

EXAMPLE

Benetas St Georges

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 INTERNATIONAL DAY OF OLDER PERSONS 9:30 Gentle Exercises(HC) 10:30 Chat Group (H) 10:30 Arts & Crafts (PV) 10:45 Catholic Church Serv 1:30 Food Forum (Theatre) 3:30 Word Games (H)	2 9:30 Gentle Exercises (HC) 11:00 Assisted Walks Current Events (H) 1:30 St.Georges choir (HC) 130 Shopping Trip Knitting Group (PV) 3:30 Sorting Activity (HC)	3 HAIRDRESSER 9:30 YOGA (HC) 11:00 Assisted Walks Current Events (H) 1:30 Group Discussion (H) BINGO (PV) 3:30 Sorting Activity (HC)	4 WORLD SMILE DAY 9:30 Gentle Exercises (HC) 10:00 Morning Melodies Italian Sports Club 10:30 Group Discussion (H) 1:30 HAPPY HOUR (PV & H)	5 No Lifestyle Staff	6 9:30 Exercises (HC) 10:00 Table Games (PV) 1:00 Assisted Walks(H) Table Games (HC)
7 9:30 Gentle Exercises (HC) 10:30 Entertainment Monash Aires 1:30 BINGO (H) 1:30 Group Discussion (PV)	8 9:30 SONAS(HC) Balloon Volleyball (H) 10:30 Arts & Crafts (PV) 1:30 Sing-a-long (PV) 2:00 Movies @ the Theatre 2:00 Scenic Drive	9 9:30 Gentle Exercises (HC) 10:00 Morning Melodies Westside Hotel 11:00 Anglican Church Serv 1:30 Bob's Golf (H) Knitting Group (PV) 3:30 Sorting Activity (HC)	10 HAIRDRESSER 9:30 Gentle Exercises 11:00 Pamper & Beauty (H) 1:30 BINGO (PV) 2:00 Table Games (H) 3:30 Montessori Activity 1:1 Visits	11 9:30 Gentle Exercises (HC) 10:30 Reminiscing (H) 10:30 Group Discussion (H) 1:30 HAPPY HOUR (PV&H)	12 No Lifestyle Staff	13 9:30 Exercises (HC) 10:30 Bob's Golf (H) 1:00 Group Discussion(PV) Assisted Walks
14 9:30 Gentle Exercises (HC) 10:15 COFFEE SHOP (HC) 11:00 Assisted Walks 1:30 BINGO (H) 1:30 Discussion Group (PV) 3:30 Table Games (H,PV)	15 9:30 Gentle Exercises (HC) Ballon Volleyball (H) 10:30 Trip to LJACC* 10:30 Chat Group (H) 10:45 Catholic Church Serv 1:30 Sing-a-long (PV) 2:00 Movies @ the Theatre 2:00 Scenic Drive	16 9:30 Gentle Exercises (HC) 10:45 Residents Meeting(H) 1:30 St.Georges Choir (HC) 1:30 Knitting Group (PV) 3:30 Montesorri Activity (HC)	17 HAIRDRESSER 9:30 YOGA (HC) 11:00 Pamper&Beauty (HC) 11:00 Reminiscing(PV) 1:30 BINGO (PV) 1:30 Discussion group (H) 3:30 1:1 Visits	18 9:30Gentle Exercises (HC) Exercises (H) 10:30 Table Games (H) Quizzes/Trivia (PV) 1:30 Entertainment : Phil Hudson	19No Lifestyle Staff	20 9:30 Exercises (HC) 11:00 Group Discussion (H) 1:00 Assisted Walks(PV) Table Games (HC)
21 9:30 Gentle Exercises (HC) 10:15 COFFEE SHOP 11:00 Assisted Walks 1:30 BINGO (H) 1:30 Discussion Group (PV) 3:30 Table Games (PV,H)	22 9:30 SONAS (HC) 10:45 Arts & Crafts (H,PV) 10:45 Catholic Church Serv 1:30 Shopping Trip/ Scenic Drive 2:00 Movies @ the Theatre	23 9:30 Gentle Exercises (HC) 10:00 Morning Melodies Hotel 520 10:45 Table Games (H) 1:30 Knitting Group (PV) 1:30 Bob's Golf (H)	24 HAIRDRESSER 9:30 Gentle Exercises(HC) Balloon Games (PV) 10:45 Table Games (HC) 11:00 Assisted Walks 1:30 BINGO (PV) 1:30 Discussion Group (H)	25 9:30 Gentle Exercises (HC) 10:45 Trivia/Quizzes (H) 11:00 Naught & Crosses/ Table Games (PV) 1:30 Entertainment: Omega Potts	26 No Lifestyle Staff	27 9:30 Exercises (HC) 10:30 Group Discussion (H) 1:00 Assisted Walks(PV) Table Games (HC)
28 9:30 Gentle Exercises (HC) 10:15 COFFEE SHOP (HC) 11:00 Assisted Walks 1:30 BINGO (H) 1:30 Discussion Group (PV) 3:30 Table Games (HC)	29 9:30 Balloon Volleyball (HC) Exercises (H) 10:30 Arts & Craft (PV,HC) 10:30 Chat Group (H) 11:00 Word Games (H) 1:30 Scenic Drive 2:00 Sorting/Matching Activity (HC)	30 9:30 Gentle Exercises (HC) 10:00 Morning Melodies TIGERS CLUBHOUSE 10:45 Anglican Church Serv 1:30 St. Georges Choir 2:00 Table games (H) 3:30 Quiots (PV) Reminiscing (HC)	31 HAIRDRESSER 9:30 Balloon Volleyball(HC) Sitting Exercises (H) 10:15 Halloween Themed Morning Tea (HC) 1:30 BINGO (PV) 1:30 Discussion Group (H) 3:00 Active Games (HC)	*15-29 October The Glass Age Exhibition @ the Louis Joel Arts & Community Centre Sargood Street, Altona Celebrating creativity of our residents...		

PLEASE NOTE ACTIVITES COULD CHANGE ACCORDING TO CIRCUMSTANCES WITH SHORT NOTICE... CODES : H – Hostel, HC – High Care, PV (Peter Volk) , HS – Hairdressing Saloon

