


















## Special Care Lifestyle Program – May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 10.00 Church 10.30-11.30 Seated Exercises 12.30-2.00 Garden Walk
2 9.00 Church 10.00 Morning tea 10.30 Seated exercise 1.30-3.00 Bingo 	3 9.00 Church 10.00 Morning tea 10.30 Day spa 1.30-3.00 Bowling 	4 9.00 Church 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Sensory- tasting 	5 9.00 Church 10.00 Morning Tea 10.30 <b>Flora Russo's 101<sup>st</sup> birthday</b> 1.30-3.00 Table games 	6 <b>Shopping Trolley</b> 9.00 Church 10.00 Morning tea 10.30 Mother's Day Flowers 1.30-3.00 <b>Mother's Day Celebration</b> 	7 9.00 Church 10.30-11.30 Table/floor games 12.30-2.00 Reminiscing	8 <b>Mother's Day</b> 10.00 Church 10.30-2.00 Seated Exercises 12.30-2.00. Music appreciation
9 9.00 Church 10.00 Seated exercise 1.30-3.00 Bingo 	10 <b>Mobile Library</b> 9.00 Church 10.00 Morning tea 10.30 Sing along 1.30-3.00 Floor games 	11 9.00 Church 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Sensory- Hearing 	12 <b>International Nurse's Day</b> 9.00 Church 10.00 Morning tea 10.30 Day spa 1.30-3.00 Song & Dance Session 	13 <b>Shopping Trolley</b> 9.00 Church 10.00 Morning tea 10.30 Table Games 1.30-3.00 Home duties 	14 9.00 Church 10.30-11.30 Indoor games 12.30-2.00 Outdoor Activities	15 10.00 Church 10.30-2.00 Seated Exercises 12.30-2.00. Music appreciation
16 <b>National Volunteer Week</b> 9.00 Church 10.00 Seated exercise 1.30-3.00 Bingo 	17 10.00 Morning Tea 10.30 Gardening 1.30-3.00 Bowling 	18 9.00 Church 10.00 Morning tea 10.30 Bingo 1.30-3.00 Sensory- touch 	19 9.00 Church 10.00 Morning tea 10.30 Playing musical instruments 1.30-3.00 <b>Roasting chestnuts</b> 	20 <b>Shopping Trolley</b> 9.00 Church 10.00 Morning Tea 10.30 Indoor Games 1.30-3.00 <b>Home duties</b> 	21 9.00 Church. 10.30-11.30 Music & exercise 12.30-2.00 Sing a long session	22 10.00 Church 10.30-11.30 Seated Exercises 12.30-2.00 Music appreciation

<p><b>23</b> 9.00 Church 10.00 Seated exercise 1.30-3.00 Bingo</p> 	<p><b>24</b> 10.00 Morning Tea 10.30 Reminiscing 1.30- 3.00 Painting 2.00 Resident meeting</p> 	<p><b>25 Porchetta Day</b> 9.00 Church 10.00 Morning tea 10.30 Bingo 1.30-3.00 Sensory- Sight</p> 	<p><b>26</b> 9.00 Church 10.00 Morning tea 10.30 Day spa 1.30-3.00 Craft- collage</p> 	<p><b>27 Shopping Trolley</b> 9.00 Church 10.00 Morning tea 10.30 End of month birthday celebration 1.30-3.00 Home duties</p> 	<p><b>28</b> 9.00 Church. 10.30-11.30 Music &amp; exercise 12.30-2.00 Sing a long session</p>	<p><b>29</b> 10.00 Church 10.30-11.30 Seated Exercises 12.30-2.00 Music appreciation</p>
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<p><b>30</b> 9.00 Church 10.00 Seated exercise 1.30-3.00 Bingo</p> 	<p><b>31</b> 10.00 Morning Tea 10.30 Gardening 1.30-3.00 Day Spa</p> 					
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### Physiotherapy Program

<p><b>Please note: Program is subject to change</b></p>		<p>10.30 Falls Prevention Group (Selected residents only)</p>	<p>10.30 Walking Group 1.00 Bocce Group (Selected residents only and is held in the Activities Room.</p>	<p>1.00 Advanced Falls Prevention Group (Selected residents only)</p>		
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### Lifestyle program description

<p><b>Seated Exercises</b> Gentle exercise program with a physical activity component eg coits, large balloon</p> <p><b>Gardening Club</b> Outside weather permitting planting, cleaning up area, discussion on gardens.</p>	<p><b>At the Day Spa</b> Consumers are invited to have a manicure or pedicure with quality products in a tranquil, calm setting. are often used in this activity to google maps of specific regions</p>	<p><b>Our Senses</b> Lifestyle team members spend time in a group or individual setting providing sensory activities. Targeting one sense at a time.</p>	<p><b>Individuals</b> Lifestyle team member spends time with consumer providing an opportunity for them to reminisce about their past lives, provides emotional support and validates all feelings expressed.</p>	<p><b>Seated Exercises</b> Gentle exercise program with a physical activity component eg coits, large balloon</p> <p><b>Tombola (Bingo)</b> Cognitive session popular with most of our consumers.</p>	<p><b>Cultural Activities</b> Consumers are provided with opportunity to engage in activities from their heritage and share stories of their homelands.</p>	
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