

LIFESTYLE PROGRAM – SEPTEMBER 2026

*SUBJECT TO CHANGE

XO

HAPPY FATHERS DAY. TO ALL ALL OF OUR WONDERFUL DAD'S

XO

TO ALL OUR DAD'S	TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH	SAT 5TH/ SUN 6TH
	9:15AM - SEWING STH DINING ROOM 1230PM 1:1 VISITS 1PM - EXERCISE IN EAST LOUNGE 1:15PM PAMPER PARLOUR 3:30PM - STORY BOOK READING EAST RECYCLING TO ALEXANDRA TODAY	9:15AM 1:1 VISITS 10:30AM - POT LUCK QUIZ IN EAST 1:00PM - EXERCISE GROUP IN EAST 1:00PM - INDIVIDUAL OUTING 17 2PM 2-4:30 MOSAIC FUN IN SOUTH DINING	7:3AM - BIG BREAKFAST NTH DINING 9:15AM 1:1 VISITS 10:30AM - KNITTING,CROCHET CLUB IN NORTH DINING ROOM 1PM BOBBY McGEE THE BORDER COLLIE VISITING 2:30PM - EXERCISE NORTH LOUNGE	9:15AM 1:1 VISITS 10:30AM - LADIES CLUB OUTING TO BAKERY - MENS CLUB TO CHECKOUT 7 - NETFLIX IN EAST LOUNGE 12:30PM FLIP 6 GAME NORTH DINING ROOM 2:30PM HAPPY HOUR/POOL, CONNECT 4, DRINKS,SNACKS IN EAST WORLD BEARD DAY	GRAB A GREAT BOOK FROM THE LIBRARY, WATCH A MOVIE ON NETFLIX/FOXTEL, HAVE A LOVELY GARDEN WALK, READ A NEWSPAPER PROVIDED SUNDAY 6 TH FATHERS DAY GIFTS FOR DADS HAPPY FATHERS DAY! 1PM DADS JOIN JEANNE IN SOUTH
MONDAY 7TH	TUESDAY 8TH HAIRDRESSER	WEDNESDAY 9TH	THURSDAY 10TH	FRIDAY 11TH	SAT 12TH / 13TH
9:15AM - DELIGHTS SHOP/ REWARDS 10:15AM 1:1 VISITS 1PM RESIDENTS MEETING NORTH LOUNGE ROOM 2:30PM - BINGO SOUTH DINING TAKEAWAY ORDERS TODAY	9:15AM 1:1 VISITS 10:30 - ADULT COLOURING IN NORTH LOUNGE 1:00PM EXERCISE IN EAST LOUNGE 1:00PM - PAMPER PARLOUR 3PM - STORY BOOK READING IN EAST LOUNGE	9:15AM CRAFT IN SOUTH DINING ROOM 11:30PM TAKEAWAY DELIVERED 1PM - EXERCISE IN EAST LOUNGE 12:45PM 1:1 ROOM VISITS 2PM - DAVID SILVERMAN IN NORTH LOUNGE 3:15PM 1:1 VISITS	7:30AM R U OK DAY TODAY - BIG BREAKFAST NTH DINING 11:30PM 1:1 VISITS 10:30AM - CARD SHARKS IN NORTH 1PM COOKING CLASS NORTH CHICKEN & SALMON SUSHI, SALAD FOR TEA 2:30PM - EXERCISE NORTH LOUNGE SWAP IDEAS DAY	9:15AM VEG, FLOWER GARDEN CARE IN EAST GARDEN 10AM - KNITTING/CROCHET IN NORTH - PUZZLE FUN IN NORTH 12:30PM INDIVIDUAL OUTING (9) 2PM - GIANT CONNECT 4 IN EAST 2:30PM - FRIENDSHIP GROUP IN EAST	GRAB A BOOK FROM THE LIBRARY IN EAST, WATCH A MOVIE, HAVE A LOVELY GARDEN WALK, CALL SOMEONE FOR A CATCH UP, PLAY POOL READ A NEWSPAPER SUNDAY 16TH ACTIVITIES FUN WITH PAULA 9:00AM 1:1 WALKS & TALKS - ACTIVITIES WITH PAULA
MONDAY 14th	TUESDAY 15TH	WEDNESDAY 16TH	THURSDAY 17TH	FRIDAY 18TH	SAT 19 TH / SUN 20TH
