

ACTIVITY PROGRAM

SEPTEMBER | WEST PERTH

Activities in light green are for that floor only

Activities in blue are a little special



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 FATHER'S DAY CELEBRATIONS 9:30am Individual Visits 10:00am Games/Walks 11:00am Bingo ----- 1:30pm Individual Visits 2:00pm Rosie's Celebrating Father's Day & Father's Day Raffle will be drawn. Entertainer - Mr Accordion Man L4	2 10:15am Tea & Talk 11:00am Yoga Stretch & Music ----- 1:30pm Quiet Time 2:00pm Quiz/Whiteboard Games 3:00pm Dance it Out LEVELS 1 & 2 ONLY	3 10:15am Tea & Talk 11:30am Songs of Praise ----- 1:30pm Quiet Time 2:00pm Gross Motor Games 3:00pm Dance it Out LEVELS 1 & 2 ONLY
4 9:30am Individual Visits 10:00am Exercises 10:30am Art Therapy L4 11:00am Knitting Group L1 11:00am Quiz 11:00am Gym - Wellness Centre ----- 1:30pm Individual Visits 2:00pm Bingo	5 9:30am Individual Visits 10:00am Exercises 11:00am Table games 11:00am Let Talk About It L4 11:00am Gym - Wellness Centre ----- 1:30pm Individual Visits 2:00pm Movie with Ice-Cream	6 9:30am Individual Visits 9:45am Bus Outing - Windsor 10:00am Exercises 11:00am Game - Who Am I? 11:00am Gym - Wellness Centre ----- 1:30pm Individual Visits 2:00pm Hand Pamper with Music Appreciation 	7 9:30am Individual Visits 10:00am Exercises 11:00am House Keeping 11:00am Gym - Wellness Centre ----- 1:30pm Individual Visits 2:00pm Poetry Group - Buffet Room 2:00pm Table Games	8 9:30am Individual Visits 10:00am Games/Walks 11:00am Bingo 11:00am Catholic Gathering for Prayer - Kensington lounge near Room 340 11:00am Gym - Wellness Centre ----- 1:30pm Individual Visits 2:00pm Rosie's with Lorna L4	9 10:15am Tea & Talk 11:00am Yoga Stretch & Music ----- 1:30pm Quiet Time 2:00pm Quiz/Whiteboard games 3:00pm Dance it Out LEVELS 1 & 2 ONLY	10 10:15am Tea & Talk 11:30am Songs of Praise ----- 1:30pm Quiet time 2:00pm Gross Motor Games 3:00pm Dance it Out LEVELS 1 & 2 ONLY
11 9:30am Individual Visits 10:00am Exercises 11:00am Quiz 11:00am Gym - Wellness Centre ----- 1:30pm Individual Visits 2:00pm Bingo	12 9:30am Individual Visits 10:00am Exercises 11:00am Mexico Trivia Quiz 11:00am Gym - Wellness Centre 11:00am Catholic Prayer Session - The Rosary with Maria L4 ----- 1:30pm Individual Visits 2:00pm Armchair Travel to Mexico - with Churros & Chocolate Dipping Sauce	13 9:30am Individual Visits 9:45am Bus Outing - Kensington 10:00am Exercises 11:00am Let's Reminisce 11:00am Gym - Wellness Centre ----- 1:30pm Individual Visits 2:00pm Hand Pamper with Music Appreciation	14 9:30am Individual Visits 10:00am Exercises 11:50am Yoga on L4 11:00am Sing-Along 11:00am Gym - Wellness Centre 12:00pm Footy Tipping Lunch & Presentation Buffet Room ----- 1:30pm Individual Visits 2:00pm Make your own Afternoon Tea. Crackers & Cheese	15 9:30am Individual Visits 10:00am Games/Walk 11:00am Bingo 11:00am Gym - Wellness Centre ----- 1:30pm Individual Visits 2:00pm Rosie's Best of Abba with entertainer Janie O	16 10:15am Tea & Talk 11:00am Yoga Stretch & Music ----- 1:30pm Quiet Time 2:00pm Quiz/Whiteboard Games 3:00pm Dance it Out LEVELS 1 & 2 ONLY	17 10:15am Tea & Talk 11:30am Songs of Praise ----- 1:30pm Quite time 2:00pm Gross Motor Games 3:00pm Dance it Out  LEVELS 1 & 2 ONLY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>18</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Quiz 11:00am Knitting Group L1 11:00am Gym - Wellness Centre</p> <hr/> <p>1:30pm Individual Visits 2:00pm Bingo</p>	<p>19</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Table Games 11:00am Gym - Wellness Centre</p> <hr/> <p>12:00pm Men's Business Lunch 1:30pm Individual Visits 2:00pm Movie and Ice-cream</p> <p>LIBRARY BOOKS</p>	<p>20</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Bus Outing - Balmoral 11:00am Gym - Wellness Centre</p> <hr/> <p>1:30pm Individual Visits 2:00pm Hand Pamper</p>	<p>21</p> <p>9:30am Individual Visits 10:00am Exercises 10:00am Yoga L4 10:00am Anglican Service Service L4 11:00am Bingo</p> <hr/> <p>1:30pm Individual Visits 2:00pm Women Who Changed History</p>	<p>22</p> <p>9:30am Individual Visits 10:00am Italian Coffee Club L3 10:00am Games/Walk 10:00am Greek Orthodox Service L4 11:00am Bingo</p> <hr/> <p>1:30pm Individual Visits 2:00pm Rosie's High Tea</p>	<p>23</p> <p>10:15am Tea & Talk 11:00am Yoga Stretch & Music</p> <hr/> <p>1:30pm Quiet Time 2:00pm Quiz/Whiteboard Games 3:00pm Dance it Out</p> <p>LEVELS 1 & 2 ONLY</p>	<p>24</p> <p>10:15am Tea & Talk 11:30am Songs of Praise</p> <hr/> <p>1:30pm Quiet Time 2:00pm Table Ping Pong 3:00pm Dance it Out</p> <p>LEVELS 1 & 2 ONLY</p>
<p>25</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Quiz 11:00am Gym - Wellness Centre</p> <hr/> <p>1:30pm Individual Visits 2:00pm Bingo</p> 	<p>26</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Men's Group L4 11:00am Table Games 11:00am Gym - Wellness Centre</p> <hr/> <p>1:30pm Individual Visits 2:00pm Environmental Documentary</p>	<p>27</p> <p>9:30am Individual Visits 9:45am Bus Outing - Waterford 10:00am Exercises 11:00am Resident's Meeting on L4</p> <hr/> <p>1:30pm Individual Visits 2:00pm Hand Pamper</p>	<p>28</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Word Games 11:00am Gym - Wellness Centre</p> <hr/> <p>1:30pm Individual Visits 2:00pm Paint and Sip with Lorna L4 2:00pm Table Games</p>	<p>29</p> <p>9:30am Individual Visits 10:00am Games/Walk 10:00am Bingo 11:00am Gym - Wellness Centre</p> <hr/> <p>1:30pm Individual Visits 2:00pm Rosie's Birthday Celebration Sing-Along</p>	<p>30 AFL GRAND FINAL</p> <p>10:15am Tea & Talk 11:00am Yoga Stretch & Music</p> <hr/> <p>12:30pm AFL Grand Final 3:00pm Dance it Out</p> <p>LEVELS 1 & 2 ONLY</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.