

Monthly Activity Program

04/2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					10:00 Morning Tea 11:00 Exercise Group 11:30 Floor games 12:00 Dining Experience 14:00 Individual Activity	10:00 Morning Tea 10:30 Exercise Group 11:00 Floor Games 12:00 Dining Experience 14:00 Individual Activity
10:00 Coffee Club 10:30 Exercise Group 11:00 Floor Games 11:30 Catholic mass 12:00 Experience 14:00 High tea in IRC 96th Birthday of Lang Hu	10:30 Buddhist Service 12:00 Dining Experience 14:00 Cooking Activity International Ramen Day	10:00 Room Visit 11:00 Kinder haven kids Eggs Hunting 12:00 Dining Experience 14:00 Easter Bunny Visi	10:00 Men's Club 10:30 Exercise group 11:30 Floor Games 12:00 Dining Experience 14:00 Bingo	9:00 Church Visit 10:30 Exercise group 11:30 Floor Games 12:00 Dining Experience 14:00 Nail Cut/Polish AOW	10:00 Room Visit 10:30 Exercise Group 11:15 Floor Games 12:00 Dining Experience 14:00 Individual Activity	10:00 Gold Class 10:30 Cinema Gold Class 12:00 Dining Experience 14:00 Individual Activity
3	4	5	6	7	8	9
10:00 Coffee Club 11:00 Lino's Concert 12:00 Dining Experience 14:00 Bingo	10:00 Room Visit 11:00 Exercise group 11:30 Floor Games 12:00 Dining Experience 14:00 Crafting Activity Sunflower (About me)	10:00 Room Visit 11:00 Exercise group 11:30 Floor Games 12:00 Dining Experience 14:00 Cooking Acitivity Grilled Cheese Day	10:30 Exercise group Floor Games 11:00 Men's Club/Bus Outing 2:00 Dining Experience 14:00 Pet Therapy Rabbit Individual Visit	10:00 Ladies Club 11:00 Exercise group 11:30 Floor games 12:00 Dining Experience 14:00 High Tea/Yum Cha Ai Van Lam's 70th Birthday	10:00 Morning Tea 10:30 Painting Activity 12:00 Dining Experience 14:00 Individual Activity World Art Day	10:00 Morning Tea 10:30 Exercise Group 11:00 Floor Games 12:00 Dining Experience 14:00 Ai Van Lam's Birthday 70th Birthday of Ai Van Lam
10	11	12	13	14	15	16
10:00 Coffee Club 11:00 Concert with Lino 12:00 Dining Experience 14:00 Bingo	10:00 Room Visit 11:00 Exercise Group 11:30 Floor Games 12:00 Dining Experience 14:00 Nail Cut/Polish Hand Massage IRC	10:00 Room Visit 11:00 Exercise group 11:30 Floor Games 12:00 Dining Experience 14:00 Olivia's Baby Shower Olivia's Baby shower Hui Chi's 89th Birthday	10:00 Men's Club 11:00 Exercise group 11:30 Floor Games 12:00 Dining Experience 14:00 Craft Anzac Day Craft	10:30 Exercise group Floor games 11:00 Bus Outing Ladies Club 12:00 Dining Experience 14:00 Bau Cua Ca cop Asian Game	10:00 Morning Tea 11:00 Exercise Group 11:30 Floor Games 12:00 Dining Experience 14:00 Individual Activity	10:30 Gold Class Cinema 12:00 Gold Class Dining Experience 14:00 Individual Activity
17	18	19	20	21	22	23
10:00 Coffee Club 11:00 Exercise Group 11:30 Floor Games 12:00 Dining Experience 14:00 Craft	11:00 Bus Outing to Shrine of Remembrance 12:00 Dining Experience 14:00 Individual Activity Anzac Day	10:00 Room Visit 11:00 Exercise group 11:30 Floor Games 12:00 Dining Experience 14:00 Painting Activity	10:00 Men's Club 11:00 Exercise group 11:30 Floor Games 12:00 Dining Experience 14:00 Pet Therapy	10:00 Ladies Club 11:00 Exercise group 11:30 Floor games 12:00 Dining Experience 14:00 Bingo		
24	25	26	27	28	29	30

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.