







# Health & Wellbeing Program April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b><u>Monthly Birthday Party</u></b></p> <p>To be held 16<sup>th</sup> April at 2pm AGW</p>		<p><b><u>Hairdresser</u></b> Deb – Tues, Wed &amp; Thursday</p> 	<p><b><u>NMW</u></b> Norm Mathew Wing. <b><u>AGW</u></b> Alice Goulding Wing <b><u>SH</u></b> Samaria House <b><u>LW</u></b> Ledger Wing</p>	<p><b><u>Cooinda walking group</u></b></p> <p>This will take place only if weather is fine, please check white board.</p>	 <p>April Fool's Day</p>	
<p>1<sup>st</sup> <b>April Fool's Day</b></p> <p><b>Easter Monday</b> <b>Public Holiday</b></p>	<p><b><u>2nd</u></b> <b><u>10.30am</u></b> Kiosk Trolley visiting all areas Drumming Circle AGW <b>Hand Therapy with Kathy</b></p> <p><b><u>2pm</u></b> Footy Tipping &amp; Chat LW Large games AGW</p>	<p>3<sup>rd</sup> <b><u>10.30am</u></b> Paint by numbers LW Activities NMW Men's group and chat AGW</p> <p><b><u>11am</u></b> Uniting Church LW <b><u>2pm</u></b> Bus Outing-Meet AGW <b>(Bookings essential)</b> Table Bobs LW <b>Footy Tipping in Box</b></p>	<p>4<sup>th</sup> <b><u>10.am</u></b> Anglican Church Service LW <b><u>10.30am</u></b> Anzac Craft AGW</p> <p><b><u>2pm</u></b> Bingo AGW</p> <p><b><u>3pm</u></b> Afternoon Tea</p>	<p>5<sup>th</sup> <b><u>10am</u></b>Advanced Rumikub-Quiet area LW <b><u>10.30</u></b> Activities NMW Meditation &amp; Stretching AGW Manicures</p> <p><b><u>2pm</u></b> Happy Hour and entertainment with Russell Ellis</p>	<p>6<sup>th</sup> <b><u>Pink Team helping with visits</u></b> Afternoon_Football on TV. Find a good book, chat with a friend, or enjoy the sunshine. Have a great day <b><u>3pm</u></b> Afternoon Tea</p>	<p>7<sup>th</sup> Day light savings finishes <b>Turn your Clocks BACK 1 hour tonight</b></p>  <p><b><u>11.30am</u></b> Songs of Praise on the ABC TV <b><u>2pm</u></b> Sunday Arvo footy on TV</p>
<p>8<sup>th</sup> <b><u>10am</u></b> Beginners Rumikub AGW <b><u>10.30am</u></b> Activities NMW</p> <p><b><u>2pm</u></b> Footy Tipping &amp; Chat LW Afternoon Quiz AGW <b><u>3pm</u></b> Afternoon tea</p>	<p>9<sup>th</sup> <b><u>10.30am</u></b> Kiosk Trolley visiting all areas <b>Hand Therapy with Kathy</b> Mother's Day Craft</p> <p><b><u>2pm</u></b> Celebrity Heads AGW Armchair Travel with Peter to New Zealand LW <b><u>3pm</u></b> Afternoon Tea</p>	<p>10<sup>th</sup> <b><u>10.30am</u></b> Paint by numbers LW Activities NMW Men's Group and chat AGW</p> <p><b><u>2pm</u></b> Cooking Afternoon LW Large Games AGW</p> <p><b><u>3pm</u></b> Afternoon Tea <b><u>Footy tipping in box</u></b></p>	<p>11<sup>th</sup> <b><u>10.am</u></b> Anglican Church Service LW <b><u>10.30am</u></b> Ensign Reading out in the AGW gardens Bagging &amp; Tagging LW</p> <p><b><u>2pm</u></b> Bingo AGW</p> <p><b><u>3pm</u></b> Afternoon Tea</p>	<p>12<sup>th</sup> <b><u>10am</u></b> Advanced Rumikub- Quiet area LW <b><u>10.30am</u></b> Meditation &amp; Stretching AGW 1.1 with pink team</p> <p><b><u>2pm</u></b> Happy Hour and entertainment with Trish &amp; Troops AGW</p> <p><b><u>3pm</u></b> Afternoon Tea</p>	<p>13<sup>th</sup> <b><u>Pink Team helping with visits</u></b> Afternoon_Football on TV Afternoon Tea</p> 	<p>14<sup>th</sup> <b><u>Pink Team helping with visits</u></b> <b><u>11.30am</u></b> Songs of Praise ABC T.V</p> <p><b><u>2pm</u></b> Movie all areas or find a good book, chat with a friend, or enjoy the autumn sunshine. <b><u>3pm</u></b> Afternoon Tea</p>

