











What's on at Glenara Lakes in a typical month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <u>9.30</u> Mail & Room Visits Visits <u>11:00</u> Tai Chi <u>1:30</u> Word Games	2 <u>9.30</u> Mail & Room Visits <u>11:00</u> Hetty Concert <u>1:30</u> Movie and Ice-creams	3 <u>1:30</u> Bingo 	4
5 <u>9.30</u> Mail & Room Visits <u>10:00</u> Exercises <u>12:00</u> ABC TV <u>1:30</u> Happy Hour with Bill	6 <u>10:00</u> Outing - Shopping <u>11:30</u> Mass <div style="text-align: center;"> </div> <u>1:30</u> Painting <u>1:45</u> Seasonal Craft	7 <u>9.30</u> Mail & Room Visits <u>11:00</u> Reflections <u>11:00</u> Tai Chi <div style="text-align: center;"> </div> <u>2:00</u> Bingo	8 <u>9.30</u> Mail & Room Visits Visits <u>11:00</u> Tai Chi <u>1:00</u> Presbyterian Service <u>1:30</u> Pamper Afternoon	9 <u>9.30</u> Mail & Room Visits <u>10:00</u> Jilly Knick-Knacks <u>2:00</u> Movie Afternoon <div style="text-align: center;"> </div>	10 <u>1:30</u> Bingo	11
12 <u>9.30</u> Mail & Room Visits <u>11:00</u> Exercises <div style="text-align: center;"> </div> <u>11:30</u> ABC TV <u>1:30</u> Bingo	13 <u>9.30</u> Mail & Room Visits <u>10:00</u> Bus Outing – Shopping <u>11:00</u> Exercises <u>11:30</u> Mass <u>1:00</u> Beautician <u>1:45</u> Cooking and Afternoon Tea	14 <u>9.30</u> Mail & Room Visits <u>10:30</u> St Johns Morning Tea <u>11:00</u> Exercises <u>1:15</u> Open Door Fellowship Service <u>2:00</u> Individual Garden Walks	15 <u>9.30</u> Mail & Room Visits <u>11:30-1:30</u> Trade Tables <u>1:15</u> Open Door Fellowship Service <u>2:00</u> Opening of Relaxation Room – Afternoon Tea provided	16 <u>9.30</u> Mail & Room Visits <div style="text-align: center;"> </div> <u>11:00</u> Exercises <u>1:30</u> Movie Afternoon	17 <u>1:30</u> Bingo	18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19 <u>9.30</u> Mail & Room Visits <u>11:00</u> Exercises <u>11:30</u> ABC TV <u>1:30</u> Residents Meeting 	20 <u>9.30</u> Mail & Room Visits <u>10:30</u> Walks <u>11:00</u> Exercises <u>11:30</u> Mass <u>1:00</u> Auxiliary meeting <u>1:30</u> Friends Concert	21 <u>9.30</u> Mail & Room Visits <u>11:00</u> Tai Chi <u>11:30</u> ABC TV  <u>2:00</u> Bingo	22 <u>9.30</u> Mail & Room Visits <u>11:00</u> Tai Chi <u>11:30</u> ABC TV <u>1:30</u> Garden Walks 	23 <u>9.30</u> Mail & Room Visits <u>11:00</u> Exercises <u>1:30</u> Movie and Ice-creams	24 <u>1:30</u> Movie and Ice-creams 	25 
26 <u>9.30</u> Mail & Room Visits <u>10:00</u> Exercises <u>12:00</u> ABC TV  <u>1:30</u> Bingo	27 <u>9.30</u> Mail & Room Visits <u>10:00</u> Outing – Shopping <u>11:30</u> Mass <u>1:30</u> Painting 	28 <u>9.30</u> Mail & Room Visits <u>11:00</u> Tai Chi <u>11:30</u> ABC TV <u>1:30</u> Bingo <u>2:00</u> Hand & Nail Care 	29 <u>9.30</u> Mail & Room Visits <u>11:00</u> Tai Chi <u>11:30</u> ABC TV <u>1:30</u> Art Therapy Outside 	30 <u>9.30</u> Mail & Room Visits <u>11:00</u> Exercises <u>11:30</u> ABC TV <u>1:30</u> Movie and Ice-creams 	31 <u>1:30</u> Movies 