

Monthly Activity Program

AUGUST

Royal Freemasons
FLORA HILL



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30am News & Views. 11:00am Short Stories in the lounge. 1:30pm Riddle Me This 3:00pm Concert Movie 3:00pm 1:1 visits 1	9:30am News & Views 11:00am Anglican Church Service. 1:30pm Bingo in the Dining Room 3:00pm 1:1 Visits 2	9:30am News & Views 11:00am Seated Exercises 1:30pm Gentle Stroll in the Gardens. 3:00pm Happy Hour w/ Malcolm 3	9:30am News & Views 11:00am Brain Teasers in the lounge. 1:30pm Scenic Drive in Bendigo. 3:00pm 1:1 Visits. 4	11:00am Aussie Doco in the lounge. 1:30pm Painting Afternoon. 5	10:30am Church Service in lounge. 1:30pm Bingo in Sternberg Wing 6
10:15am Sushine Walk 11:00am Quoits in the lounge. 1:30pm Making Dream Catcher. 3:00pm 1:1 visits Staff Appreciation Day. 7	9:30am News & Views 11:00am Gentle Stretches 11:30am Ball Games 1:30pm "Movin to the Groovin" 3:00pm 1:1 visits 8	11:00am History of World Indigenous Day 11:00am Shopping Trolley 1:30pm Concert: Jimmy Johnson. 3:00pm Movie in Lounge World Indigenous Day 9	9:30am News & Views 11:00am Carpet Bowls 1:00pm Women Weekly Exhibit. 1:30pm Andre Rieu in the lounge. 10	11:00am Seated Exercises 11:30am Gentle stroll 1:30pm Concert: Branded in the lounge Room. 3:00pm Movie in Cinema 11	10:00am Puzzles, Colourign & Board Games available in the activities room. 1:30pm Movie in lounge 12	10:00am Puzzles, Colourign & Board Games available in the activities room. 1:30pm Movie in lounge 13
9:30am News & Views 11:30am Croquet Madness 1:30pm Bingo in the dining room. 3:00pm Residents/Relatives Meeting. 14	9:30am News & Views 11:00am Seated Yoga 1:30pm Helping the Chef: Prep the Veggies. 3:00pm 1:1 Visits 15	9:00am Sunshine Walk 11:00am Anglican Church Service. 2:00pm Gus's Picture Show. 3:00pm 1:1 visits. 16	9:30am News & Views 11:00am Catholic Church Service 1:30pm Kindy Visit. 3:00pm Movie in lounge 3:30pm 1:1 visits. 17	9:30am News & Views 11:00am Armchair Travel: Thailand 1:00pm Bus Trip: Market Place 4:00pm 1:1 visits 18	10:00am Aussie Doco in the lounge. 1:30pm Poetry Reading. 19	10:30am Church Service in lounge. 1:30pm Bingo in Sternberg Wing 20
9:30am News & Views 11:00am Balloon Tennis in lounge. 1:30pm Guess the Song. 3:00pm Food Focus & Lifestyle Meeting 21	9:30am News & Views 11:00am Gentle Stretches 1:30pm Sing-a-long w/ Michelle 3:00pm 1:1 visits 3:30pm Movie in lounge 22	9:30am News & Views 11:00am Shopping Trolley 11:00am Guess Who? in the sitting area. 3:00pm 1:1 visits 3:30pm Movie in lounge 23	9:30am News & Views 11:00am Footy Tipping 11:00am Seated Exrcises 1:30pm Knit & Knatter Group 3:00pm 1:1 visits 24	9:30am News & Views 11:00am Scenic Drive 1:30pm Craft Group: Daffodil Day 3:00pm 1:1 visits 3:30pm Movie in lounge. Daffodil Day 25	10:00am Puzzles, Colourign & Board Games available in the activities room. 1:30pm Movie in lounge 26	10:00am Puzzles, Colourign & Board Games available in the activities room. 1:30pm Movie in lounge 27
9:30am News & Views 11:00am Seated Yoga 1:30pm Short Stories in the garden 3:00pm 1:1 visits 3:00pm Musical Movie 28	9:30am News and Views 11:00am Gentle Seated Exercises 11:30am Ball Games 1:30pm Bingo 3:30pm 1:1 visits 29	9:30am News & Views 11:00am Jeopardy! 2:00pm Remembering Roy Orbison. 3:00pm Movie in lounge 3:30pm Gentle Stroll 30	9:30am News & Views 11:30am Pub Lunch Outing. 1:30pm Aussie Doco in the lounge. 3:00pm 1:1 visits. 31			

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.