

Weekly Activity Program

3RD JUL-9th JUN



Monthly, regular and upcoming events.

4TH	AFTERNOON MELODIES	2.00PM	7TH	WINSTON AND FRIENDS	10.00AM
5TH	CONCERT/HAPPY HOUR	2.00PM	8TH	SUNDAY SIPPERS	2.45PM
6TH	SHOPPING BUS TRIP	9.30AM			

Therapeutic Objectives	Monday 03/Jul	Tuesday 04/Jul	Wednesday 05/Jul	Thursday 06/Jul	Friday 07/Jul	Saturday 08/Jul	Sunday 09/Jul
<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>AMS Cognitive Stimulation Activities</p> <p>To improve/minimise loss of cognitive functioning including memory, sequencing, concentration, orientation, planning, reasoning and decision making.</p>	9.30AM COFFEE SHOP	9.30AM COFFEE SHOP	9.30AM COFFEE SHOP	9.30AM COFFEE SHOP	9.30AM COFFEE SHOP	9.30AM COFFEE SHOP	9.30AM COFFEE SHOP
	9.30AM WALKING GROUP	9.30AM WALKING GROUP	9.30AM WALKING GROUP	9.30AM SHOPPING BUS TRIP MEET AT RECEPTION	9.30AM WALKING GROUP	9.30AM WALKING GROUP	9.30AM WALKING GROUP
	11.00AM CHURCH SERVICE TEAK		10.00AM SONGS OF PRAISE ASSEMBLY	10.00AM 1:1 ROOM VISITS	10.30 WINSTON AND FRIENDS		
	11.00AM LIGHT EXERCISE MAIN LOUNGE	11.00AM LIGHT EXERCISE MAIN LOUNGE	11.00AM SNOWY VISITS IN ROOM	11.00AM LIGHT EXERCISE MAIN LOUNGE	11.00AM CHURCH SERVICE TEAK	11.00AM LIGHT EXERCISE MAIN LOUNGE	11.00AM LIGHT EXERCISE MAIN LOUNGE
	11.30AM 9 LETTERWORD MAIN LOUNGE	11.30AM QUIZ MAIN LOUNGE	11.30AM LIGHT EXERCISE MAIN LOUNGE	11.30AM HANG MAN MAIN LOUNGE	11.00AM LIGHT EXERCISE	11.30AM 9 LETTER WORD	11.30AM TRIVIA MAIN LOUNGE

12.00-1.00PM Join the Lifestyle Team daily in one of the Dining Rooms for “ The Dining Experience”

<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>OBJECTIVE Physical Stimulation Activities</p> <p>Maintain quality of life and engage in meaningful activities to promote wellbeing and independence</p>	1.30PM COLOUR ME HAPPY WHITE POD	1.30PM COLOUR ME HAPPY WHITE POD	1.30PM COLOUR ME HAPPY WHITE POD	1.30PM COLOUR ME HAPPY WHITE POD	1.30PM COLOUR ME HAPPY WHITE POD	1.30PM COLOUR ME HAPPY WHITE POD	1.30PM COLOUR ME HAPPY WHITE POD
	2.00PM BINGO MAIN DINING ROOM	1.30PM WII GAMES ORANGE POD	2.00PM CONCERT MAIN LOUNGE	2.00PM TRIVIA TEAMS ASSEMBLY	1.30PM ITALIAN CULTURAL GROUP ASSEMBLY	2.00PM MOVIE	1.45PM BALL GAMES MAIN LOUNGE
	2.00PM CRAFT CRAFT ROOM	2.00PM MASTER CHEF ASSEMBLY	2.00PM HAPPY HOUR MAIN LOUNGE		2.00PM BINGO MAIN DINING ROOM	3.30 PM SING A LONG MAIN LOUNGE	2.45PM SUNDAY SIPPERS
	4.00PM MOVIE MAIN LOUNGE	2.00PM MOVIE MAIN LOUNGE	3.30PM MUSIC DVD MAIN LOUNGE	2.00PM MOVIE MAIN LOUNGE	4.00PM TAI CHI	4.00PM TAI CHI MAIN LOUNGE	3.30PM MUSIC DVD MAIN LOUNGE
		3.00PM AFTERNOON MELODIES MAIN LOUNGE	4.00PM TAI CHI MAIN LOUNGE	2.00PM CARDS			4.00PM TAI CHI MAIN LOUNGE

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.