# Health and Wellbeing Program April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>15th  <u>10am</u> Beginners Rumikub AGW  <u>10.30am</u> Activities NMW            Walking Group  <b>Weather Permitting</b>  <u>2pm</u> Footy Tipping &amp; Chat LW            'About Me', Sunflower chart AGW  <u>3pm</u> Afternoon tea</p>	<p>16th  <u>10.30am</u> Kiosk Trolley visiting all areas            Drumming Circle AGW  <b>Hand Therapy with Kathy</b>  <u>2pm</u> Monthly Birthday Party with entertainer Clare AGW  <u>3pm</u> Afternoon tea</p>	<p>17th  <u>10am</u> Catholic Mass LW  <u>10.30am</u> Paint by Numbers with Dawn LW            Activities NMW            Men's group AGW    <u>2pm</u> Aussie Quiz AGW    <u>3pm</u> Residents Meeting AGW  <b>Footy tipping in box</b></p>	<p>18th  <u>10.am</u> Anglican Church Service LW  <u>10.30am</u> Gardening with Deb AGW            Guess the song LW    <u>2pm</u> Bingo AGW    <u>3pm</u> Afternoon tea</p>	<p>19th <b>Library Trolley</b>  <u>10am</u> Advanced Rumikub Quiet area LW  <u>10.30am</u> Activities NMW            Stretching &amp; Meditation LW    <u>2pm</u> Happy Hour and entertainment with Judy &amp; Dale</p>	<p>20th    <u>Pink Team helping with visits.</u>    <u>2pm</u> Quiz with Stewart AGW              Saturday afternoon football on TV  <u>3pm</u> Afternoon Tea</p>	<p>21st    <u>Pink Team helping with visits</u>  <u>11.30am</u> Songs of Praise ABC T.V    <u>2pm</u> Salvation Army visit LW            Sunday arvo footy on TV  <u>3pm</u> Afternoon Tea</p>
<p>22nd  <u>10am</u> Beginners Rumikub AGW  <u>10.30am</u> Activities NMW            Entertainment with the Celtic Group AGW    <u>2pm</u> Footy tipping and chat LW            Care Bags AGW  <u>3pm</u> Afternoon tea</p>	<p>23rd  <u>10.30am</u> Kiosk Trolley visiting all areas            Exercises to Music AGW            Gardening with Deb LW  <u>2pm</u> Cooking afternoon Anzac Biscuits Scrap Art AGW    <u>3pm</u> Afternoon Tea</p>	<p>24th  <u>10.30am</u> Paint by Numbers LW            Activities NMW            Men's Group AGW            Bagging &amp; tagging LW  <u>2pm</u> Wool winders &amp; knitters' group LW            setting up for ANZAC AGW  <u>3pm</u> Afternoon tea  <b>Footy tipping in box</b></p>	<p>25th  <u>9.30am</u> Anglican Church Service LW  <u>10.30</u> <b>ANZAC service</b> raising the flag AGW            Garden    <b>Public Holiday</b>              Pink team helping with visits</p>	<p>26th  <u>10am</u> Advanced Rumikub Quiet area LW  <u>10.30am</u> Activities NMW            Stretching &amp; Meditation AGW    <u>2pm</u> Happy Hour and entertainment with Billy Arnold AGW</p>	<p>27th  <u>Pink Team helping with visits</u>    <u>2pm</u> Saturday Afternoon Football on TV  <u>3pm</u> Afternoon Tea</p>	<p>28th  <u>Pink Team helping with visits</u>    <u>11.30am</u> Songs of Praise ABC T.V  <u>2pm</u> Movie all areas or find a good book, chat with a friend, or enjoy the autumn sunshine.  <u>3pm</u> Afternoon Tea</p>
<p>29th  <u>10am</u> Beginners Rumikub AGW  <u>10.30</u> Bible studies with Joyce Quiet area LW            Activities NMW    <u>2pm</u> Footy Tipping and Chat LW            Decorating for Mother's Day  <u>3pm</u> Afternoon tea</p>	<p>30th  <u>10.30am</u> <b>Hand Therapy with Kathy</b>            Kiosk Trolley visiting all areas            Drumming Circle AGW            Walking group  <b>(Weather permitting)</b>  <u>2pm</u> <b>Manicures</b>            Xmas in July skit practice for residents AGW  <b>Every Tues until 19/7</b></p>	<p style="text-align: center;"><b>1st May</b></p> <p><u>10.30am</u> Paint by Numbers LW            Activities NMW            Men's Group AGW            Autumn Gardening with Deb <b>(area to be decided)</b>    <u>2pm</u> Mother's Day Craft LW            Bus Outing – Meet AGW <b>(Bookings essential)</b>  <u>3pm</u> Afternoon tea  <b>Footy tipping in box</b></p>	