9:15AM 1:1 VISITS 10:30AM SCRAPBOOKING IN SOUTH 11:15AM CHURCH SERVICE WITH FR MARIO IN EAST 12:30PM INDIVIDUAL OUTING (27) 2:30PM BINGO SOUTH DINING NATIONAL PEACEKEEPERS DAY	9:15AM - SEWING GROUP IN SOUTH 1PM - EXERCISE IN EAST LOUNGE 1PM - PAMPER PARLOUR IN THE HAIR DRESSING ROOM 3:30PM - STORY BOOK READING EAST WORLD AFRO DAY TODAY	9:15AM 1:1 VISITS 10:30AM - CRAFT IN SOUTH DINING ROOM 11AM OPAN ELDER RIGHTS DISCUSSION TODAY NORTH LOUNGE 1PM - EXERCISE EAST LOUNGE 12:45PM MENS CRAFTS 2:30PM LUCKY BALLS NORTH CRAZY HAIR DAY TODAY	7:30-AM - BIG BREAKFAST NTH DINING 9:15AM 1:1 VISITS 11:00 AM - EILDON SCHOOL JUNIORS VISITING FOR LUNCH 1:00PM - BOBBY McGEE THE BORDER COLLIE 2:30PM - EXERCISE NORTH LOUNGE	9:15AMAM 1:1 VISITS 10AM MENS CLUB (IN HOUSE) 10:30AM ASSIST/PREPARE FOR OUTING OUTING BUXTON HOTEL LUNCH 2:30PM - COOKING CLASS - LOVELY PINK AND GREEN JELLY - LAMINGTONS	GRAB A GREAT BOOK FROM THE LIBRARY IN EAST, WATCH A MOVIE ON NETFLIX/FOXTEL, HAVE A LOVELY GARDEN WALK, CALL SOMEONE FOR A CATCH UP PLAY POOL, READ A NEWSPAPER PROVIDED
MONDAY 21ST	TUESDAY 22ND HAIRDRESSER	WEDNESDAY 23RD	THURSDAY 24TH	FRIDAY 25TH	SAT 26 TH / SUN 27TH
9:15AM DELIGHTS SHOP/ REWARDS 10:00AM - WHITEBOARD GAMES 1:00PM 2:30PM - BINGO STH DINING WORLD ALZHEIMERS & GRATITUDE DAY	9:15AM 1:1 CARE WITH RESIDENTS 10:30AM WHICH IMAGE IS DIFFERENT 1PM - EXERCISE IN EAST LOUNGE 1:00PM - PAMPER PARLOUR IN THE HAIR DRESSING ROOM 3:30PM - STORY BOOK READING EAST	9:15AM 1:1 VISITS 10:30 VISUAL BRAIN TEASERS NORTH DINING ROOM 1PM CAN YOU MATCH IT NORTH 1PM EXERCISE EAST LOUNGE 2:30PM JEOPARDY IN NTH LOUNGE INT DAY OF SIGN LANGUAGE	7:30AM - BIG BREAKFAST NTH DINING 9:15AM 1:1 VISITS 10:30AM - CARD SHARKS IN NORTH 1PM TONGUE TWISTER CHALLENGE IN EAST LOUNGE 2-PM BALLOON TENNIS NORTH 2:30PM 1:1 HAND MASSAGES 2:30PM - EXERCISE NORTH LOUNGE	9:15AM 1:1 VISITS 10AM - PAINTED PARROT CRAFT SOUTH 11:30AM INDIVIDUAL OUTING (26) 1PM - MAKE CAKE/SET UP FOR PARTY IN NORTH 2PM - RESIDENTS B'DAY PARTY NTH 4PM SUPERSTITIOUS POEMS AND RHYMES FUN IN NORTH	AFL GRAND FINAL SATURDAY 26TH 2PM JOIN IN THE NORTH LOUNGE TO WATCH THE GAME DRINKS, FOOTY FOOD AND WINNERS OF THE TIPPING ANNOUNCED TODAY!! SUN GRAB A GREAT BOOK FROM THE LIBRARY IN EAST, WATCH A MOVIE, HAVE A LOVELY GARDEN WALK, PLAY POOL, READ A NEWSPAPER PROVIDED
MONDAY 28TH	TUESDAY 29TH	WEDNESDAY 30TH			
9:15AM 1:1 VISITS 10:15AM LADIES OUTING CHECKOUT 7 12:45PM TRIVIAL PURSUIT NORTH DINING ROOM 2:30PM BINGO SOUTH DINING ASK A STUPID QUESTION DAY	9:15AM 1:1 VISITS 1015AM VISUAL QUIZ NORTH 1:00PM EXERCISE IN EAST LOUNGE 1:00PM PAMPOUR PARLOUR IN HAIRDRESSING ROOM 3:00PM STORY BOOK READING IN EAST LOUNGE	9:15AM 1:1 VISITS 10:15AM CRAFT IN SOUTH DINING ROOM 12:3PM CONCENTRATION GAMES IN NORTH DINING ROOM 1PM EXERCISE IN EAST LOUNGE 2PM FROG TOSS IN NORTH 4 HANGMAN IN NORTH	6 TH SEPTEMBER, FATHER'S DAY 13TH SEPT: ANNIVERSARY OF THE DECLARATION ON THE RIGHTS OF INDIGENOUS PEOPLE (SEPT 2007). 18TH SEPTEMBER BUXTON LUNCH OUTING RECYCLING TO ALEX WHEN ENOUGH CANS COLLECTED TBA	SIGNED BY DON _____	AFL GRAND FINAL PARTY 26 TH SEPTEMBER 2PM NORTH LOUNGE 