

ACTIVITY PROGRAM

NOVEMBER | 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
		<p>1</p> <p>9:30am Individual Visits 9:45am Bus Outing 10:00am Exercises 11:00am Game - Who Am I? 11:00am Gym -Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Hand Pamper with Tranquil Music</p>	<p>2</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Yoga 11:00am Gym -Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm The Life & Music of Ludwig Van Beethoven</p>	<p>3</p> <p>9:30am Individual Visits 9:45am Intergenerational Group 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</p>	<p>4</p> <p>10:15am Tea & Talk 11:00am Yoga Stretch & Music</p> <p>-----</p> <p>1:30pm Quiet Time 2:00pm Quiz / Whiteboard Games 3:00pm Sing it Out</p> <p style="text-align: right;">LEVEL I ONLY</p>	<p>5</p> <p>10:15am Tea & Talk 11:30am Songs of Praise</p> <p>-----</p> <p>1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Dance it Out</p> <p style="text-align: right;">LEVEL I ONLY</p>
<p>6</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Art Therapy on L4 11:00am Knitting Group L1 11:00am Quiz - Synonyms 11:00am Gym - Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Bingo</p> <p style="text-align: right;"></p>	<p>7 MELBOURNE CUP</p> <p>10:00am Melbourne Sweepstake, Best Hat Competition, Melbourne Cup Quiz  12:00pm Watch the Race with a glass of bubbly, followed by Melbourne Cup Lunch</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Movie with Ice-Cream</p> <p style="text-align: right;">ON EACH LEVEL</p>	<p>8</p> <p>9:30am Individual Visits 9:45am Bus Outing 10:00am Exercises 11:00am Game - Who Am I? 11:00am Gym -Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Hand Pamper with Tranquil Music 2:00pm Poetry- Banquet Room- Rudyard Kipling</p>	<p>9</p> <p>9:30am Individual Visits 10:50am Remembrance Day Service L4 11:00am Gym -Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Armchair travel - Holland 2:00pm Sip & Paint with Lorna L4</p>	<p>10</p> <p>9:30am Individual Visits 9:45am Intergenerational Group 10:00am Games / Walks 11:00am Bingo 11:00am Gym -Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Rosie's with Lorna</p>	<p>11 REMEMBRANCE DAY</p> <p>10:15am Tea & Talk 11:00am Yoga Stretch & Music</p> <p>-----</p> <p>1:30pm Quiet Time 2:00pm Quiz/Whiteboard games 3:00pm Dance it Out</p> <p style="text-align: right;"> LEVEL I ONLY</p>	<p>12</p> <p>10:15am Tea & Talk 11:30am Songs of Praise</p> <p>-----</p> <p>1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Sing it Out</p> <p style="text-align: right;">LEVEL I ONLY</p>
<p>13</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Quiz 11:00am Gym - Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Bingo</p>	<p>14</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Whiteboard Games 11:00am Let's Talk About It with Steve Reflection Rm L4 11:00am Gym - Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Concert - Line Dancers - Dancing Fillies with Derek Tabarias L4</p>	<p>15</p> <p>9:30am Individual Visits 9:45am Bus Outing 10:00am Exercises 11:00am Let's Reminisce 11:00am Gym - Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Hand Pamper with Tranquil music</p>	<p>16</p> <p>9:30am Exercise 10:45am Cooking for Afternoon Tea - Lemonade Scones 11:00am Gym - Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Women Who Changed History - Elanor Roosevelt - The Greatest First Lady</p>	<p>17</p> <p>9:30am Individual Visits 9:45am Intergenerational Group 10:00am Games / Walks 11:00am Bingo 11:00am Gym -Wellness Centre</p> <p>-----</p> <p>1:30pm Individual visits 2:00pm Rosie's High Tea with an ambience of Classical Music</p>	<p>18</p> <p>10:15am Tea & Talk 11:00am Yoga Stretch & Music</p> <p>-----</p> <p>1:30pm Quiet Time 2:00pm Quiz/Whiteboard games 3:00pm Sing it Out</p> <p style="text-align: right;">LEVEL I ONLY</p>	<p>19</p> <p>10:15am Tea & Talk 11:30am Songs of Praise</p> <p>-----</p> <p>1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Sing it Out</p> <p style="text-align: right;">LEVEL I ONLY</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>20</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>21</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Gym - Wellness Centre 11:00am Catholic Communication Service L4 11:00am Word Find</p> <hr/> <p>1:30pm Individual visits 2:00pm Movie with Icecream LIBRARY BOOKS</p>	<p>22</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Bus Outing - Margaret River Chocolate Factory - By Invitation 11:00am Arts & crafts 11:00am Gym - Wellness Centre</p> <hr/> <p>1:30pm Individual visits 2:00pm Hand Pamper</p>	<p>23</p> <p>9:30am Individual Visits 10:00am Exercise 11:50am Yoga L4 11:00am Anglican Service Reflection Room L4 11:00am Gym - Wellness Centre 12:00pm Squires - Banquet Room - By Invitation 1:30pm Individual visits 2:00pm Sing-Along</p>	<p>24</p> <p>9:30am Individual Visits 9:30 Italian Coffee Club L3 9:45am Intergenerational Group 10:00am Games / Walk 11:00am Greek Orthodox Service L4 11:00am Bingo 1:30pm Individual visits 2:00pm Rosie's with Entertainer Tony Italiano</p>	<p>25</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 Sing it Out</p>	<p>26</p> <p>10:15am Tea & Talk 11:30am Songs of Praise</p> <hr/> <p>1:30pm Quiet Time 2:00pm Gross Motor games 3:00pm Sing it Out</p>
<p>27</p> <p>9:30am Individual Visits 10:00am Exercises 10:30am Italian Coffee Club L3 11:00am Quiz 11:00am Gym - Wellness Centre 1:30pm Individual visits 2:00pm Bingo 2:00pm Talk on Diamonds by Richards Corfield - Banquet Room</p>	<p>28</p> <p>9:30am Individual Visits 10:00am Exercises 11:00am Memory Games 11:00am Gym - Wellness Centre 12:00pm Blokes - by invitation L4 1:30pm Individual visits 2:00pm Environmental Documentary- Wild Italy - From the Alps to Tuscany (YT)</p>	<p>29</p> <p>9:30am Individual Visits 9:45am Bus Outing 10:00am Exercises 11:00am Resident's Meeting on L4</p> <hr/> <p>1:30pm Individual visits 2:00pm Hand Pamper</p>	<p>30</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 Christmas Arts & Crafts with Lorna L4 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.