

# LIFESTYLE CALENDAR



MON	TUE	WED	THUR	FRI	SAT	SUN
9.30 World news	9.30 Walking group	9.30 Movement to music	9.30 Catholic mass	9.30 Movement to music		
10.30 Friendship group	10.30 Memory games	10.30 Bingo	10.30 Coffee club	10.30 Kinder visit – intergenerational program	10.30 Carpet bowls	10.30 Crosswords
11.00 Yoga with Sandra	11.00 Entertainment with Tony Merlino	11.00 Morning Melodies outing	11.00 Greek Orthodox church service	11.00 Italian Club	11.00 Movie time	11.00 Sing along
13.15 Exercises with physio	13.15 Men's group	13.15 Resident, relatives & friends meeting	13.15 Walking group	13.15 Bingo		
14.15 Aromatherapy time	14.15 Sensory session – memory support group	14.15 Bocce	14.15 Cooking group	14.15 Happy hour	14.15 Sing along	14.15 Movie time
15.30 Mahjong – traditional Chinese game	15.30 Art & craft	15.30 Animal therapy	15.30 Garden gurus club	15.30 Sing along		

Disclaimer – Activities and times vary across homes to suit community preferences.