











# Health and Wellbeing Program July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><u>Hairdresser</u></p>  <p>Deb – Tues &amp; Wed</p> <p>Donna- Friday and Every 2<sup>nd</sup> Thursday</p>		<p><u>NMW</u> Norm Matthews Wing  <u>AGW</u> Alice Goulding Wing  <u>SH</u> Samaria House  <u>LW</u> Ledger Wing  <u>RR</u> Rec Room</p>		<p><u>Cooinda Walking Group</u></p> <p>This will take place only if weather permits.  <u>Please check daily white boards.</u></p>	
				<p>1<sup>st</sup>  <u>10am</u> Rumikub with Jenny SH  <u>10.30am</u> Exercises to music LW            Gardening with Deb AGW            Activities in NMW  <u>2pm</u> Happy Hour and entertainment with Russell Ellis AGW            Activities with Pink Team SH &amp; LW</p>	<p>2<sup>nd</sup>            Pink Team helping with visits all day</p> <p><u>2pm</u>            Enjoy your day with friends, family, a good movie or Footy, all areas</p>	<p>3<sup>rd</sup> <b>Naidoc Week</b>            Pink Team helping with visits all day</p> <p><u>11.30am</u>            Songs of Praise on ABC TV  <u>2pm</u>            Movie or Footy AGW            NMW, LW, SH</p>
<p>4<sup>th</sup>  <u>10.30am</u>            Activities NMW            Dot painting SH            Golf Morning with Virginia AGW</p> <p><u>11am</u> Uniting church service with Kel LW</p> <p><u>1.30pm</u> Cards LW  <u>2pm</u>            Footy Tipping AGW, LW, SH</p> <p><u>3pm</u> Afternoon tea</p>	<p>5<sup>th</sup>  <u>10am</u> Community Church LW  <u>10.30 am</u>            Kiosk Trolley All Areas            Dart Ball AGW            Quiz SH</p> <p><u>2pm</u>            Friendship Quilt LW            Scrap Art R/R  <u>3pm</u> Afternoon tea</p>	<p>6<sup>th</sup>  <u>10.30am</u> Painting by Numbers LW            Leaf painting LW            Activities NMW</p> <p><u>1.30pm</u> Cards LW  <u>2pm</u>            Cooking with Deb LW            Bus Outing SH            Chat &amp; Chew with Rod</p> <p><b>Footy Tipping in Box</b></p> <p><b>Fire Training – Staff</b></p>	<p>7<sup>th</sup>  <u>10.30am</u>            Bagging &amp; Tagging SH            Dot painting AGW            Down Memory Lane            Quiz LW</p> <p><u>2pm</u> Bingo AGW, SH &amp; LW</p> <p><u>3pm</u> Afternoon Tea</p>	<p>8<sup>th</sup>  <u>10am</u> Rumikub with Jenny SH  <u>10.30am</u> Activities NMW            Vintage Bookmarks LW            Exercises to music AGW  <u>2pm</u> Happy Hour and entertainment with Bill McCabe &amp; Anita LW            Music with Russel Ellis SH            Music sing-along AG</p>	<p>9<sup>th</sup>             Pink Team helping with visits all day</p> <p><u>2pm</u>            Enjoy your day with friends, family, a good movie or Footy all areas</p>	<p>10<sup>th</sup>             Pink Team Helping with visits all day</p> <p><u>11.30am</u>            Songs of Praise on ABC TV</p> <p><u>2pm</u>            Movie or Footy in SH, NMW &amp; LW</p>

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<p>11<sup>th</sup>  <u>10am</u> Anglican Church AGW  <u>10.30am</u> Table Bobs AGW            Activities NMW</p> <p><u>1.30pm</u> Cards LW  <u>2pm</u> Footy Tipping AGW, LW, SH</p>	<p>12<sup>th</sup>  <u>10.30am</u> Kiosk Trolley All Areas            Card Making SH            Sing-along LW</p> <p><u>2pm</u> Kamahl – Online show all areas  <u>3pm</u> Afternoon tea</p>	<p>13<sup>th</sup>  <u>10.30am</u> Painting by Numbers LW            Activities NMW  <b>Fire Training – Staff</b></p> <p><u>1.30pm</u> Cards LW  <u>2.30pm</u> Scrap Art R/R            Chat &amp; Chew with Rod  <u>3pm</u> Afternoon tea  <b>Footy Tipping in Box</b></p>	<p>14<sup>th</sup>  <u>10.30am</u>  Vintage Bookmarks LW            Green &amp; Gold Bunting SH            Craft – Chains AGW</p> <p><u>2pm</u> Bingo