



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4	5
18			9.15 Chair Chi/Yoga 10.00 Morning Tea & Chat 10.30 Board Games & Art Therapy All areas Pampering	9.15 Exercise Group Terrace 10.30 Concert Happy Hour BBQ Reminisce Inspiring Stories - Cove	9.15 Zumba Terrace Pet Therapy with Portia 10.30 Visit To Mother Duck Intergenerational Ice Cream Trolley	9.30 Exercises & Sunshine Therapy with Marilyn Color Art - All areas	11.30 Songs of Praise ABC 2 1:1 Activities
	6 Labour Day Holiday	7	8	9	10	11	12 Mother's Day
19	9.15 Exercises Cove 10.30 Communion Service Interfaith 2.00 Bingo	9.15 Exercises Cove 11.00 Music Therapy With Fiona -Terrace 2.00 Tombola	9.15 Exercises Cove Hairdresser Visits All areas Pampering On this Day - Story Time	9.15 Exercises Group Terrace 10.30 Outing Morning Melodies Carina Leagues Mindfulness Color ART	9.15 Zumba Terrace 11.00 Music Therapy Pet Therapy with Portia Ice Cream Trolley	9.30 Exercises & Sunshine Therapy with Marilyn Ten Pin Bowling - Terrace	International Nurses Day 11.30 Songs of Praise ABC2 Mothers Day Floral Art Cake in a Cup
	13	14	15	16	17	18	19
20	9.15 Exercises Cove 10.30 Communion Service Interfaith 2.00 Bingo - Cove	9.15 Exercises 10.30 Biggest Morning Tea Fundraiser & Citipointe Singers 11.00 Music Therapy with Fiona—Terrace	9.15 Exercises - Cove 10.30 Cultural Lunch - Portofino All areas pampering Happy Hands, Massage & Manicures	9.15 Exercises Group Terrace 10.30 Balloon Games & Board Games Popcorn & Movies Happy Hour	9.15 Exercise Terrace Pet Therapy with Portia Ball games & Quoits 2.30 Ice Cream Trolley	9.30 Exercises & Sunshine Therapy with Marilyn Board Games - Cove	11.30 Songs of Praise ABC2 Outdoor Walks 1:1 Activities Garden Club Cove
	20	21 World Day For Cultural Diversity	22	23	24	25	26
21	9.15 Exercises Cove 10.30 Communion Service Interfaith 2.00 Bingo - Cove	9.15 Exercises - Cove 10.00 Catholic Mass 11.00 Music Therapy with Fiona - Terrace 2.00 Tombola - Cove	9.15 Exercises - Cove Hairdresser Visits All areas pampering - Happy Hands, Massage & Manicures Ten Pin Bowling	9.15 Exercises Group Terrace Out door walks/alfresco Morning Tea Art, Mindfulness & Fiddle Boxes	9.15 Exercise -Terrace Pet Therapy with Portia 11.00 Music Therapy Ball Games/Quoits & Balloons 2.30 Ice Cream Trolley	9.30 Exercises & Sunshine Therapy with Marilyn Ten Pin Bowling - Terrace	11.30 Songs of Praise ABC2 Outdoor Walks 1:1 Activities Garden Club Cove
	27 Reconciliation Day	28	29	30	31	1	2
22	9.15 Exercises Cove 10.30 Communion Service Interfaith 2.00 Bingo - Cove	9.15 Exercises 11.00 Music Therapy Cove 2.00 Tombola	9.15 Chair Chi/Yoga All areas pampering Book Club and This is my Life Stories	9.15 Exercise Group Terrace 10.30 Outing Picnic by the Bay - Manly	9.15 Exercise -Terrace 10.30 Monthly Residents & Relatives - Cove 2.30 Ice Cream Trolley	9.30am Exercises & Sunshine Therapy with Marilyn Board Games Snakes & Ladders	11.30 Songs of Praise ABC2 Outdoor Walks 1:1 Activities Garden Club Cove