




















Weekly Activity Program

19 - 25 Dec 2023
























Monthly, regular and upcoming events.

22/12	Christmas Entertainment	2PM	10:00am	Mornign tea	Breakfast	8:30am
23/12	Gift Giving by Father Santa	2PM	2pm	Afternoon tea	Dinner	5pm
25/12	CHRISTMAS DAY					

Therapeutic Objectives	Monday 02/Jan	Tuesday 03/Jan	Wednesday 04/Jan	Thursday 05/Jan	Friday 06/Jan	Saturday 07/Jan	Sunday 08/Jan
<p>AMS Physical Stimulation Activities</p> <ol style="list-style-type: none"> To improve/minimise loss of physical function including balance, coordination & mobility. To maintain/improve flexibility strength & endurance. 	<p>9AM Newspaper Reading, Doll Therapy and Activit</p> 	<p>9AM Newspaper Reading, Doll Therapy and Activity Boxes</p> 	<p>9AM Newspaper Reading, Doll Therapy and Activity Boxes</p> 	<p>9AM Newspaper Reading, Doll Therapy and Activity Boxes</p> 	<p>9AM Newspaper Reading, Doll Therapy and Activity Boxes</p> 	<p>9AM</p> 	<p>9AM</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>10.30AM Exercises</p> 	<p>10.30AM Exercises in Darlington Day Room</p> 	<p>10.30AM Exercises</p> 	<p>10.30AM Exercises in Darlington Day Room</p> 	<p>10.30AM Exercises</p> 	<p>10.30AM Board games</p> 	<p>10.30AM Ball Games</p> 
	<p>11:00AM Gardening Planting /watering</p> 		<p>11:00AM Music Therapy</p> 		<p>11:00AM Christmas Mass Service</p> 	<p>music therapy</p> 	<p>music therapy</p> 

11.30-12.30PM Join the Lifestyle Team daily in one of the Dining Rooms for "The Dining Experience"

<p>AMS Activities of Special Interest</p> <ol style="list-style-type: none"> To maintain past hobbies and interests. To facilitate expression of cultural identity and practices. 	<p>1PM Laze & Lounge</p> 	<p>1PM Laze & Lounge</p> 	<p>1PM Laze & Lounge</p> 	<p>1PM Laze & Lounge</p> 	<p>1PM Laze & Lounge</p> 	<p>1PM Laze & Lounge</p> 	<p>1PM Laze & Lounge</p> 
	<p>2.15PM Music and Movement</p> 	<p>2.15PM Arts and Crafts</p> 	<p>2.15PM Outdoor Group Catch up</p> 	<p>2.15PM Christmas Entertainment</p> 	<p>2.15PM Gift Giving by Father Santa</p> 	<p>2.15PM Gardening</p> 	<p>2.15PM All Day Christmas Music/Party</p> 
<p>OBJECTIVE Physical Stimulation Activities</p> <p>Maintain <u>quality</u> of life and engage in meaningful activities to promote wellbeing and independence</p>	<p>4PM Foxtel Entertainment</p> 	<p>4PM Garden Walk and 1:1's</p> 	<p>4PM Music Therapy</p> 	<p>4PM Music Therapy</p> 	<p>4PM Sing Along/ Music Appreciation</p> 	<p>4PM Card games</p> 	<p>4PM Sensory and 1:1 with staff</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.