

NURSING HOME/HOSTEL LEISURE ACTIVITIES PROGRAM OCTOBER 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 11.00 Exercise 1.30 Group Activity 3:00 Music Appreciation- David	2 11.00 Exercises 12.00 Happylands 4.00 Song Therapy- NH	3 Hairdresser 11:00 Exercise & Games 2:00 Happy Hour & Room visits	4 1100-exercise ” 12:00-Fashion Show 3:00 Singalong	5 1:30 Saturday Spin movie/Sport	6 Songs of Praise FAMILY DAY
7 LABOUR DAY PUBLIC HOLIDAY	8 11.00 Exercise & Ball 1.30 Viva Rowlanda 3:00 Music Appreciation- David	9 9.30 Ice Cream Run 12.00 Sausage Sizzle 1:30 PM-tea outdoors	10 Hairdresser 11:00 Exercise & Games 2:00 Happy Hour & Room visits	11 11:00 Exercise & Games 2:00 Group Activity	12 1:30 Saturday Spin Movie/Sport	13 Songs of Praise FAMILY DAY
14 9: 30 ice cream run 1:1-Program	15 11:00 Exercise & Games Quiz-Hostel 3:00 Music Appreciation- David	16 11:00 Exercise & Games 12:00 Lunch Outing 1:30 PM Tea outdoors	17 Hairdresser 11:00 Exercise & Games 2:00 Happy Hour & Room visits	18 11:00 Exercise & Ball Games 2:00 Group Activity 3:00 Singalong	19 1:30 Saturday Spin Movie/Sport	20 Songs of Praise FAMILY DAY
21 9: 30 ice cream run 1:30 Out-Door Garden Program & P.M.Tea	22 11:00 Mirrabooka Singers 3:00 Music Appreciation- David	23 9.30 I/cream run 11.30 Mass at Redleaf 2:00 Cooking & PM Tea	24 Hairdresser 11:00 Exercise & Games 2:00 Happy Hour & Room visits	25 11:00 Exercises & Ball Games 2:00 Group Activity	26 1:30 Saturday Spin Movie/Sport	27 Songs of Praise FAMILY DAY
28 11:00 Communion(NH) 1:30 Combine Bus Outing- Nature 4:00 Song Therapy	29 11:00 Exercise & Games 3:00 Music Appreciation- David	30 10.30 David Parsons Concert  4:pm Song therapy	31 Hairdresser 11:00 Exercise & Games 2:00 Happy Hour & Room visits	 		