

## Chestnut Gardens Lifestyle Activities - May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 11am Table Games 1.30pm Social Fish & Chips Day	2 11am Gentle Exercises 1.30pm Craft 3pm Catholic Church Service	3 Belly Dancing
4 Beauty Care and time in the garden with Rani	5 11am Cooking Class 1pm Sing along with Jeanne & Friends	6 11am Cards 1.00pm Drive to the beach & afternoon tea	7 11am Bingo 1.30 Entertainment	8 11am Café Boulevard 1.30 Art (Mothers' Day)	9 1.30 Craft for Mothers 'day 2.00pm Aromatherapy with Maria	10 Bingo Laughter Yoga with Maria Pre Mothers' day Celebrations
11 Table Games and Word Games with Rani Mothers' Day	12 11am Cooking Slices 1.30 Sing A Long with Jeanne	13 11am Gardening and walks 1.00 Bus Outing - shopping	14 11am Bingo 1pm Pam's Pretty Nails 1.30pm Church Service with Father Jeff	15 11.30am Cards 1.30pm Arm Chair Travel	16 11am Gentle Exercises 11am Stall 1.30 Craft 4pm Computer Class with Maria	17 Yoga Bingo with Maria
18 Socialising with Rani	19 11am Morning Tea and socializing 1.30pm Sing A Long with Jeanne	20 11am Table Games 1pm Outing	21 11am Bingo 1.30pm Art	22 11am Decorations for Big Event 1.30pm Craft	23 11am Gentle exercise 1.30pm Relaxation before Big Event	24 Bingo Laughter Yoga with Maria
25 Walks and 1:1 time with Rani	26 1am Walks and time in garden, socialising 1.30pm Sing A Long with Jeanne	27 11am BBQ lunch (FWD)for residents 1.30pm Table Games	28 11am Bing 1pm Pam's Pretty Nails 1.30pm Church service with Larry	29 11am Ladie's Social Lunch 1.30 Craft Activities	30 11am Exercises 1.30pm Craft	31 Belly Dancing Yoga Bingo with Maria