












Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Monthly Birthday Party</u> To be held on Wednesday 26th April at 2pm in AGW</p>		<p><u>Hair Dresser</u> Deb – Tues, Wed & Thursday</p>	<p><u>NMW</u> Norm Mathew Wing. <u>AGW</u> Alice Goulding Wing <u>HMR</u> Hostel Meeting Room <u>SH</u> Samaria House <u>LW</u> Ledger Wing <u>RR</u> Rec Room</p>	<p><u>Cooinda walking group</u> This will take place only if weather is fine, please check white board.</p>	 <i>April Fool's Day</i>	
				<p>31st March  <u>10am</u> Rummikub <u>10.30am</u> Activities NMW 2pm Happy Hour and entertainment with Judy & Dale</p>	<p>1st April Fool's Day  <u>Pink Team helping with visits</u> Afternoon Football on TV or find a good book, chat with a friend, or enjoy the sunshine. <u>3pm</u> Afternoon Tea</p>	<p>2nd <u>Daylight Saving</u> Turn Clocks <u>BACK</u> 1 hour tonight <u>11.30am</u> Songs of Praise on the ABC TV <u>2pm</u> Movie afternoon all areas</p> 
<p>3rd <u>10am</u> Borrow Box. <u>10.30am</u> Activities NMW Easter chocolate making with Deb AGW <u>2pm</u> Footy Tipping & Chat LW Afternoon Quiz AGW <u>3pm</u> Afternoon tea</p>	<p>4th <u>10.30am</u> Kiosk Trolley visiting all areas Exercises to music LW <u>2.30pm</u> Cooking afternoon LW Bottle Cap Quiz AG 3pm Afternoon Tea</p>	<p>5th <u>10.30am</u> Paint by numbers LW Activities NMW Bagging & Tagging LW <u>2pm</u> Bus Outing -Meet AGW Men's group Hostel <u>3pm</u> Afternoon Tea <u>Footy tippings in box</u></p>	<p>6th <u>10.30am</u> Library Trolley visiting all areas Walking group-meet SH Meditation & Stretching LW <u>2pm</u> Afternoon Easter activities, drawing of raffle and entertainment with Bill McCabe</p>	<p>7th <u>GOOD FRIDAY</u> <u>Public Holiday</u> <u>Pink team helping with visits</u> <u>10am Good Friday Anglican Church Service LW Rummikub LW quiet area.</u></p>	<p>8th <u>Pink Team helping with visits</u> Afternoon Football on TV or find a good book, chat with a friend, or enjoy the sunshine. Footy on TV Afternoon Tea</p> 	<p>9th <u>Pink Team helping with visits</u> <u>EASTER SUNDAY</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>

Health and Wellbeing Program April 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>10th</p> <p style="text-align: center;">Easter Monday</p> <p style="text-align: center;">Public Holiday</p> <p><u>Pink team helping with visits</u></p>	<p>11th</p> <p><u>10.30am</u> Kiosk Trolley visiting all areas Down Memory Lane Quiz AGW Chair Yoga LW <u>2pm</u> Footy Tipping LW Sunflower chart AGW <u>3pm</u> Afternoon tea</p>	<p>12th</p> <p><u>10.30am</u> Paint by numbers with Dawn LW Activities NMW Reading Ensign AGW 11am Uniting Church LW <u>2pm</u> Men's Group Hostel LW <u>Footy tippings in box</u></p>	<p>13th</p> <p><u>10.30am</u> Reminiscing & morning tea in garden AGW Sing-along LW</p> <p><u>2pm</u> Bingo LW & AGW <u>3pm</u> Afternoon tea</p>	<p>14th</p> <p><u>10am</u> Rummikub LW Library Trolley <u>10.30am</u> Activities NMW Stretching & Meditation LW</p> <p><u>2pm</u> Happy Hour and entertainment with Trish & Troops</p>	<p>15th</p> <p><u>Pink Team helping with visits.</u></p> <p><u>2pm</u> Quiz with Cath LW <u>3pm</u> Afternoon Tea</p>	<p>16th</p> <p><u>Pink Team helping with visits</u></p> <p><u>11.30am</u> Songs of Praise ABC T.V <u>1.45pm</u> Movie LW & NMW <u>2pm</u> Salvation Army visit LW <u>3pm</u> Afternoon Tea</p>
<p>17th</p> <p><u>10.am</u> Anglican Church Service LW Borrow Box-Library <u>10.45</u> Armchair Travel with Peter LW</p> <p><u>2pm</u> Footy tipping and chat LW White board quiz AGW <u>3pm</u> Afternoon tea</p>	<p>18th</p> <p><u>10am</u> Community Church LW <u>10.30am</u> Kiosk Trolley visiting all areas Exercises to music LW</p> <p><u>2pm</u> Cooking afternoon LW Photo Reminiscing AGW <u>3pm</u> Afternoon Tea</p>	<p>19th</p> <p><u>10am</u> Catholic Mass LW <u>10.30am</u> Paint by Numbers LW Activities NMW Bagging & Tagging AGW</p> <p><u>2pm</u> Bus Outing Meet AGW Mens group Hostel <u>3pm</u> Afternoon tea <u>Footy tippings in box</u></p>	<p>20th</p> <p><u>10.30am</u> Library Trolley visiting all areas Craft – Making poppies LW</p> <p><u>2pm</u> Bingo in AG & LW <u>3pm</u> Afternoon tea</p>	<p>21st</p> <p><u>10am</u> Rummikub LW <u>10.30am</u> Activities NMW Creating Cooinda Care Bags LW</p> <p><u>2pm</u> Happy Hour and entertainment Judy & Dale</p>	<p>22nd</p> <p><u>Pink Team helping with visits</u></p> <p>Afternoon_Football on TV or find a good book, chat with a friend, or enjoy the sunshine.</p>	<p>23rd</p> <p><u>Pink Team helping with visits</u></p> <p><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>24th</p> <p><u>10am</u> Anglican Church Service Borrow Box -Library <u>10.30am</u> Kiosk all areas.</p> <p><u>2pm</u> Footy Tipping and Chat LW Australian Quiz AGW <u>3pm</u> Afternoon tea</p>	<p>25th</p> <p><u>10.30</u> ANZAC service raising the flag Hostel Quadrangle</p> <p style="text-align: center;">Public Holiday</p> <p><u>Pink team helping with visits</u></p>	<p>26th</p> <p><u>10.30</u> Activities NMW Paint by Numbers with Dawn LW Men's Group Hostel <u>2pm</u> Monthly Birthday Party with entertainer Glenda AGW <u>3pm</u> Afternoon tea</p> <p><u>Footy tippings in box</u></p>	<p>27th</p> <p><u>10.30am</u> Wool winders & knitting group LW Scrap Art C Block</p> <p><u>2pm</u> Bingo in AG & LW <u>3pm</u> Afternoon tea</p>	<p>28th</p> <p><u>10am</u> Rummikub LW <u>10.30am</u> Activities NMW Gardening with Deb Hostel Stretching & Meditation LW</p> <p><u>2pm</u> Happy Hour and entertainment with Dennis Tucker</p>	<p>29th</p> <p><u>Pink Team helping with visits</u></p> <p>Afternoon_Football on TV or find a good book, chat with a friend, or enjoy the sunshine.</p> 	<p>30th</p> <p><u>Pink Team helping with visits</u></p> <p><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>