




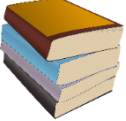

















Casa Cabrini Ground Floor Lifestyle Program – May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9.00 Church 10.30 Exercise Session with Physio 1.30-3.00 Bingo</p> 	<p>3 Shopping Trolley 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Mother's Day craft</p> 	<p>4 9.00 Church 10.30 Music appreciation 1.30-3.00 Cooking</p> 	<p>5 9.00 Church 10.30 Individuals 1.30-3.00 Table games</p>	<p>6 9.00 Church 10.30 Day spa 1.30-3.00 Mother's Day High Tea</p> 
<p>9 9.00 Church 10.30 Exercise Session with Physio 1.30-3.00 Bingo</p> 	<p>10 Mobile Library -Shopping Trolley 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Cognitive games</p> 	<p>11 9.00 Church 10.30 Music appreciation 1.30-3.00 Cooking</p> 	<p>12 International Nurse's Day 9.00 Church 10.30 Individuals 1.30-3.00 Table games</p> 	<p>13 9.00 Church 10.30 Day Spa 1.30-3.00 3D flower making</p> 
<p>16 National Volunteer Week 9.00 Church 10.30 Exercise Session with Physio 1.30-3.30 Bingo</p> 	<p>17 Shopping Trolley 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Craft</p> 	<p>18 9.00 Church 10.30 Music appreciation 1.30-3.00 Cooking</p> 	<p>19 9.00 Church 10.30 Individuals 1.30-3.00 Roasting chestnuts</p> 	<p>20 9.00 Church 10.30 Day spa 1.30-3.00 High Tea</p> 
<p>23 9.00 Church 10.30 Exercise Session with Physio 1.30-3.30 Bingo</p> 	<p>24 Shopping Trolley 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Cognitive games 2.00 Resident Meeting</p> 	<p>25 Porchetta Day 9.00 Church 10.30 Music appreciation 1.30-3.00 Cooking</p> 	<p>26 9.00 Church 10.30 Individuals 1.30-3.00 Table games</p> 	<p>27 9.00 Church 10.30 Day Spa 1.30-3.00 Monthly birthday celebration</p> 

<p>30 9.00 Church 10.30 Exercise Session with Physio 1.30-3.30 Bingo</p> 	<p>31 Shopping Trolley 9.00 Church 10.30 Exercise with Physio 1.30-3.00</p> 			
<p>Tombola (Bingo) Cognitive activity popular with most of our consumers.</p>	<p>Shopping outing Residents are invited to attend an outing to the local shopping centre. Different residents are invited to go on the outing each week.</p>	<p>Craft Consumers are provided with opportunity to make decorative items of interest/socialise with others. Using their hands will maintain fine motor skills and social stimulation will aid in the promotion of resident's wellbeing</p>	<p>Our Senses Lifestyle team members spend time in a group or individual setting providing sensory activities. Targeting one sense at a time. Reminiscing Lifestyle team members use photos or objects to provide opportunities for residents to reminisce about their past lives.</p>	<p>At The Day Spa Consumers are invited to experience a facial, manicure or pedicure using quality products in a calm, tranquil setting. Men's Group This group is facilitated by a male Lifestyle team member. He engages the men to play cards, darts, go on outings to the pub or other venues. It is all about men spending time together.</p>

Physiotherapy Program

<p>Exercises with Physio Simple exercises to encourage consumers to be more active.</p>	<p>Exercises with Physio Simple exercises to encourage consumers to be more active.</p>	<p>10.30 Advanced Falls Prevention Group (selected residents only).</p>	<p>10.30 Walking Group</p>	<p>Please note: Program is subject to change.</p>
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