



# Nursing Home Lifestyle Program – May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>2 Shopping Trolley</b>                      9.00 Church                      10.00 Morning tea                      10.30 Bingo                      1.30-3.00 Reminiscing</p> 	<p><b>3</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Music &amp; Exercise                      1.30-3.00 Making crostoli for Mother's Day</p> 	<p><b>4</b>                      9.00 Church                      10.00 Morning tea                      10.30 High Tea                      1.30-3.00 Mother's Day craft</p> 	<p><b>5</b>                      9.00 Church                      10.00 Morning tea                      10.30 Mother's Day craft                      1.30-3.00 Individuals</p> 	<p><b>6</b>                      9.00 Church                      10.00 Morning tea                      10.30 Balloon games                      1.30-3.00 <b>Mother's Day celebration</b></p> 	<p><b>7</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Pamper Plus                      1.00-2.00 Individual Visits</p> 	<p><b>8 Mother's Day</b>                      10.00 Church                      Morning Tea                      10.30 Table games                      1.00-2.00 Individual Visits</p> 
<p><b>9 Shopping Trolley</b>                      9.00 Church                      10.00 Morning tea                      10.30 Bingo                      1.30-3.00 Reminiscing</p> 	<p><b>10 Mobile Library</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Music &amp; Exercise                      1.30-3.00 Flower arranging</p> 	<p><b>11</b>                      9.00 Church                      10.00 Morning tea                      10.30 Flower collage                      1.30-3.00 Individuals</p> 	<p><b>12 International Nurse's Day</b>                      9.00 Church                      10.00 Morning tea                      10.30 Cooking pikelets                      1.30-3.00 Individuals</p> 	<p><b>13</b>                      9.00 Church                      10.00 Morning tea                      10.30 Sensory session                      1.30-3.00 Individuals</p> 	<p><b>14</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Physical activities                      1.00-2.00 Individual Visits</p> 	<p><b>15</b>                      10.00 Church                      Morning Tea                      10.30 pamper plus                      1.00-2.00 Individual Visits</p>
<p><b>16 National Volunteer Week Shopping Trolley</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Bingo                      1.30-3.00 Reminiscing</p>	<p><b>17</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Music &amp; exercise                      1.30-3.00 Indoor Garden activity</p> 	<p><b>18</b>                      9.00 Church                      10.00 Morning tea                      10.30 Day Spa                      1.30-3.00 Individuals</p> 	<p><b>19</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Craft                      1.30-3.00 <b>Roasting chestnuts</b></p> 	<p><b>20</b>                      9.00 Church                      10.00 Morning tea                      10.30 Balloon Games                      1.30-3.00 Individuals</p> 	<p><b>21</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Pamper plus                      1.00-2.00 Individual Visits</p> 	<p><b>22</b>                      10.00 Church                      Morning Tea                      10.30 pamper plus                      1.00-2.00 Individual Visits</p>
<p><b>23 Shopping Trolley</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Bingo                      1.30-3.00 Reminiscing</p> 	<p><b>24</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Music &amp; exercise                      1.30- Washing Dishes                      2.00 <b>Resident meeting</b></p> 	<p><b>25 Porchetta Day</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Table Games                      1.30-3.00 Individuals</p> 	<p><b>26</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Baking                      1.30-3.00 Individuals</p> 	<p><b>27</b>                      9.00 Church                      10.00 Morning Tea                      10.30                      1.30-3.00 <b>End of the Month Birthday Celebrations</b></p> 	<p><b>28</b>                      9.00 Church                      10.00 Morning Tea                      10.30 Physical activities                      1.00-2.00 Individuals</p> 	<p><b>29</b>                      10.00 Church                      Morning Tea                      10.30 Pamper plus                      1.00 Individuals</p> 

<p><b>30 Shopping Trolley</b>  9.00 Church  10.00 Morning Tea  10.30 Bingo  1.30-3.00 Reminiscing</p> 	<p>31  9.00 Church  10.00 Morning Tea  10.30 Music &amp; exercise  1.30-3.00 Baking</p> 						
<b>Physiotherapy Program</b>							
<p><b>Please note:</b>  Program is subject to change.</p>		<p><b>Training Room</b>  10.30 Falls Prevention Group</p>	<p><b>Activities Room</b>  1.00 Bocce Group (selected residents only)</p>	<p><b>Physio Gym</b>  1.30 Advanced Falls Prevention Group (selected residents only)</p>			
<p><b>Seated Exercises</b>  A gentle seated exercise group facilitated by Physio 10.30 – 11.30 and Lifestyle 11.00 – 11.30.</p>	<p><b>Tombola (Bingo)</b>  Cognitive session popular with most of our consumers.</p> <p><b>Reminiscing</b>  Lifestyle team members spend time with people in a group situation or individually providing an opportunity to stroll down memory lane.</p>	<p><b>Let's Move</b>  Dancing to suitable music using props eg large balloon</p> <p><b>Craft</b>  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><b>Cultural Activities</b>  Involves cooking specific cultural food, talking about where they come from, using iPad to google map their place of birth or where they lived.</p>	<p><b>At The Day Spa</b>  People will be invited to have a manicure or pedicure with quality products in a tranquil, calm setting.</p> <p><b>Our Senses</b>  Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation.</p>	<p><b>Individuals</b>  Lifestyle Team Member visits those people who are socially isolated in the Houses area and spends time with them on an individual basis providing emotional support, opportunity to reminisce and validation of all feelings expressed.</p>		

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