

ACTIVITY PROGRAM

SEPTEMBER | WATERFORD

Activities in light green are for that floor only Activities in blue are a little special



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<div>1</div> <div>FATHER'S DAY CELEBRATIONS</div> <div>9:30am Individual Visits 10:00am Games/Walks 11:00am Picture Bingo</div> <div>1:30pm Quiet Time 2:00pm Rosie's Celebrating Father's Day & Father's Day Raffle will be drawn. Entertainer - Mr Accordion Man L4</div>	<div>2</div> <div>10:15am Tea & Talk 11:00am Exercise Group</div> <div>1:30pm Quiet Time 2:00pm Quiz/Whiteboard games 3:00pm Dance it Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga to Music 5:30pm Colouring in/ 1:1 Walks/Chats/Tranquil Music LEVEL 2 ONLY</div>	<div>3</div> <div>10:15am Tea & Talk 11:30am Songs of Praise</div> <div>1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Dance it Out 3:40pm Table Games 4:30pm Seated Yoga to Music 5:30pm Colouring in/ 1:1 Walks/Chats/Tranquil Music LEVEL 2 ONLY</div>
<div>4</div> <div>9:30am Individual Visits 10:00am Exercises 10:30am Art Therapy on L4 11:00am Quiz 11:00am Gym - Wellness Centre</div> <div>1:30pm Quiet Time 2:00pm Picture Bingo 3:00pm Dance it Out</div> <div></div>	<div>5</div> <div>9:30am Individual Visits 10:00am Exercises 11:00am Table Games 11:00am Gym - Wellness Centre</div> <div>1:30pm Quiet Time 2:00pm Movie with Ice-Cream 3:00pm Dance it Out</div>	<div>6</div> <div>9:30am Individual Visits 10:00am Exercises 11:00am Game - Who Am I? 11:00am Gym - Wellness Centre</div> <div>1:30pm Quiet Time 2:00pm Hand Pamper with Music Appreciation 3:00pm Dance it Out</div>	<div>7</div> <div>9:30am Individual Visits 10:00am Exercises 11:00am House Keeping 11:00am Gym - Wellness Centre</div> <div>1:30pm Quiet Time 2:00pm Let's Cook with Maria 3:00pm Dance it Out</div>	<div>8</div> <div>9:30am Individual Visits 10:00am Games/Walks 11:00am Picture Bingo 11:00am Gym - Wellness Centre</div> <div>1:30pm Quiet Time 2:00pm Rosie's with Lorna L4 3:00pm Dance it Out</div>	<div>9</div> <div>10:15am Tea & Talk 11:00am Exercise Group</div> <div>1:30pm Quiet Time 2:00pm Quiz/Whiteboard games 3:00pm Dance it Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga to Music 5:30pm Colouring in/ 1:1 Walks/Chats/Tranquil Music LEVEL 2 ONLY</div>	<div>10</div> <div>10:15am Tea & Talk 11:30am Songs of Praise</div> <div>1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Dance it Out 3:40pm Table Games 4:30pm Seated Yoga to Music 5:30pm Colouring in/ 1:1 Walks/Chats/Tranquil Music LEVEL 2 ONLY</div>
<div>11</div> <div>9:30am Individual Visits 10:00am Exercises 11:00am Quiz 11:00am Gym - Wellness Centre</div> <div>1:30pm Quiet Time 2:00pm Picture Bingo 3:00pm Dance it Out</div>	<div>12</div> <div>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</div> <div>1:30pm Quiet Time 2:00pm Armchair Travel to Mexico - with Churros & chocolate dipping sauce 3:00pm Dance it Out</div>	<div>13</div> <div>9:30am Individual Visits 10:00am Exercises 11:00am Let's Reminisce 11:00am Gym - Wellness Centre</div> <div>1:30pm Quiet Time 2:00pm Hand Pamper with Music Appreciation 3:00pm Dance it Out</div>	<div>14</div> <div>9:30am Individual Visits 10:00am Exercises 11:50am Yoga on L4 11:00am Sing-Along 11:00am Gym - Wellness Centre</div> <div>1:30pm Quiet Time 2:00pm Make your own Afternoon Tea, Crackers & Cheese 3:00pm Dance it Out</div>	<div>15</div> <div>9:30am Individual Visits 10:00am Games/Walk 11:00am Picture Bingo 11:00am Gym - Wellness Centre</div> <div>1:30pm Quiet Time 2:00pm Rosie's Best of Abba with entertainer Janie O 3:00pm Dance it Out</div>	<div>16</div> <div>10:15am Tea & Talk 11:00am Exercise Group</div> <div>1:30pm Quiet Time 2:00pm Quiz/Whiteboard games 3:00pm Dance it Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga to Music 5:30pm Colouring in/ 1:1 Walks/Chats/Tranquil Music LEVEL 2 ONLY</div>	<div>17</div> <div>10:15am Tea & Talk 11:30am Songs of Praise</div> <div>1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Dance it Out 3:40pm Table Games 4:30pm Seated Yoga to Music 5:30pm Colouring in/ 1:1 Walks/Chats/Tranquil Music LEVEL 2 ONLY</div>


