

“Mt View” Homes Leisure Activities Plan

Sample

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 10.30-11.45 Spa Baths 10.30 Bible Studies 2.30 Crossword	2 Volunteer Hair Dressers 11.00 EMAA Exercises 2.00 craft	3 9.15 Community Activity Program ½ day 2.30 Quiz 3.30 Reading 6.30 Skittles	4 9.00 Shopping 9.30 Cooking 2.45 Bingo	5 10.30 Exercises 11.00 Church Anglican 3.00 Bowls	6 Family Visits
7 Family Visits	8 Spa Baths 9.30 am to 11.45am 2.30 Crossword	9 Hair Dressing By Bernadette 11.00 EMAA Exercises 2.00 Social Afternoon Entertainer Cactus Martin	10 10.15 Community Activity Program full day 2.30 Quiz 3.30 Reading 6.30 Skittles	11 9.00 Shopping 9.30 Cooking 2.45 Bingo	12 10.30 Exercises 11.00 Church Lutheran 11.00 Library 3.00 Bowls	13 Family Visit
14 Family Visits	15 Spa Baths 9.30 am to 11.45am 2.30 Crossword	16 Volunteer Hair Dressers 11.00 EMAA Exercises	17 9.15 Community Activity Program ½ day 2.30 Quiz 3.30 Reading 6.30 Skittles	18 9.00 Shopping 9.30 Cooking	19 10.30 Exercises 11.00 Church Uniting 3.00 Bowls	20 Family Visits
21 Family Visits	22 9.30 Mainly Music entertainment Bring morning tea for residents 2.30 Crossword	23 Hair Dressing By Bernadette 11.00 EMAA Exercises 11.00 bus leaving Bus trip to Melrose for Sausage Sizzle lunch	24 9.00 shopping 9.15 Community Activity Program ½ day 2.30 Quiz 3.30 Reading 6.30 Skittles	25 9.00 Shopping 9.30 Cooking 2.00 Guest speaker Veikko Sainio From Finland	26 10.30 Exercises 11.00 Church Catholic 11.00 Library 3.00 Bowls	27 Family Visits
28 Family Visit	29 Spa Baths 9.30 am to 11.45am 2.30 Crossword	30 Volunteer Hair Dressers 11.00 EMAA Exercises	On weekends, for residents, family members and visitors, there are movies, cards, Wii game, TV and CD's to listen to if required. Please ask a staff member to assist where necessary. Although group activities are provided, Mt View Homes supports individual interests and activities of residents			