



**Joseph Banks**  
Aged Care Facility

## Activity Program Examples

Please note that activity schedules change from week to week. Please find below some examples of activities run at Joseph Banks Aged Care Facility.

Some morning activities	Exercise and News Physio Chi Play Group Shopping @ Livingston Footy tips & Lotto Nail Care
Some early afternoon activities	Rummykub ● Rummyking Players ● Mens' Card Club ● Bingo ● Table games Classic Movie screening ~ Sing a Long Art and Craft High Tea Armchair Travel Pamper Parlour Various concerts Cooking
Some late afternoon activities	Music & Motion Cooking Happy Hour Quiz Afternoons with Ki Art
Saturday night	Saturday fun with Nat & Ki