LW, SH &amp; AGW</p> <p><u>3pm</u> Cuppa and Chat</p>	<p>15<sup>th</sup> <u>10am</u> Rumikub with Jenny SH  <u>10.30am</u> Activities in NMW            Green &amp; Gold Bunting AG            Commonwealth Games Craft - Rings LW  <u>2pm</u> Happy Hour and entertainment with Judy Naumann AGW            Chris &amp; David LW            Music Sing-along</p>	<p>16<sup>th</sup>            Pink Team            Helping with visits all day</p> <p><u>2pm</u> Enjoy your day with friends, family, a good movie or Footy all areas</p> <p>Quiz with Cath O'Connor</p>	<p>17<sup>th</sup>            Pink Team            Helping with visits all day  <u>11.30am</u> Songs of Praise on ABC TV</p> <p><u>2pm</u> Salvation Army visit AGW            Movie or Footy NMW, LW &amp; SH</p>
<p>18<sup>th</sup>  <u>10am</u> Anglican Church AGW  <u>10.30am</u> Activities NMW            Decorating for Commonwealth Games  <u>1.30pm</u> Cards LW  <u>2pm</u> Footy Tipping AGW, LW, SH</p>	<p>19<sup>th</sup>  <u>10.30am</u> Kiosk Trolley All Areas            Wool winders and Knitting group LW            Pom Pom Making SH</p> <p><u>2pm</u> Card making LW            Reminiscing AGW            Quiz afternoon SH  <u>3pm</u> Afternoon Tea</p>	<p>20<sup>th</sup>  <u>10am</u> Catholic Mass AGW  <u>10.30am</u> Paint by Numbers LW            Quiz AGW            Activities NMW  <u>1.30pm</u> Cards LW  <u>2pm</u> Bus Outing LW            Chat &amp; Chew with Rod            Scrap Art R/R  <b>Footy Tipping in Box</b></p>	<p>21<sup>st</sup>  <u>10.30am</u> Library Trolley All areas            Gardening with Deb LW            White Board Quiz SH</p> <p><u>2pm</u> Bingo AGW, SH &amp; LW  <u>3pm</u> Cuppa and Chat</p>	<p>22<sup>nd</sup>  <u>10am</u> Rumikub with Jenny  <u>10.30am</u> Gardening with Deb AGW            Activities NMW            Exercises to music LW  <u>2pm</u> Happy Hour and entertainment with Billy Arnold AGW            Activities SH &amp; LW</p>	<p>23<sup>rd</sup>            Pink Team            Helping with visits all day</p> <p><u>2pm</u> M Enjoy your day with friends, family, a good movie or Footy all areas</p> <p>Quiz with Shari LW</p>	<p>24<sup>th</sup>             Pink Team            helping with visits all day</p> <p><u>11.30am</u> Songs of Praise on ABC TV</p> <p><u>2pm</u> Movie or Footy NMW, LW, SH &amp; AGW</p>
<p>25<sup>th</sup>  <u>10am</u> Anglican Church AGW  <u>10.30am</u> Garden craft with Deb SH            Exercises LW</p> <p><u>1.30pm</u> Cards LW  <u>2pm</u> Footy Tipping AGW, LW, SH</p>	<p>26<sup>th</sup>  <u>10.30am</u> Kiosk Trolley All Areas            Busy Bees and Yarn Bombing AGW</p> <p><u>2pm</u> Bus Outing SH            Cooking Group LW</p>	<p>27<sup>th</sup>  <u>10.30am</u> Paint by Numbers LW            Activities NMW</p> <p><u>1.30pm</u> Cards LW  <u>2pm</u> Monthly Birthday Party all areas and entertainment with Jess AGW            Chat &amp; Chew with Rod  <b>Footy Tipping in Box</b></p>	<p>28<sup>th</sup> Commonwealth Games   <b>Theme Day Green &amp; Gold</b>  <u>10.30am</u> Opening Ceremony relay all areas.</p> <p><u>2pm</u> Bingo AGW, SH &amp; LW</p> <p><u>3pm</u> Cuppa and Chat</p>	<p>29<sup>th</sup>   <u>10am</u> Rumikub with Jenny SH  <u>10.30am</u> Activities NMW            Exercises to music AGW  <u>2pm</u> Happy Hour and entertainment with Glenda LW            Activities with Pink team AG &amp; SH</p>	<p>30<sup>th</sup>            Pink Team            Helping with visits all day</p> <p><u>2pm</u> Enjoy your day with friends, family, a good movie or Footy all areas</p>	<p>31<sup>st</sup>            Pink Team            helping with visits all day</p> <p><u>11.30am</u> Songs of Praise on ABC TV</p> <p><u>2pm</u> Movie or Footy NMW, LW, SH &amp; AGW</p>