

Weekly Activity Program

26/12/22 - 1/1/23



Monthly, regular and upcoming events.

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|-------|---------------------|---------|-------|----------------------|----------|
| 27/12 | MASTERCHEF | 1.30PM | 31/12 | CELEBRATING NEW YEAR | FROM 2PM |
| 28/12 | CONCERT | 2PM | 31/12 | SATURDAY SIPPERS | FROM 2PM |
| 30/12 | WINSTON AND FRIENDS | 10.30AM | | | |

| Therapeutic Objectives | Monday 26/Dec | Tuesday 27/Dec | Wednesday 28/Dec | Thursday 29/Dec | Friday 30/Dec | Saturday 31/Dec | Sunday 01/Jan |
|--|--|--|--|---|--|---|--|
| <p>AMS Physical Stimulation Activities</p> <p>1. To improve/minimise loss of physical function including balance, coordination & mobility. 2. To maintain/improve flexibility strength & endurance.</p> | <p>9.30AM WALKING GROUP COFFEE SHOP</p> | <p>9.30AM COFFEE SHOP SONGS OF PRAISE</p> | <p>9.30AM WALKING GROUP COFFEE SHOP</p> | <p>9.30AM WALKING GROUP COFFEE SHOP</p> | <p>9.30AM WALKING GROUP COFFEE SHOP</p> | <p>9.30AM COFFEE SHOP</p> | <p>9.30AM COFFEE SHOP</p> |
| | <p>11.00AM LIGHT EXERCISE MAIN LOUNGE</p> | <p>11.00AM LIGHT EXERCISE MAIN LOUNGE</p> | <p>11.00AM LIGHT EXERCISE MAIN LOUNGE</p> | <p>11.00AM LIGHT EXERCISE CATHOLIC CHURCH TEAK</p> | <p>11.00AM LIGHT EXERCISE MAIN LOUNGE</p> | <p>11.00AM LIGHT EXERCISE CATHOLIC CHURCH TEAK</p> | <p>11.00AM LIGHT EXERCISE MAIN LOUNGE</p> |
| <p>AMS Cognitive Stimulation Activities</p> <p>To improve/minimise loss of cognitive functioning including memory, sequencing, concentration, orientation, planning, reasoning and decision making.</p> | <p>11.30AM 9 LETTER WORD MAIN LOUNGE</p> | <p>11.30AM QUIZ MAIN LOUNGE</p> | <p>11.30AM GUESS WHO MAIN LOUNGE</p> | <p>11.30AM HANG MAN MAIN LOUNGE</p> | <p>11.30AM WINSTON AND FRIENDS</p> | <p>11.30AM FIND A WORD MAIN LOUNGE</p> | <p>11.30AM TRIVIA MAIN LOUNGE</p> |
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11.30-12.30PM Join the Lifestyle Team daily in one of the Dining Rooms for "The Dining Experience"

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|--|--|---|---|--|---|--|--|--|
| <p>AMS Activities of Special Interest</p> <p>1. To maintain past hobbies and interests. 2. To facilitate expression of cultural identity and practices.</p> | <p>1.30PM COLOUR ME HAPPY WHITE POD</p> | <p>1.30PM CREATIVE ART WHITE POD</p> | <p>1.30PM CREATIVE ART WHITE POD</p> | <p>1.30PM CREATIVE ART WHITE POD</p> | <p>1.30PM CREATIVE ART WHITE POD</p> | <p>2.00PM CELEBRATING NEW YEARS EVE CONCERT</p> | <p>1.30PM BALL GAMES</p> | |
| | <p>2.00PM BINGO RED POD MOVIE MAIN LOUNGE</p> | <p>2.00PM MASTER CHEF COFFEE SHOP AREA</p> | <p>2.00PM CONCERT MAIN LOUNGE</p> | <p>2.00PM TRIVIA TEAMS ASSEMBLY</p> | <p>2.00PM MOVIE MAIN LOUNGE</p> | <p>2.00PM MOVIE MAIN LOUNGE</p> | <p>3.00 PM SATURDAY SIPPERS MAIN LOUNGE</p> | <p>3.00PM MOVIE MAIN LOUNGE</p> |
| | <p>3.30 PM FLOOR GAMES MAIN LOUNGE</p> | <p>3.00 PM MOVIE MAIN LOUNGE</p> | <p>3.00 PM CONCERT MAIN LOUNGE</p> | <p>3.00 PM SING ALONG MAIN LOUNGE</p> | <p>3.00 PM ITALIAN COOKING CLUB ASSEMBLY</p> | | | |

Sometimes events can be changed due to circumstances beyond our control. Special events can occur at short notice and you will get a special invitation delivered to your door.