
















Houses Lifestyle Program – May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9.00 Church 10.00-2.00 Club Sociale 4.00 Rosary</p> 	<p>3 9.00 Church 10.00 Morning Tea 10.30 Bingo 2.00-3.30 Shopping 4.00 Rosary</p> 	<p>4 Shopping Trolley 9.00 Church 10.00 Morning Tea 10.30 Falls prevention 1.30-3.00 Reminiscing- childhood sweets</p> 	<p>5 9.00 Church 10.00 Morning tea 10.30 Bingo 2.00-3.30 Mother's Day craft</p> 	<p>6 9.00 Church 10.00 Morning tea 10.30 Sing along with instruments 2.00-3.30 Mother's Day Afternoon Tea 4.00 Rosary</p> 
<p>9 9.00 Church 10.00-2.00 Club Sociale 4.00 Rosary</p> 	<p>10 Mobile Library 9.00 Church 10.00 Morning Tea 10.30-11.30 Bingo 2.00 -3.30 Gardening 4.00 Rosary</p> 	<p>11 Shopping Trolley 9.00 Church 10.00 Morning Tea 10.30 Falls prevention 1.30-3.00 Reminiscing - Nurses</p> 	<p>12 International Nurse's Day 9.00 Church 10.00 Morning tea 10.30 Bingo 2.00-3.30 At the Day Spa (house A) 4.00 Rosary</p> 	<p>13 9.00 Church 10.00 Morning tea 10.30 Sing along with instruments 2.00-3.30 Cultural Club 4.00 Rosary</p> 
<p>16 National Volunteer Week 9.00 Church 10.00-2.00 Club Sociale 4.00 Rosary</p> 	<p>17 9.00 Church 10.30 Bingo 2.00-3.30 Shopping 4.00 Rosary</p> 	<p>18 Shopping Trolley 9.00 Church 10.00 Morning tea 10.30 Falls Prevention 1.30-3.00 Reminiscing- favourite foods</p> 	<p>19 9.00 Church 10.30 Bingo 2.00-3.30 Roasting chestnuts 4.00 Rosary</p> 	<p>20 9.00 Church 10.00 Morning tea 10.30 Sing along with instruments 2.00-3.30 Cultural Club 4.00 Rosary</p> 

23
 9.00 Church
 10.00-2.00 Club Sociale
 4.00 Rosary



24
 9.00 Church
 10.00 Morning Tea
 10.30 Bingo
 2.00 **Resident meeting**
 2.00-3.30 Lawn games



25 Shopping Trolley Porchetta Day
 9.00 Church
 10.00 Morning Tea
 10.30 Falls prevention
 1.30-3.00 Reminiscing- Seasons



26
 9.00 Church
 10.00 Morning Tea
 10.30 Bingo
 2.00-3.30 At the Day Spa (house D)



27
 9.00 Church
 10.00 Morning tea
 10.30 Sing along with instruments
 2.00-3.30 **End of the Month Birthday Celebrations**



30
 9.00 Church
 10.00-2.00 Club Sociale
 4.00 Rosary



31
 9.00 Church
 10.00 Morning Tea
 10.30 Bingo
 1.30-3.00 Shopping



Physiotherapy Program

Please Note: Program is subject to change

Training Room
 10.30 Falls Prevention Group

10.30 Walking group
Activities Room
 1.00 Bocce Group (selected residents only)

Physio Gym
 1.30 Advanced Falls Prevention Group (selected residents only)

Lifestyle program description

Club Sociale
 Is held in the activities room with members of the community who attend the Day Therapy Centre. Morning tea and lunch are provided. A simple exercise program is run in the morning and activities are provided in the afternoon.

Falls Prevention Exercise Group
 People have been selected by the Physiotherapist to attend this group. The main focus of the group is to provide strengthening exercises to maintain people's mobility and balance.

Exercises with Sheena
 This activity is open to all residents. Sheena uses Tai Chi and Yoga moves along with gentle exercises.