

ASCOTT GARDENS PROGRAMME OF ACTIVITIES 2013

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 – 9.15	COLLECT RESIDENTS 1:1 WITH RESIDENTS	COLLECT RESIDENTS 1:1 WITH RESIDENTS	COLLECT RESIDENTS 1:1 WITH RESIDENTS	COLLECT RESIDENTS 1:1 WITH RESIDENTS	COLLECT RESIDENTS 1:1 WITH RESIDENTS	COLLECT RESIDENTS 1:1 WITH RESIDENTS	NEWSPAPER COLLECTION AND DELIVERY
9.15 - 9.40	NEWSPAPER READING	NEWSPAPER READING	NEWSPAPER READING	NEWSPAPER READING	NEWSPAPER READING	NEWSPAPER READING	
9.40 – 10.00	PHYSICAL THERAPY AND FUN EXERCISES	PHYSICAL THERAPY AND FUN EXERCISES	PHYSICAL THERAPY AND FUN EXERCISES	PHYSICAL THERAPY AND FUN EXERCISES	PHYSICAL THERAPY AND FUN EXERCISES	PHYSICAL THERAPY AND FUN EXERCISES	
10.00 – 10.15	RESIDENTS MORNING TEA SET UP FOR ACTIVITY PROGRAMME	RESIDENTS MORNING TEA SET UP FOR ACTIVITY PROGRAMME	RESIDENTS MORNING TEA SET UP FOR ACTIVITY PROGRAMME	RESIDENTS MORNING TEA SET UP FOR ACTIVITY PROGRAMME	RESIDENTS MORNING TEA SET UP FOR ACTIVITY PROGRAMME	RESIDENTS MORNING TEA SET UP FOR ACTIVITY PROGRAMME	<ul style="list-style-type: none"> • Jigsaws in main lounge. • Box of games in Activity Room. • Music Therapy. • Walks.
10.15 – 10.30	COLLECT RESIDENTS	COLLECT RESIDENTS	COLLECT RESIDENTS	COLLECT RESIDENTS	COLLECT RESIDENTS	COLLECT RESIDENTS	
10.30 – 11.30	<ul style="list-style-type: none"> • 1st - Garden Club • Quoits • Find a Word • Crosswords • Quizzes • Hang Man 	<ul style="list-style-type: none"> • 1st - Neville & Gwen • Hookey • Hula • Basketball • Bobs • Croquet 	<ul style="list-style-type: none"> • 1st - Residents Meeting • 2nd - Ascott Allsorts • 3rd - Delta Dog Programme • Family Fued • Who wants to be a Millionaire • Word searches 	<ul style="list-style-type: none"> • 1st - Men's M/Tea • 3rd - Out & About • Guest Speakers • 2nd - Ladies M/Tea • Skittles • Hairdressing 	<ul style="list-style-type: none"> • BINGO 	<ul style="list-style-type: none"> • Pub Skittles • Where were you when? • Snakes & Ladders • Golf • Darts 	<ul style="list-style-type: none"> • Jigsaws in main lounge. • Box of games in Activity Room. • Music Therapy. • Walks.
1.30-3.00	Physical therapy by Jacinta and Meredith.	<ul style="list-style-type: none"> • 2nd & 4th - Café 83 • 5th - Ladies lunch outing 	<ul style="list-style-type: none"> • 3rd -Chris Driscoll • Board Games • Walk • Golf 	<ul style="list-style-type: none"> • 4th - Men's Lunch Outings • Hairdressing 	<ul style="list-style-type: none"> • 2nd & 4th Bus Outings • 4th The Browns 	<ul style="list-style-type: none"> • Jigsaws in main lounge. • Box of games in Activity Room. • Music Therapy. • Walks. • Movie. 	<ul style="list-style-type: none"> • Jigsaws in main lounge. • Box of games in Activity Room. • Music Therapy. • Walks. • Movie.
CHURCH SERVICES		<u>9.00am</u> Catholic Communion <u>1st & 3rd - 2pm</u> Anglican Service	<u>4th - 2.15pm</u> Open Praise		<u>1st -2pm</u> Catholic Mass <u>3rd - 2pm</u> Presbyterian Service		<u>1st - 9.15am</u> Ascott Service <u>2nd - 10.30am</u> Uniting Service

Residents Birthday's - Invite 2 guests for lunch and a cake provided.

Special Activities - Planned with Residents for the year.

Individual Activities - Knitting, Reading, TV, Radio, Talking Books, Music, Computer lessons, Newspapers, Magazines.