

+ **LIFESTYLE PROGRAM.**  
**MONTH: December 2018 SUBJECT TO CHANGE**



MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH	SAT 8 <sup>TH</sup> / SUN 9 <sup>TH</sup>
Meet & Greet Delights Trolley 9.30am 1.1 pony time <b>Kinder Visit 2pm-3pm North Lounge area.</b>	Hairdressing by appointment North Hair Salon <b>Easy Listening and sing-along with Dennis, 2pm South Lounge</b>	Meet & Greet Man time chats with Charlie. 1.1 walks and talks <b>Christmas Decorating David Silverman 2pm North Lounge</b>	Meet & Greet Cash Club With Shiasta 1.1 Garden time <b>Mass 11am Far North sunroom</b> <b>Bingo 2pm North Lounge</b>	Meet and Greet Fitness with Friend 'Gentle' 9.30 -10.15 North lounge <b>Church Service 10.30 North Lounge</b> Fitness with Friend 'Strength' 1.30 2.15 pm South lounge <b>Christmas Cooking with Jeanne, South Dining area</b>	<b>Resident and Family Christmas Function 11.30 am Saturday 8<sup>th</sup> December</b>
MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH	SAT 15 <sup>TH</sup> / SUN 16 <sup>TH</sup>
Meet & Greet Delights Trolley 9.30am 1.1 wheelchair wanders <b>Bingo 2pm, North Lounge</b>	Hairdressing By appointment North Hair salon <b>Relaxation lunchtime harp music 12pm North lounge.</b> Frog Throwing with Shiasta 2pm North Lounge.	Meet & Greet. Man time chats with Charlie. 1.1 walks and talks <b>Lindsay Noss, Guitar /singer 2pm North lounge</b>	Meet and Greet Cash Club With Shiasta Allocated music time with Jamie. Majong with Shiasta 2-3pm South Lounge. Quality Care Time with Judy	Meet & Greet Fitness with Friend 'Gentle' 9.30 -10.15 North lounge <b>Resident Shopping</b> Fitness with Friend 'Strength' 1.30 2.15 pm North lounge <b>Happy Hour 3-4 pm , North Lounge.</b>	1.1 time with staff Family Time Pet Therapy
MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST	SAT 22 <sup>ND</sup> / SUN 23 <sup>RD</sup>
Meet and Greet Delights trolley, 9.30am 1.1 Pony Time <b>Josie Parson Classical Piano 2pm North Lounge</b>	Hairdressing By appointment North Hair salon <b>Easy Listening and sing-along with Dennis, 2pm South Lounge</b>	Meet & Greet Man time chats with Charlie. 1.1 walks and talks Resident /Lifestyle meeting 1.30 pm, North Lounge <b>Music with Ian , Christmas Carols ,2pm, North Lounge</b>	Meet & Greet Cash Club With Shiasta <b>Mass 11am Far North sunroom.</b> Allocated music time with Jamie. <b>Bingo 2pm North Lounge</b>	Meet & Greet Fitness with Friend 'Gentle' 9.30 -10.15 North lounge <b>Church Service 10.30 North Lounge</b> Fitness with Friends 'Strength' 1.30 2.15 pm North lounge <b>Quoits 2.30 North Lounge.</b>	1.1 time with staff Family Time Pet Therapy <b>Library Book Return Day Saturday 22nd</b>
MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH	SAT 29 <sup>TH</sup> / SUN 30 <sup>TH</sup>
Meet & Greet 1.1 wheelchair wanders Delights Trolley, 9.30am <b>Christmas Bingo 2pm, North Lounge</b>	<b>Public Holiday for Christmas Day</b>	<b>Public Holiday for Boxing Day</b>	Meet & Greet Cash Club With Shiasta Quality Care with Judy Majong with Shiasta 2-3pm South Lounge	Meet & Greet Fitness with Friend 'Gentle' 9.30 -10.15 North lounge Fitness with Friend 'Strength' 1.30 2.15 pm North lounge <b>Happy Hour 3- 4pm,, North Lounge.</b>	1.1 time with staff Family Time Pet Therapy
MONDAY 31ST					
Meet and Greet 1.1 pony time Delights trolley 9.30 Whiteboard Games with Shiasta, 2pm North Lounge.					