






# Health and Wellbeing Program May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<u>NMW</u> Norm Matthews Wing <u>AGW</u> Alice Goulding Wing <u>SH</u> Samaria House <u>LW</u> Ledger Wing	<u>Hair Dresser</u>  Deb – Tues, Wed & Thursday			
		1st <u>10.30am</u> Paint by Numbers LW Activities NMW Men's Group & Chat AGW <u>11am</u> Uniting Church with Allan LW  <u>2pm</u> Mother's Day Craft LW Table Bobs AGW <u>3pm</u> Cuppa & chat <b>Footy Tips in Box</b>	2nd <u>10am</u> Anglican Church Service LW <u>10.30am</u> What's cooking Quiz LW Indoor Gardening with Deb AGW  <u>2pm</u> Bingo AGW  <u>3pm</u> Cuppa & chat	3rd <u>10am</u> Rumikub quiet area LW <u>10.30am</u> Stretching & meditation LW Activities NMW  <u>2pm</u> Happy Hour and entertainment with Judy & Dale AGW	4th <u>Pink Team helping with Visits</u>  <u>2pm</u> Enjoy afternoon footy on TV or visits and outings with family and friends  <u>3pm</u> Afternoon Tea	5th <u>Pink Team helping with visits</u>  <u>11.30am</u> Songs of Praise on ABC TV <u>2pm</u> Enjoy afternoon footy on TV or visits and outings with family and friends  <u>3pm</u> Afternoon Tea
6th <u>10am</u> Rumikub AGW <u>10.30am</u> Activities NMW  <u>2pm</u> Footy Tipping & Chat LW 1.1 with residents  <u>3pm</u> Afternoon Tea	7th <u>10.30am</u> Kiosk Trolley visiting all areas Stretching & Meditation AGW White Board Quiz LW Hand Therapy with Kathy <u>2pm</u> Cooking afternoon LW Sunflower chart "About Me" AGW <u>3pm</u> Cuppa & chat	<b>8th Meg Hearn 101</b> <u>10.30am</u> Paint by Numbers LW Quiet area Activities NMW <b>Special Morning tea celebration for Meg Hearn "101". AGW</b>  <u>2pm</u> Bagging & Tagging LW Scrap Art AGW <u>3pm</u> Cuppa & chat <b>Footy Tips In Box</b>	9th <u>10am</u> Anglican Church Service LW <u>10.30am</u> Quiz with morning tea LW <u>Walking Group</u> {Weather permitting} <u>Meet LW</u>  <u>2pm</u> Bingo AGW  <u>3pm</u> Cuppa & chat	10th <u>9.am</u> <b>Special outing to Devenish's CWA Hall to celebrate Mother's Day Meet at AGW</b> {Bookings Essential} <u>10am</u> Rumikub quiet area LW <u>10.30am</u> Activities NMW <b>2pm Mother's Day Celebrations</b> special afternoon tea and raffle and entertainment with Trish & Troops	11th <u>Pink Team helping with visits</u>  <u>2pm</u> Enjoy afternoon footy on TV or visits and outings with family and friends  <u>3pm</u> Afternoon Tea	<b>12th Happy Mother's Day</b> <u>Pink Team helping with visits</u>  <u>11.30am</u> Songs of Praise on ABC TV <u>2pm</u> Enjoy afternoon footy on TV or visits and outings with family and friends <u>3pm</u> Afternoon Tea <b>International Nurses Day</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>13th</p> <p><b>Celebrating Nurses</b>  10am Rumikub AGW  <b>10.30am</b>  Activities NMW  Walking group  {Weather Permitting}  Meet AGW  <b>2pm</b>  Footy Tipping &amp; Chat LW  Bus Outing Ladies  Day out to Winton  Wetlands- Meet AGW  {Bookings essential}</p>	<p>14th</p> <p><b>10.30am</b> Kiosk  Trolley all areas  Drumming Circle  AGW  Scrap Art – Hats LW  Hand Therapy with Kathy  <b>2pm</b>  Cooking afternoon  AGW  Armchair Travel with Peter LW</p>	<p>15th</p> <p><b>10.00am</b>  Catholic Mass LW  <b>10.30am</b>  Activities NMW  Paint by numbers