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18 9:30am Individual Visits 10:00am Exercises 11:00am Quiz 11:00am Knitting Group 11:00am Gym - Wellness Centre ----- 1:30pm Quiet Time 2:00pm Bingo 3:00pm Dance it Out	19 9:30am Individual Visits 10:00am Exercises 11:00am Table Games 11:00am Gym - Wellness Centre ----- 1:30pm Quiet Time 2:00pm Movie and Ice-cream 3:00pm Dance it Out ----- LIBRARY BOOKS	20 9:30am Individual Visits 10:00am Exercises 11:00am Gym - Wellness Centre ----- 1:30pm Quiet Time 2:00pm Hand Pamper with Music Appreciation 3:00pm Dance it Out 	21 9:30am Individual Visits 10:00am Exercise 11:00am Gym - Wellness Centre 11:00am Anglican Service Reflection Room L4 11:50am Yoga L4 ----- 1:30pm Quiet Time 2:00pm Sing-Along 3:00pm Dance it Out	22 9:30am Individual Visits 9:30 Italian Coffee Club L3 10:00am Games/Walk 11:00am Picture Bingo ----- 1:30pm Quiet Time 2:00pm Rosie's High Tea	23 10:15am Tea & Talk 11:00am Exercise Group ----- 1:30pm Quiet Time 2:00pm Quiz/Whiteboard games 3:00pm Dance it Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga to Music 5:30pm Colouring in/ 1:1 Walks/Chats/Tranquil Music LEVEL 2 ONLY	24 10:15am Tea & Talk 11:30am Songs of Praise ----- 1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Dance it Out 3:40pm Table Games 4:30pm Seated Yoga to Music 5:30pm Colouring in/ 1:1 Walks/Chats/Tranquil Music LEVEL 2 ONLY
25 9:30am Individual Visits 10:00am Exercises 11:00am Quiz 11:00am Gym - Wellness Centre ----- 1:30pm Quiet Time 2:00pm Picture Bingo 3:00pm Dance it Out	26 9:30am Individual Visits 10:00am Exercises 11:00am Men's Group L4 11:00am Table Games 11:00am Gym - Wellness Centre ----- 1:30pm Quiet Time 2:00pm Environmental Documentary 3:00pm Dance it Out	27 9:30am Individual Visits 9:45am Bus Outing - Waterford 10:00am Exercises 11:00am Resident's Meeting on L4 ----- 1:30pm Quiet Time 2:00pm Hand Pamper with Music Appreciation 3:00pm Dance it Out	28 9:30am Individual Visits 10:00am Exercises 11:00am Word games 11:00am Gym - Wellness Centre ----- 1:30pm Quiet Time 2:00pm Paint and Sip with Lorna L4 2:00pm Table games 3:00pm Dance it Out	29 9:30am Individual Visits 10:00 Games/Walks 11:00am Picture Bingo 11:00am Gym - Wellness Centre ----- 1:30pm Quiet Time 2:00pm Rosie's Birthday Celebration Sing-Along	30 AFL GRAND FINAL 10:15am Tea & Talk 11:00am Exercise Group ----- 12:30pm AFL Grand Final 3:00pm Dance it Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga to Music 5:30pm Colouring in/ 1:1 Walks/Chats/Tranquil Music LEVEL 2 ONLY	

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.