



Health and Wellbeing Program April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<u>R/R</u> – Rec Room <u>NMW</u> - Norm Matthews <u>AG</u> - Alice Goulding Activity room	<u>Hair dressers</u> Chris – Wednesdays Donna--Friday <u>Weigh Day</u> Wednesday 10 th	<u>Cooinda walking group</u> This will take place only if weather is fine, please check white board.		
1st April Fool's Day <u>10am</u> R/R Anglican Church <u>11am</u> AG -NMW-R/R Footy results R/R <u>1.30pm</u> Cards c block <u>2pm</u> Christian college concert in AG	2nd <u>10am</u> Community Church R/R 1:1 visits with staff <u>11am</u> Exercises R/R Exercises with balls AG <u>1.15pm</u> Residents Meeting R/R <u>2pm</u> Decorating for Easter all areas <u>3pm</u> Afternoon Tea	3th <u>10am</u> Exercises AG <u>10.15 am</u> Bus Outing R/R <u>11am</u> Reading Cooinda's Newsletter AG <u>2pm</u> Uniting Church Singers AG <u>3pm</u> Afternoon tea	4^h <u>10.15am</u> Morning tea R/R 1:1 visits with staff & morning tea AG <u>10.30am</u> Tai Chi Quiet room Exercises R/R <u>2pm</u> Bingo R/R & NMW Word Quiz AG <u>3pm</u> Afternoon tea <u>Footy Tips in box</u> James and Romi visit	5th <u>10.15am</u> Morning tea R/R <u>11am</u> Dance Therapy with Maeve and Don AG Quiz R/R <u>2pm</u> Entertainers Trish and Troop and Happy Hour in AG <u>3pm</u> Afternoon Tea <u>No Cards Today</u>	6th Daylight Saving Turn clocks BACK 1 hour tonight  <u>10.15am</u> Morning Tea <u>11am</u> Ball Game AG <u>2pm</u> Quiz with Val AG Movie NMW & R/R No Barb today	7th <u>10am</u> Community Communion in Hostel Meeting room <u>11.30am</u> Songs of Praise ABC TV <u>1.45pm</u> Movie R/R & NMW <u>2pm</u> Games & afternoon tea AG
8th Library room visits <u>10am</u> R/R Anglican Church & cuppa and chat with Father David and Chris <u>11am</u> Footy Results R/R & AG NMW <u>1.30pm</u> Cards c block <u>2pm</u> Manicures all areas <u>2.20pm</u> Samaria House Afternoon tea presentation from <u>Hocus students</u>	9th <u>10.30am</u> Bus Outing AG/NM 1:1 visits with staff R/R Bible studies with Marj NMW lounge <u>11am</u> Exercises R/R <u>2pm</u> Bingo R/R Table Bobs AG <u>3pm</u> Afternoon tea	10th <u>10am</u> Weigh Day R/R <u>10.15am</u> Morning tea AG <u>11am</u> Table Tennis AG <u>2pm</u> Armchair Travel With Peter to US Canyon Country & Canada East R/R Word Quiz AG <u>3pm</u> Afternoon Tea	11th <u>10am</u> Wool winders R/R 1:1 visits with staff <u>10.30am</u> Tai Chi Quiet room <u>1.30pm</u> Munro Kinda visit in R/R <u>2pm</u> Bingo NMW Nail care AG <u>3pm</u> Afternoon Tea <u>Footy tips in box</u> James and Romi visit	12th <u>10.15 am</u> Morning Tea outdoors R/R <u>11am</u> Dance Therapy with Maeve AG Exercises R/R <u>1.30pm</u> Cards R/R <u>2pm</u> Entertainer Judy Naumann Happy hour	13th <u>10.15am</u> Morning Tea <u>11am</u> Exercises AG <u>2pm</u> Barb's Quiz afternoon in R/R Reminiscing AG Movie NMW	14th <u>10am</u> Community Communion in Hostel Meeting room <u>11.30am</u> Songs of Praise ABC TV <u>1.45pm</u> Movie R/R & NMW <u>2pm</u> Gospel Music "The Two Ukes" AG activity room

