






















Weekly Activity Program 17-23 JULY



Mount Martha Valley

Monthly, regular and upcoming events.

HAPPY HOUR	BUS OUTING	WALKS	FOOTY TIPPING	
HIGH TEA	CROSSWORD	CONCERT	TRIVIA/WORD GAMES	GAMES
CARPET BOWLS	ROOM VISIT	BINGO	VISITORS MORNING TEA	COOKING

Therapeutic Objectives	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>0930 MORNING WALK 17/7</p> 	<p>0930 MORNING WALK 18/7</p> 	<p>0930 MORNING WALK 19/7</p> 	<p>0930 MORNING WALK 20/7</p> 	<p>0930 MORNING WALK 21/7</p> 	<p>0930 22/7</p> 	<p>0930 23/7</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>10.30 ELVIS is in the HOUSE</p> 	<p>10:30 TRIVIA and WORD GAMES</p> 	<p>10.30 VISITORS MORNING TEA in PORTSEA ROOM</p> 	<p>10.30 MEN'S SCENIC BUS OUTING</p> 	<p>10:30 COOKING in PORTSEA ROOM</p> 	<p>10.30 BINGO in PORTSEA ROOM</p> 	<p>10.30 HAPPY SUNDAY</p> 
	<p>11.30 ROOM VISITS</p> 	<p>1130 FOOTY TIPS</p> 	<p>11.30 FOOTY TIPS</p> 	<p>11.30 ROOM VISITS and FOOTY TIPS</p> 	<p>11.30 ROOM VISITS</p> 	<p>11.30 ROOM VISITS</p> 	<p>11.30 RELAXATION TIME</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>1.30 SHOPPING and COFFEE OUTING</p> 	<p>1.30 CARPET BOWLS in FLINDERS</p> 	<p>1.30 BINGO and AFTERNOON TEA</p> 	<p>1.30 HAPPY HOUR and ENTERTAINMENT</p> 	<p>1.30 CROSSWORD and WORD GAMES</p> 	<p>1.30 MOVIE TIME in WESTERNPORT</p> 	<p>1.30 SIT IN THE GARDEN</p> 
<p>OBJECTIVE Physical Stimulation Activities</p> <p>Maintain quality of life and engage in meaningful activities to promote wellbeing and independence</p>	<p>3.15 AFTERNOON WALK</p> 	<p>3.15 AFTERNOON WALK</p> 	<p>3.15 AFTERNOON WALK</p> 	<p>3.15 AFTERNOON WALK</p> 	<p>3.15 AFTERNOON WALK</p> 	<p>3.15 SIT in the GARDEN</p> 	<p>3.15 HAPPY SUNDAY</p> 
	<p>4.00 ROOM VISITS</p> 	<p>4.00 ROOM VISITS</p> 	<p>4.00 ROOM VISITS</p> 	<p>4.00 ROOM VISITS</p> 	<p>4.00 ROOM VISITS</p> 	<p>4.00 READ A BOOK</p> 	<p>4.00 RELAXATION TIME</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.