Quiet area LW  Men’s Group &amp; Chat  AGW Garden</p> <p><b>2.30pm</b>  Residents Meeting with High Tea AGW  <b>Footy Tips In Box</b></p>	<p>16th</p> <p><b>10am</b> Anglican Church Service LW  <b>10.30</b>  Quiz with Morning Tea LW  Bagging &amp; Tagging AGW</p> <p><b>2pm</b>  Bingo AGW</p> <p><b>3pm</b> Cuppa and Chat</p>	<p>17th</p> <p><b>10am</b> Rumikub quiet area LW  <b>10.30</b>  Activities NMW  Exercises to Music SH  Reminiscing Cards AGW</p> <p><b>2pm</b> Happy Hour and entertainment with Billy Arnold AGW</p>	<p>18th</p> <p><b>Pink Team helping with visits</b></p> <p><b>2pm</b>  Afternoon Quiz with Stewart</p> <p><b>3pm</b>  Afternoon Tea</p>	<p>19th</p> <p><b>Pink Team helping with Visits</b></p> <p><b>11.30am</b>  Songs of Praise on ABC TV</p> <p><b>2pm</b> Salvation Army visit LW</p>
<p>20th <b>Volunteers Week</b></p> <p>10am Rumikub AGW  <b>10.30am</b>  Activities NMW  Indoor PottingTulips with Stewart AGW</p> <p><b>2pm</b>  Footy Tipping &amp; Chat LW  Cooking Afternoon AGW</p>	<p>21st</p> <p><b>10.30am</b> Kiosk  Trolley visiting all areas  Stretching &amp; Meditation AGW  Bagging &amp; Tagging LW  Hand Therapy with Kathy  <b>2pm</b>  Entertainment with the’ Guitar Group’ AGW  <b>3pm</b> Cuppa &amp; chat</p>	<p>22nd</p> <p><b>10.30am</b> Paint by numbers LW  Activities NMW  Wool Winders &amp; Knitters group LW</p> <p><b>2pm</b> Monthly Birthday Party with entertainment  Clare AGW</p> <p><b>Footy Tips In Box</b></p>	<p>23rd <b>Crazy Hat Day</b></p> <p><b>10am</b> Anglican Church Service LW  <b>10.30</b>  Bingo AGW</p> <p><b>2pm</b>  <b>Biggest Afternoon Tea, Raffle, and celebration with Volunteers</b> </p>	<p>24th</p> <p><b>10am</b> Rumikub – Quiet area LW  <b>10.30am</b>  Activities NMW  <b>10.30am</b>  Chair Yoga &amp; Meditation LW</p> <p><b>2pm</b>  Happy Hour with special afternoon of games and afternoon tea AGW</p>	<p>25th</p> <p><b>Pink Team helping with visits</b></p> <p><b>2pm</b>  Enjoy afternoon footy on TV or visits and outings with family and friends</p> <p><b>3pm</b>  Afternoon Tea</p>	<p>26th</p> <p><b>Pink Team helping with Visits</b></p> <p><b>11.30am</b>  Songs of Praise on ABC TV</p> <p><b>2pm</b>  Enjoy afternoon footy on TV or visits and outings with family and friends</p>
<p>27th</p> <p>10am Rumikub AGW  <b>10.30am</b>  Bible reading with Joyce Quiet area LW  Activities NMW  Stretching &amp; Meditation LW  <b>2pm</b>  Footy Tipping &amp; Chat LW  Indoor Mini Golf AGW</p>	<p>28th</p> <p><b>10.30am</b> Kiosk  Trolley visiting all areas  Drumming Circle AGW  Hand Therapy with Kathy  <b>2pm</b>  Residents Skit Practice AGW</p> <p><b>3pm</b> Cuppa &amp; chat</p>	<p>29th</p> <p><b>10.30am</b> Paint by numbers LW  Mens Group &amp; Chat AGW</p> <p><b>2pm</b>  Bus Outing Mixed group Meet AGW  {Bookings Essential}  Table bobs LW</p>	<p>30th</p> <p><b>10am</b> Anglican Church Service LW  <b>10.30am</b>  Quiz and Morning tea LW  Cooinda Crafters AGW  <b>2pm</b>  Bingo AGW</p> <p><b>3pm</b>  Cuppa and chat</p>	<p>31st</p> <p><b>10am</b> Rumikub – quiet LW  <b>10.30am</b>  Activities NMW  Exercises &amp; meditation AGW</p> <p><b>2pm</b>  Happy Hour and entertainment with Billy Arnold AGW</p>	<p><b>1st day of Winter</b></p> <p></p>	<p></p>