Monthly Activity Program AUGUST





Sushine Walk Quoits in the ounge.	11:00am 1:30pm 3:00pm 3:00pm 9:30am 11:00am 11:30am	News & Views. Short Stories in the lounge. Riddle Me This Concert Movie 1:1 visits News & Views Gentle Stretches	11:00am 1:30pm 3:00pm	Service. Bingo in the Dining Room	11:00am 1:30pm	News & Views Seated Exercises Gentle Stroll in the Gardens. Happy Hour w/ Malcolm	11:00am	Bendigo.		Aussie Doco in the lounge. Painting Afternoon.		Church Service in lounge. Bingo in
Gushine Walk Quoits in the ounge. Making Dream	3:00pm 3:00pm 9:30am 11:00am 11:30am	Riddle Me This Concert Movie 1:1 visits	3:00pm	Bingo in the Dining Room		the Gardens. Happy Hour w/ Malcolm		Scenic Drive in Bendigo.	1:30pm	•	1:30pm	Bingo in
Quoits in the ounge. Making Dream	11:00am 11:30am		11:00am	2								Sternberg Wing
Quoits in the ounge. Making Dream	11:00am 11:30am		11:00am			3		4		5		<u>6</u>
detion Day			11:00am 1:30pm 3:00pm	•	11:00am 1:00pm	News & Views Carpet Bowls Women Weekly Exhibit. Andre Rieu in the lounge.	11:30am 1:30pm	Gentle stroll Concert: Branded in the lounge Room.		•		Puzzles, Colourign & Board Games available in the activities room. Movie in lounge
7		8		9		10		11		12		13
Croquet Madness Bingo in the	11:00am	Seated Yoga Helping the	11:00am	Anglican Church Service.	11:00am	Catholic Church Service	11:00am	Armchair Travel: Thailand	10:00am	Aussie Doco in the lounge.	10:30am	Church Service in lounge.
Residents/Relati-	3:00pm	Veggies.		Show.	3:00pm	Movie in lounge	-	Place	1:30pm	Poetry Reading.	1:30pm	Bingo in Sternberg Wing
Balloon Tennis in	11:00am	Gentle Stretches	11:00am	Shopping Trolley	11:00am	Footy Tipping	11:00am	Scenic Drive	10:00am	Puzzles, Colourign & Board Games	10:00am	Puzzles, Colourign & Board Games
						Group	3:30pm	Movie in lounge.	1:30pm	available in the activities room. Movie in lounge	1:30pm	available in the activities room. Movie in lounge
Seated Yoga Short Stories in he garden :1 visits	11:00am 11:30am 1:30pm	Gentle Seated Exercises Ball Games Bingo	11:00am 2:00pm 3:00pm	Jeopardy! Remembering Roy Orbison. Movie in lounge	11:30am 1:30pm	Pub Lunch Outing. Aussie Doco in the lounge. 1:1 visits.						
	ews & Views roquet Madness ingo in the ining room. esidents/Relaties Meeting. ews & Views alloon Tennis in bunge. uess the Song. ood Focus & ifestyle Meeting ews & Views eated Yoga hort Stories in the garden I visits	ews & Views ining room. esidents/Relaties Meeting. 3:00pm ews & Views ingo in the ining room. esidents/Relaties Meeting. 3:00pm ews & Views alloon Tennis in ounge. uess the Song. ood Focus & 3:00pm ifestyle Meeting 3:30pm 21 ews & Views eated Yoga hort Stories in the garden 1:30pm 1:30	avisits ation Day. 7 8 8 8 9:30am News & Views roquet Madness ingo in the ining room. esidents/Relati- es Meeting. 9:30am Helping the Chef: Prep the Veggies. 3:00pm 1:1 Visits 15 8 9:30am News & Views alloon Tennis in ounge. uess the Song. ood Focus & ifestyle Meeting 21 8 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 8 9:30am News & Views 11:00am Gentle Stretches 1:30pm Movie in lounge 22 8 9:30am News & Views 11:00am Gentle Stretches 1:30pm Bingo 3:30pm Bingo 3:30pm Bingo 3:30pm Bingo 3:30pm 1:1 visits	a visits attion Day. 7 8 3:00pm 1:1 visits 3:00pm World Ind 8 9:30am News & Views 11:00am Seated Yoga 11:00am Gentle Stretches 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Gentle Seated 11:00am Gentl	ation Day. 3:00pm 1:1 visits 3:00pm Movie in Lounge World Indigenous Day 9:30am News & Views I1:00am Seated Yoga I1:30pm Helping the Chef: Prep the Veggies. 3:00pm 1:1 Visits 9:00am Sunshine Walk I1:00am Anglican Church Service. 2:00pm Gus's Picture Show. 3:00pm 1:1 Visits 15 16 9:30am News & Views I1:00am Gentle Stretches I1:00am Gentle Stretches I1:00am Guess Who? in the sitting area. 3:00pm Novie in lounge 9:00am Sunshine Walk I1:00am Anglican Church Service. 2:00pm Gus's Picture Show. 3:00pm 1:1 visits. 9:30am News & Views I1:00am Shopping Trolley I1:00am Guess Who? in the sitting area. 3:00pm 1:1 visits 3:00pm Novie in lounge 9:30am News & Views I1:00am Guess Who? in the sitting area. 3:00pm I:1 visits 3:00pm Novie in lounge 9:30am News & Views I1:00am Jeopardy! 2:00pm Remembering Roy Orbison. 3:00pm Movie in lounge 3:30pm Movie in lounge 3:30pm Movie in lounge	at visits iation Day. 3:00pm 1:1 visits 3:00pm Movie in Lounge World Indigenous Day 9:30am News & Views I1:00am Seated Yoga I1:30pm Helping the Chef: Prep the Veggies. 3:00pm 1:1 Visits 9:30am News & Views I1:00am Anglican Church Service. 2:00pm Gus's Picture Show. 3:00pm 1:1 visits. 14 15 16 16 17 18 18 18 18 18 18 18 18 18	ation Day. 3:00pm 1:1 visits 3:00pm Movie in Lounge World Indigenous Day 9:30am News & Views 11:00am Seated Yoga 11:00am Seated Yoga 11:00am Anglican Church Service. 2:00pm Gus's Picture Show. 3:00pm 1:1 visits. 14 15 15 16 17 18 3:00pm Movie in Lounge World Indigenous Day 9:30am News & Views 11:00am Catholic Church Service. 2:00pm Gus's Picture Show. 3:00pm 1:1 visits. 16 17 18 3:00pm News & Views 11:00am Catholic Church Service. 2:00pm Gus's Picture Show. 3:00pm Movie in lounge 3:30pm Movie in lounge 3:30pm 1:1 visits. 17 18 3:00pm News & Views 11:00am Catholic Church Service. 2:00pm Gus's Picture Show. 3:00pm Movie in lounge 3:30pm Movie in lounge 3:30pm News & Views 11:00am Shopping Trolley 11:00am Sing-a-long w/ Wichelle 3:00pm 1:1 visits 3:00pm 1:1 visits 3:00pm Movie in lounge 3:30pm Movie in lounge 3:30pm Movie in lounge 3:30pm Movie in lounge 3:30pm News & Views 11:00am Seated Exrcises 11:00am Seated Exrcises 11:00am Seated Poga Movie in lounge 11:00am Depardy! 2:00pm Remembering Roy Orbison. 3:00pm Movie in lounge 3:30pm Aussie Doco in the lounge. 3:00pm 1:1 visits.	action Day. 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