


Mon-Wed: (1:1 visits) 9.30am - 3.30pm Mon-Fri: (Group RAO) 9.30am – 3.30pm LIBRARY SERVICE EVERY 2nd Wednesday

MARCH 2019

Mon-Fri: Physio-aide Physio therapy and Rehab Classes 11am – 6.30pm Sat-Sun RAO/ Physio-aide 9.30am – 5pm

Monday – Sunday “Afternoon Sundowners Time”

SUNDAY	MONDAY	Tuesday	Wednesday	Thursday	Friday	Saturday
31 March 13 Exercises Listening to Church 1:1 Lunch, Bingo Dominoes Walking Sunshine Time					1 March 19 Bus Trip. EXERCISES Holy Communion Cooking TV show. Residents Choice BOARD GAMES Walking, Sunshine Time	2 March19 Exercises 1:1 Hand & nail care Bingo A Tea / Music Bobs Sunshine Time
3 March19 Exercises Listening to Church 1:1 Lunch, Bingo Dominoes Walking Sunshine Time	4 March19 EXERCISE Art & Craft 1:1 Music therapy Hoi Walking (Sunshine) Sunshine Time	5 March 19 SHROVE Tuesday Exercises Pancakes 1:1 Music Therapy CROSS WORDS Walking (Sunshine) Sunshine Time	6 MARCH ASH WEDNESDAY EXERCISES HAIRDRESSER JOKE AFTERNOON Music 1:1 NEWS PAPER Walking (Sunshine)	7 March Exercises REMINISCE A tea / 1:1 Music, relaxation,	8 March Bus Trip. EXERCISES Holy Communion Music Therapy Cooking - (Mocktail-Happy Hr.) BOARD GAMES Walking (Sunshine)	9 March Exercises M tea Newspaper reading Lunch Bingo A tea Music 1:1 Sunshine Time
10 March Exercises 1:1 DISCUSSIONS ON ST PATRICKS DAY Listening to Church Walking Bingo Sunshine Time	11 march Exercises 1:1 Nail Care Newspaper reading A Tea / Music, Dominoes Walking Sunshine Time	12 March Exercises 1:1 10am Bus Trip HAND & NAIL CARE Board games Music Therapy SING A LONG C ROSS WORDS Sunshine Time	13 March19 EXERCISES HAIRDRESSER BIRTHDAY PARTY Walking (Sunshine) Sunshine Time	14 March19 Exercises DISCUSSIONS ON ST PATRICKS DAY 1:1 BOARD GAMES Music, relaxation, Room Visits Sunshine Time	15 March19 Bus Trip. EXERCISES Holy Communion St Patricks Craft Bingo BOARD GAMES Walking (Sunshine) Sunshine Time	16 MARCH Exercises DISCUSSIONS ON ST PATRICKS DAY St Patricks CRAFT Newspaper reading 1:1 Bingo Music, Sunshine Time
17 MARCH 19 ST PATRICKS DAY Exercises Newspaper reading Listening to Church Lunch / Bingo A Tea /Dominoes Sunshine Time	18 MARCH Exercises Nail Care NEWS PAPER READING JOKE MORNING Sunshine Time Entertainer: Edward King – Irish Songs	19 MARCH Exercises Newspaper 1:1 reading MOVIES Walking BOARD GAMES	20 MARCH Exercises Hairdresser 1.30 HARMONY DAY CRAFT /Discussions Bingo A tea / Music	21 MARCH HARMONY DAY Exercises 1:1 Reminiscing on PETS / HOI Music, relaxation, sundowners time	22 March19 Bus Trip hazelhurst Art engaged Exercises Holy Communion 1:1 Cooking- Spider drink for Happy Hr. Bingo BOARD GAMES Walking (Sunshine)	23 MARCH Exercises COOKING Nail Care Bingo Music dominoes
24 MARCH Exercises Newspaper Listening to Church Bingo, Dominoes Walking, Sunshine Time	25 March Exercises 1:1, QUIZZES Newspaper reading A Tea / Music, Dominoes Walking (Sunshine)	26 March Exercises 1:1, QUIZZES Newspaper reading A Tea / Music, Dominoes Walking (Sunshine)	27 March Hairdresser Exercises 1:1, QUIZZES Newspaper reading A Tea / Music, Dominoes Walking (Sunshine)	28 March Exercises 1:1 Reminiscing on PETS / HOI Music, relaxation, sundowners time	29 March19 Bus Trip. EXERCISES Holy Communion Cooking-conversation ,Bingo BOARD GAMES Walking (Sunshine)	30 March19 Exercises M tea Newspaper reading Bingo A tea Music 1:1 Sunshine Time