

# ACTIVITY PROGRAM

## NOVEMBER | WATERFORD

Activities in light green are for that floor only

Activities in blue are a little special



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<p><b>1</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Memory Game 12:45pm Quiet Time</p> <hr/> <p>2:00pm Hand Pamper with Tranquil Music</p>	<p><b>2</b></p> <p>9:30am Individual Visits 10:45am Yoga 11:00am Gym - Wellness Centre 12:45pm Quiet Time</p> <hr/> <p>2:00pm Singalong</p>	<p><b>3</b></p> <p>9:30am Individual Visits 10:00am Games/Walks 11:00am Bingo 11:00am Gym- Wellness Centre 12:45pm Quiet Time</p> <hr/> <p><b>2:00pm Rosie's with Lorna</b></p>	<p><b>4</b></p> <p>10:15am Tea &amp; Talk 11:00am Exercise Group</p> <hr/> <p>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/ I:I Walks/Chats/Tranquil Music</p>	<p><b>5</b></p> <p>10:15am Tea &amp; Talk 11:30am Songs of Praise</p> <hr/> <p>1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Dance it Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Colouring in/ I:I Walks/Chats/Tranquil Music</p>
<p><b>6</b></p> <p>9:30am Individual Visits 10:00am Exercises <b>10:30am Art Therapy on L4</b> 11:00am Quiz - Synonyms 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm Quiet Time 2:00pm Bingo</p> 	<p><b>7</b> <b>MELBOURNE CUP</b></p> <p><b>10:00am Melbourne Sweepstake, Best Hat Competition, Melbourne Cup Quiz</b>  <b>12:00pm Watch the Race with a glass of bubbly, followed by Melbourne Cup Lunch</b></p> <hr/> <p>12:45pm Quiet Time <b>2:00pm Movie with Ice-Cream</b></p> <p>ON EACH LEVEL</p>	<p><b>8</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Game - Who Am I? 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm Quiet Time 2:00pm Hand Pamper with Tranquil Music</p>	<p><b>9</b></p> <p>9:30am Individual Visits <b>10:50am Remembrance Day Service L4</b> 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm Quiet Time 2:00pm Armchair Travel-Holland</p>	<p><b>10</b></p> <p>9:30am Individual Visits 10:00am Games/Walks 11:00am Bingo 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm - Quiet Time <b>2:00pm Rosie's Singalong</b></p>	<p><b>11</b> <b>REMEMBRANCE DAY</b></p> <p>10:15am Tea &amp; Talk 11:00am Exercise Group</p> <hr/> <p>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/ I:I Walks/Chats/Tranquil Music</p>	<p><b>12</b></p> <p>10:15am Tea &amp; Talk 11:30am Songs of Praise</p> <hr/> <p>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/ I:I Walks/Chats/Tranquil Music</p>
<p><b>13</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Quiz 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm Quiet Time 2:00pm Bingo</p>	<p><b>14</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Trivia Quiz 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm Quiet Time <b>2:00pm Concert - Line Dancers - Dancing Fillies with Derek Tabarias L4</b></p>	<p><b>15</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Let's Reminisce 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm Quiet Time 2:00pm Hand Pamper with Tranquil music</p>	<p><b>16</b></p> <p>9:30am Individual Visits 9:30am Exercises 11:00am Gym- Wellness Centre</p> <hr/> <p>12:45pm Quiet Time <b>2:00pm Make Your Own Afternoon</b></p>	<p><b>17</b></p> <p>9:30am Individual Visits 10:00am Games/Walk 11:00am Bingo 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm Quiet Time <b>2:00pm Rosie's High Tea with an ambience of Classical Music</b></p>	<p><b>18</b></p> <p>10:15am Tea &amp; Talk 11:00am Exercise Group</p> <hr/> <p>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/ I:I Walks/Chats/Tranquil Music</p>	<p><b>19</b></p> <p>10:15am Tea &amp; Talk 11:30am Songs of Praise</p> <hr/> <p>1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Dance it Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Colouring in/ I:I Walks/Chats/Tranquil Music</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>20</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Quiz</p> <hr/> <p>12:45pm Quiet Time 2:00pm Bingo</p>	<p><b>21</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Gym - Wellness Centre</p> <p><b>11:00am Catholic Communication Service L4</b></p> <p>11:00am Floor games</p> <hr/> <p>12:45pm Quiet Time <b>2:00pm Movie with Ice Cream</b></p> <p>LIBRARY BOOKS</p>	<p><b>22</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Arts &amp; crafts 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm Quiet Time 2:00pm Hand Pamper</p>	<p><b>23</b></p> <p>9:30am Individual Visits 10:00am Dance It Out 11:00am Gym - Wellness Centre</p> <p><b>11:00am Anglican Service Reflection Room L4</b></p> <p><b>11:50am Yoga L4</b></p> <hr/> <p>12:45pm Quiet Time <b>2:00pm Blindfold Food Tasting</b></p>	<p><b>24</b></p> <p>9:30am Individual Visits 10:00am Games/Walk 11:00am Bingo</p> <hr/> <p>12:45pm Quiet Time <b>2:00pm Rosie's Monthly Birthday Celebration Entertainer - Tony Italiano</b></p>	<p><b>25</b></p> <p>10:15am Tea &amp; Talk 11:00am Exercise Group</p> <hr/> <p>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</p>	<p><b>26</b></p> <p>10:15am Tea &amp; Talk 11:30am Songs of Praise</p> <hr/> <p>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</p>
<p><b>27</b></p> <p>9:30am Individual Visits 10:00am Exercises <b>10:30am Italian Coffee Club L3</b></p> <p>11:00am Quiz</p> <hr/> <p>12:45pm Quiet Time 2:00pm Bingo</p>	<p><b>28</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Table Games 11:00am Gym - Wellness Centre</p> <p><b>12:00pm Blokes - By Invitation L4</b></p> <p>1:30pm Individual Visits <b>2:00pm Environmental Documentary - Wild Italy- From the Alps to Tuscany (YT)</b></p>	<p><b>29</b></p> <p>9:30am Individual Visits <b>9:45am Bus Outing - Waterford</b></p> <p>10:00am Exercises</p> <hr/> <p>12:45pm Quiet Time 2:00pm Hand Pamper</p>	<p><b>30</b></p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Word games 11:00am Gym - Wellness Centre</p> <hr/> <p>12:45pm Quiet Time <b>2:00pm Paint and Sip with Lorna L4</b></p> <p>2:00pm Table games</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.