





































































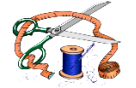











# What's on at Ainslie Low Head in a Typical Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	<b>9.00am</b> <b>Mail Delivered</b> 	<b>9.00am</b> <b>Pastoral Carer Visits</b> 	<b>9.00am</b> <b>Mail Delivered</b> 	<b>9.00am</b> <b>Mail Delivered</b> 		<b>Resources Available</b> <b>Movie &amp; Music (Dining Room)</b> <b>Staff assistance available</b>
	<b>10.00am</b> <b>Crib</b> 	<b>11.00am</b> <b>Exercise Class</b> 	<b>10.00am</b> <b>Men's Woodwork Group</b> 	<b>10.30am</b> <b>Art</b> 	<b>Resources Available</b> <b>Movie &amp; Music (Dining Room)</b> <b>Staff assistance available</b>	<b>1.00pm</b> <b>Bingo with Kaye</b> 
	<b>10.30am</b> <b>Scrapbooking</b> 	<b>1.00pm</b> <b>Poker</b> 	<b>10.30am</b> <b>Nail Beauty</b> 	<b>1.00pm</b> <b>Bus Trip Kmart</b> 		
	<b>1.30pm</b> <b>Wellness Centre</b> 	<b>1.30pm</b> <b>Afternoon tea with Barbara</b> 	<b>3.00pm</b> <b>Individual Visits</b> <b>CHAT</b> 	<b>1.30pm</b> <b>Movie</b> 		

7	8	9	10	11	12	13
<p>10.30am Creative Poetry Reading</p>  <p>11.30am News &amp; Lotto Stall</p>  <p>3.00pm Balloon Exercises</p> 	<p>9.00am Mail Delivered</p>  <p>10.00am Crib</p>  <p>10.30am Wellness Centre</p>  <p>2.00pm Resident Meeting</p>	<p>10.00am Music Therapy</p>  <p>1.00pm Poker</p>  <p>1.30pm Church Fellowship afternoon tea</p> 	<p>9.00am Mail Delivered</p>  <p>10.00am Men's Woodwork Group</p> <p>1.30pm Movie</p>  <p>3.00pm Individual Visits</p> <p>CHAT</p> 	<p>9.00am Mail Delivered</p>  <p>10.30am Art</p>  <p>2.00pm Making Pizza</p> 	<p>Resources Available Movie &amp; Music (Dining Room) Staff assistance available</p>	<p>Resources Available Movie &amp; Music (Dining Room) Staff assistance available</p> <p>1.00pm Bingo with Kaye</p> 
14	15	16	17	18	19	20
<p>9.00am Pastoral Carer Visits</p>  <p>10.30am Ladies Craft Group</p>  <p>11.00am Spiritual Reading</p>  <p>1.30pm News &amp; Lotto Stall</p> 	<p>9.00am Mail Delivered</p>  <p>10.00am Crib</p>  <p>10.30am Wellness Centre</p>  <p>1.30pm Wellness Centre</p>	<p>9.00am Pastoral Carer Visits</p>  <p>10.30am Exercise Class</p>  <p>1.00pm Poker</p>  <p>1.30pm Church Fellowship afternoon tea</p>	<p>9.00am Mail Delivered</p>  <p>10.00am Men's Woodwork Group</p> <p>1.30pm Nail Beauty</p>  <p>3.00pm Individual Visits</p> <p>CHAT</p> 	<p>9.00am Mail Delivered</p>  <p>10.30am Art</p>  <p>1.00pm Bus Outing (Quilters Guild)</p>  <p>3.00pm Individual Visits</p> <p>CHAT</p> 	<p>Resources Available Movie &amp; Music (Dining Room) Staff assistance available</p>	<p>Resources Available Movie &amp; Music (Dining Room) Staff assistance available</p> <p>1.00pm Bingo with Kaye</p> 

21	22	23	24	25	26	27
<b>9.00am</b> <b>Mail Delivered</b>  <b>10.30am</b> <b>Creative Poetry Reading</b>  <b>11.00am</b> <b>Spiritual Reading</b>  <b>1.30pm</b> <b>Craft</b> 	<b>9.00am</b> <b>Mail Delivered</b>  <b>10.00am</b> <b>Crib</b>  <b>11.00am</b> <b>Hand Massages</b>  <b>1.30pm</b> <b>Wellness Centre</b> 	<b>11.00am</b> <b>Exercise Class</b>  <b>1.00pm</b> <b>Poker</b>  <b>1.30pm</b> <b>Church Fellowship afternoon tea</b> 	<b>9.00am</b> <b>Mail Delivered</b>  <b>10.00am</b> <b>Men's Woodwork Group</b>  <b>1.30pm</b> <b>Movie</b>  <b>3.00pm</b> <b>Individual Visits</b> <b>CHAT</b> 	<b>9.00am</b> <b>Mail Delivered</b>  <b>10.00am</b> <b>Mass</b>  <b>10.30am</b> <b>Art</b>  <b>2.00pm</b> <b>Happy Hour</b> 	<b>Resources Available</b> <b>Movie &amp; Music (Dining Room)</b> <b>Staff assistance available</b>	<b>Resources Available</b> <b>Movie &amp; Music (Dining Room)</b> <b>Staff assistance available</b>  <b>1.00pm</b> <b>Bingo with Kaye</b> 
28	29	30	31			
<b>9.00am</b> <b>Pastoral Carer Visits</b>  <b>10.30am</b> <b>Ladies Craft Group</b>  <b>1.30pm</b> <b>News &amp; Lotto Stall</b> 	<b>9.00am</b> <b>Mail Delivered</b>  <b>10.00am</b> <b>Crib</b>  <b>11.00am</b> <b>Scrapbooking</b>  <b>1.30pm</b> <b>Wellness Centre</b>	<b>10.30am</b> <b>Exercise Class</b>  <b>1.00pm</b> <b>Poker</b>  <b>1.30pm</b> <b>Afternoon tea with Barbara</b> 	<b>9.00am</b> <b>Mail Delivered</b>  <b>10.00am</b> <b>Men's Woodwork Group</b>  <b>1.30pm</b> <b>Nail Beauty</b>  <b>3.00pm</b> <b>Individual Visits</b>			