></p> <p>10:15am Tea &amp; Talk 11:00am Bowling</p> <hr/> <p>1:30pm Quite Time 2:00pm Whiteboard Game 3:00pm Dance it Out</p>	<p><b>28</b></p> <p>10:15am Tea &amp; 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><b>29</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk 11:00am Art &amp; Craft</p> <hr/> <p>1:30pm Quite Time 2:00pm Waterford: Gym 3:00pm Dance it out</p> 	<p><b>30</b></p> <p><b>9:30am Bus Outing: Waterford</b> 10:30am Tea &amp; Talk</p> <hr/> <p>1:30pm Quite Time 2:00pm Hand Pamper 3:00pm Dance it out</p>	<p><b>31</b></p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Tea &amp; Talk <b>11:00am Yoga on L4</b></p> <hr/> <p>1:30pm Quite Time 2:00pm Concert on TV 3:00pm Dance it out</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.