

CEDARBROOK MONTHLY RESIDENTS ACTIVITIES CALENDAR

LIFESTYLE PROGRAM



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Melbourne Cup Special Lunch/Concert 12:00 Melbourne Cup Special lunch 2:30 Room Visit 3:00 TV Quiz	2 9:30 Morning Tea 10:00 Exercises / Yoga 1:30 Church Service 1:30 Shopping 3:00 Arts / Craft 4:00 Music Therapy	3 9:30 Morning Tea 10:00 Exercises / Zumba 1:30 Music Therapy and Ice-cream 3:00 Documentary / David Attenborough	4 9:30 Morning Tea 10:00 Exercises - 10:30 Concert 1:30 Afternoon Movie 3:00 Music Therapy with Hand Massage	5 TV QUIZ SHOWS, Board Games, Puzzles, DVD Movies, Cards Games are available on Tables for your enjoyment	6 Church Service is available on TV. 10:00am & 2:00pm Sunday Hymn Service Silver Memories Channel
7 9:30 Morning Tea 10:00 Exercises - Physio 10:30 Table games 1:30 Afternoon Concert 3:00 Music Therapy with Hand Massage	8 9:30 Morning Tea 10:00 Exercises - Physio 10:30 Hoy Card Games 1:30 Afternoon Movie 3:00 Music Therapy with Hand Massage	9 9:30 Morning Tea 10:00 Exercises - Yoga 1:30 Shopping 3:00 Sing-along 4:00 Music Therapy	10 9:30 Morning Tea 10:00 Exercises - Zumba 10:30 Concert with Vern 1:30 Afternoon Movie 3:00 Music Therapy and Ice-cream	11 9:30 Morning Tea 10:00 Exercises - Weight 10:30 Remembrance Day Service with John 1:30 Afternoon Movie 3:00 Music Therapy	12 TV QUIZ SHOWS, Board Games, Puzzles, DVD Movies, Cards Games are available on Tables for your enjoyment	13 Church Service is available on TV. 10:00am & 2:00pm Sunday Hymn Service Silver Memories Channel
14 9:30 Morning Tea 10:00 Exercises - Physio 10:30 Tennis Balloon 1:30 Afternoon Concert 3:00 Music Therapy with Hand Massage	15 9:30 Morning Tea 10:00 Exercises - Physio 10:30 Show and Tell 1:30 Music Therapy 3:00 Puzzle Games	16 9:30 Morning Tea 10:00 Exercises - Yoga 1:00 Church Service 1:30 Shopping 3:00 Afternoon Movie 4:00 Hand Massage	17 9:30 Morning Tea 10:00 Exercises - Zumba 10:30 Residents Meeting 1:30 Afternoon Movie 3:00 Movie and Ice-cream 4:00 Hand Massage	18 9:30 Morning Tea 10:30 Concert with Mark 12:00 Lunch for Staff 1:30 Concert with Dave Luxmore	19 TV QUIZ SHOWS, Board Games, Puzzles, DVD Movies, Cards Games are available on Tables for your enjoyment	20 Church Service is available on TV. 10:00am & 2:00pm Sunday Hymn Service Silver Memories Channel
21 9:30 Morning Tea 10:00 Church Service 10:30 Monday Concert 1:30 Afternoon Movie 3:00 TV Quiz	22 9:30 Morning Tea 10:00 Exercises - Physio 10:30 Bus Trip 3:00 Afternoon Movie 4:00 Music Therapy with Hand Massage	23 9:30 Morning Tea 10:00 Exercises - Yoga 1:00 Church Service 1:30 Shopping 3:00 Table Games 4:00 Music Therapy	24 9:30 Morning Tea 10:00 Exercises - Zumba 1:30 Afternoon Movie 3:00 Music Therapy and Ice-cream 4:00 Individual Therapy	25 9:30 Morning Tea 10:00 Exercises - Weight 10:30 Concert 1:30 Afternoon Movie 3:00 Music Therapy with Hand Massage	26 TV QUIZ SHOWS, Board Games, Puzzles, DVD Movies, Cards Games are available on Tables for your enjoyment	27 Church Service is available on TV. 10:00am & 2:00pm Sunday Hymn Service Silver Memories Channel
28 9:30 Morning Tea 10:00 Exercises - Physio 10:03 Crafts/Arts 1:30 Sing-along or Documentary 3:00 Music Therapy	29 9:30 Morning Tea 10:00 Exercises - Physio 10:30 Table Games 1:30 Afternoon Movie 3:00 Zig saw Puzzle 4:00 Music Therapy	30 9:30 Morning Tea 10:00 Exercises - Yoga 1:00 Church Service 1:30 Shopping 3:00 Colouring/Arts 4:00 Hand Massage	Resident's Birthday James M 6th Neal G 12th John P 22nd Ngarie W 25th Angela G 28th Margaret N 28th			