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<p>15th <u>10am</u> R/R Anglican Church <u>11am</u> Footy Results R/R, AG & NMW <u>1.30pm</u> Cards R/R <u>2pm</u> Entertainer Glenys, Laurie and Frank in AG <u>3pm</u> Afternoon Tea</p>	<p>16th <u>10am</u> R/R Community Church <u>11am</u> Quiz cards AG <u>12 noon</u> Cooinda Restaurant Hostel Meeting Room <u>2pm</u> Indoor bowls R/R Large snakes Ladders AG <u>3pm</u> Afternoon tea</p>	<p>17th <u>10am</u> Anointing Mass R/R <u>10.30am</u> Morning Tea outside AG <u>11am</u> Exercises R/R Decorating for ANZAC Day <u>2pm</u> Bus Outing R/R Table Bobs AG <u>3pm</u> Afternoon tea & chat <u>Rec room closed 1 – 3.30pm</u></p>	<p>18th <u>10am</u> Exercises R/R 1:1 visits AG/NMW <u>10.30am</u> Tai Chi Quiet room 1:1 visits with staff <u>2pm</u> Bingo R/R & NMW <u>3pm</u> Cuppa and Chat <u>Footy tips in box</u> James and Romi visit</p>	<p>19th <u>Public Holiday</u> <u>Good Friday</u> <u>Happy Easter</u> <u>No Activity Staff</u></p>	<p>20th <u>Public Holiday</u> <u>Easter Saturday</u> <u>2pm</u> Movie all areas <u>No Activity Staff</u></p>	<p>21st <u>Public Holiday</u> <u>Easter Sunday</u> <u>10am</u> Community Communion in Hostel Meeting room <u>11.30am</u> Songs of Praise ABC TV <u>2pm</u> Salvation Army visit Rec room Movie all areas <u>No Activity staff</u></p>
<p>22nd <u>Public Holiday</u> <u>Easter Monday</u> <u>2pm</u> Movie afternoon all areas <u>No Activity Staff</u></p>	<p>23rd <u>10am</u> Footy results R/R Bible Studies with Marj NMW Lounge <u>11am</u> Take down Easter Decorations All areas <u>2pm</u> Cooking Yo-Yo's in R/R Footy results AG <u>3pm</u> Afternoon Tea</p>	<p>24th <u>10am</u> R/R Icing and bagging Yo-yo's 1:1 visits AG & cuppa <u>11am</u> Exercises AG <u>1.30pm</u> COBS with Ken <u>2pm</u> Bingo R/R Manicures AG Footy tips in box</p>	<p>25th <u>Public Holiday</u> <u>ANZAC DAY</u> <u>10am</u> Ceremony at the Flag Pole <u>2pm</u> Afternoon movie all areas</p>	<p>26th <u>9.30am</u> Cake Stall R/R <u>10am</u> Exercises R/R 1:1 visits <u>11am</u> Dance Therapy with Maeve and Bob AG R/R <u>1.30pm</u> Cards in R/R <u>2pm</u> Entertainer Happy Hour With Billy Arnold in AG</p>	<p>27th <u>10.15am</u> Morning Tea <u>11am</u> Ball Game AG <u>2pm</u> Barb's Quiz afternoon in the R/R Craft with Helen AG Movie NMW</p>	<p>28th <u>10am</u> Community Communion in Hostel Meeting room <u>11.30am</u> Songs of Praise ABC TV <u>1.45pm</u> Movie R/R & NMW <u>2pm</u> Ball games with Karen</p>
<p>29th <u>10am</u> R/R Anglican Church <u>11am</u> Footy Results R/R & AG & NMW <u>1.30pm</u> Cards R/R <u>2pm</u> Entertainer Wandering Ukeman & monthly birthday party AGW Activity room</p> 	<p>30th <u>10am</u> Kinda At Cooinda AG Morning outside R/R <u>11am</u> Exercises R/R Balloon game AG <u>2pm</u> Indoor Bowls R/R Reminiscing with Big Cards AG</p>					

