





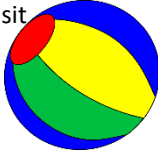













John Re Lifestyle Program - May 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| <p>2 9.00 Church 10.00-10.30 Morning Tea 10.45-11.45 Physical activities 1.30-3.00 Home duties- Cleaning work surfaces</p>  | <p>3 9.00 Church 10.00-10.30 Morning Tea 10.45-11.45 Day Spa 1.30-3.00 memory card game</p> | <p>4 9.00 Church 10.00 -10.30 Morning Tea 10.45-11.45 Quoits 1.30-3.00 Individual Visit</p>  | <p>5 9.00 Church 10.00 -10.30 Morning Tea 10.45-11.45 Bowling 1.30-3.00 Our senses Sight</p>  | <p>6 Shopping trolley 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Bean bag toss 1.30-3.00 Mother's Day celebration</p>  |
| <p>9 9.00 Church 10.00-10.30 Morning Tea 10.45-11.45 Physical activities 1.30-3.00 Home duties- Folding linen</p>  | <p>10 Mobile Library 9.00 Church 10.00-10.30 Morning Tea 10.45-11.45 Scenic drive 1.30-3.00 Matching game</p>  | <p>11 9.00 Church 10.00 -10.30 Morning Tea 10.45-11.45 Balloon exercises 1.30-3.00 Individual Visit</p>  | <p>12 International Nurse's Day 9.00 Church 10.00 -10.30 Morning Tea 10.45-11.45 Fishing game 1.30-3.00 Our senses- touch</p>  | <p>13 Shopping trolley 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Garden walk 1.30-3.00 Art & craft session-collage</p> |
| <p>16 National Volunteer Week 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Home duties- Washing dishes</p>  | <p>17 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Walking group 1.30-3.00 Sing along</p>  | <p>18 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Seated exercise session 1.30-3.00 Individual Visit</p>  | <p>19 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Table games 1.30-3.00 Roasting chestnuts</p>  <p style="text-align: center;">Chestnut.</p> | <p>20 Shopping trolley 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Gardening activity 1.30-3.00 Indoor games</p>  |
| <p>23 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Home duties- Sorting linen</p>  | <p>24 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Our senses- taste 2.00 Resident Meeting</p>  | <p>25 Porchetta Day 9.00 Church 10.00-10.30 Morning Tea 10.45-11.45 Cultural activity- Baking 1.30-3.00 Individual visit</p>  | <p>26 9.00 Church 10.00-10.15 Morning Tea 10.45-11.45 Balloon exercise session 1.30-3.30 Our senses- smell</p>  | <p>27 Shopping trolley 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Reminiscing- Winter 1.30-3.00 End of the Month Birthdays Celebrations</p>  |

30
 9.00 Church
 10.00-10.30 Morning tea
 10.45-11.45 Physical activities
 1.30-3.00 Home duties- sweeping



31
 9.00 Church
 10.00-10.30 Morning tea
 10.45-11.45 Physical activities
 1.30-3.00 Our senses- Hearing



Lifestyle program description

Physical Activities
 A variety of physical activities eg social dancing, walks, large balloon, coits, exercises.

Home duties
 A selection of activities consumers used to perform when living at home eg sweeping, dusting, folding laundry.

Gardening
 Consumers spend time outside watering the gardens or other gardening activities.

Outside Activities
 Consumers spend time outside in the garden area (weather permitting). Refer to program above as to the activities.

Cultural Activities
 Consumers are provided with opportunity to engage in activities from their heritage and share stories of their homeland with others. iPads are often used in this activity to google maps of specific regions.

Our Senses
 Lifestyle team members provide a range of sensory activities to consumers.

Cognitive activities
 Simple failure free activities such as sorting, matching, counting is provided to consumers.

Please note: Program is subject to change.

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