





















Casa Cabrini Level 1 Lifestyle Program –May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9.00 Church 10.30 Seated exercise with Marina 1.30-3.00 Armchair travel to Scotland</p> 	<p>3 Shopping trolley 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Craft - flowers for Mother's Day 4.00 Sensory -garden walk</p>	<p>4 9.00 Church 10.30 Music appreciation 1.30-3.00 At the Day Spa</p> 	<p>5 9.00 Church 10.30 Exercise session 1.30-3.00 Mother's Day craft</p>	<p>6 9.00 Church 10.30 At the Disco 1.30-3.00 Mother's Day celebrations</p> 
<p>9 9.00 Church 10.30 Seated exercise with Marina 1.30-3.00 Individuals</p> 	<p>10 Mobile Library - Shopping trolley 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Knitting group 4.00 Sensory-garden walk</p> 	<p>11 9.00 Church 10.30 Music appreciation 1.30-3.00 Sensory- smell</p> 	<p>12 International Nurse's Day 9.00 Church 10.30 Table games 1.30-3.00 Bingo</p> 	<p>13 9.00 Church 10.30 Cooking with Marina 1.30-3.00 Move to music</p> 
<p>16 National Volunteer Week 9.00 Church 10.00 Seated exercise with Marina 1.30 Indoor games</p> 	<p>17 Shopping trolley 9.00 Church 10.30 Exercise Session with Physio 1.30-3.00 Table games 4.00 Sensory - Garden walk</p> 	<p>18 9.00 Church 10.30 Music appreciation 1.30-3.00 At the Day Spa</p> 	<p>19 9.00 Church 10.30 Flower arranging 1.30-3.00 Roasting chestnuts</p>  <p style="text-align: center; font-size: small;">Chestnut.</p>	<p>20. 9.00 Church 10.30 Bingo 1.30-3.00 Reminiscing - Movies</p> 
<p>23 9.00 Church 10.00 Seated exercise with Marina 1.30 Move to classical music</p> 	<p>24 Shopping trolley 9.00 Church 10.30 Exercise Session with Physio 1.30-3.00 2.00 Resident meeting 4.00 Sensory-Garden Walk</p> 	<p>25 Porchetta Day 9.00 Church 10.30 Music appreciation 1.30-3.00 Indoor Games</p> 	<p>26 9.00 Church 10.30 Flower arranging 1.30-3.00 Art & craft</p> 	<p>27 9.00 Church 10.30 Cooking Class 1.30-3.00 End of the month Birthday Celebrations</p> 

<p>30 9.00 Church 10.00 Seated exercise with Marina 1.30 Sensory- touch</p> 	<p>31 Shopping trolley 9.00 Church 10.30 Exercise Session with Physio 1.30-3.00 Knitting group 4.00 Sensory-Garden Walk</p> 			
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Lifestyle program description

<p>Cooking Residents are invited to join with the Lifestyle team member to make biscuits, pasta, cakes, peel vegies as well as a variety of other things. Art Group Encourages consumers to express themselves through art.</p>	<p>Exercise session with Physio Simple exercises to encourage consumers to be more active. Sensory Garden Walk An opportunity for residents to be taken outside to stop and smell the flowers and touch the plants.</p>	<p>At the Disco It's all about music and movement to it. Individuals Lifestyle team member spends time with consumer providing an opportunity for them to reminisced about their past lives, provides emotional support and validates all feelings expressed</p>	<p>Sensory Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation</p>	<p>Tombola (Bingo) A cognitive activity popular with most of our residents. Reminiscing Lifestyle team member spend time with people providing an opportunity to stroll down memory lane.</p>
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Physiotherapy Program

<p>Please note: Activities are subject to change.</p>		<p>10.30 Falls Prevention Group</p>	<p>10.30 Walking Group Activities Room 1.00 Bocce Group (selected residents only)</p>	<p>Physio Gym Advanced Falls Prevention Group (selected residents only)</p>
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