

## Casa D'amore - Lifestyle Program

Monday 2 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Games- L1 DR or Colouring L1 TVR
2:00	Bingo - L1 DR
3:30	Tea and Bickies - L2 MR
Tuesday 3 September 2019	
9:30	Andrew's Chair Exercise - L2 MR
11:00	<b>Outing: City Hall</b> or Garden Walks - LV1 DR
1:30	Circle of Men - L1 Prom
2:00	Ladies Group LV1
4:00	Place to Call Home - LV2 MR
Wednesday 4 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Let's Get Crafty - L3 or Pamper session
2:00	Bingo - L1 DR or Book Club L3 MR
4:00	Bocce - L2 DR
Thursday 5 September 2019	
9:30	Andrew's Chair Exercise - L2 MR
11:00	<b>Outing to Ship Inn</b> or Gardening LV1
2:00	Whiteboard Word Quizzes - L2 MR
4:00	Current Affairs - L1 TVR
Friday 6 September 2019	
9:30	Chair Exercise - L2 MR
10:30	Music with Fiona - LV2 DR
	1:1 Room Visits
2:00	<b>Ice Cream Trolley - We come to you!</b>
4:00	Downton Abbey - LV2 MR
Saturday 7 September 2019	
9:30	Chair Exercise - L2 MR
	<b>Zonta Ladies &amp; Pampering Session - L2 MR</b>
1:30	Colouring L1 or Mixed Trivia Lv1
Sunday 8 September 2019	
10:00	<b>Catholic Communion - L2 MR</b>
11:30	<b>Song of Praise - Lounge rooms</b>
1:30	Reminiscing - L1 DTV
2:30	Movie Session - L2 MR

Monday 9 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Games- L1 DR or Colouring L1 TVR
2:00	Bingo - L1 DR
4:00	Music and Massage - Lv1 DR
Tuesday 10 September 2019	
9:30	Andrew's Chair Exercise - L2 MR
11:00	<b>Anglican Service</b> or 1:1's - Visit Rooms
1:30	Circle of Men - L1 Prom
2:00	Ladies Group - L1 DR
4:00	Place to Call Home - LV2 MR
Wednesday 11 September 2019	
9:30	Exercise class - L2 MR
11:00	<b>Outing - Dendy Cinemas</b> or Lets get Crafty L3
1:30	Sing about Choir LV3 DR or <b>2:00 Bible Study</b>
4:00	Bocce - L2 DR
Thursday 12 September 2019	
9:30	Andrew's Chair Exercise - L2 MR
10:30	National Choc Milk Shakes Day Lv1 DR
2:00	Concert Mary Jane - L2 DR or Bingo L1
4:00	Documentary L2 MR
Friday 13 September 2019	
9:30	Chair Exercise - L2 MR
10:30	Music with Anita - LV2 LR
12:00	<b>Outing - Shopping Trip</b>
1:30	Internet Crosswords L2 MR
4:00	Downton Abbey - LV2 MR
Saturday 14 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Seated Badminton -L1 or Board games LV1
1:30	Hangman L1 LR
Sunday 15 September 2019	
10:00	Hoy - L1 DR
11:30	<b>Songs of Praise - Lounge Rooms</b>
1:30	Poetry Readings - L1 TVR
2:30	Movie Session - L2 MR

Monday 16 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Games- L1 DR or Colouring L1 TVR
2:00	Bingo - L1 DR
4:00	Book Club - L2 MR
Tuesday 17 September 2019	
9:30	Andrew's Chair Exercise - L2 MR
11:00	<b>Outing City Hall</b> or Garden Walks
1:30	Circle of Men - L1 Prom
2:00	Ladies Group - L1 DR
4:00	Place to Call Home - LV2 MR
Wednesday 18 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Skittles LV1 or Let's get Crafty L3
2:00	Bingo - L1 DR or Book Club LV3 MR
4:00	Bocce - L2 DR
Thursday 19 September 2019	
9:30	Andrew's Chair Exercise - L2 MR
10:30	<b>Resident Meeting - L2 MR</b>
2:00	Whiteboard Quizzes - L2 MR or Bingo L1
4:00	Current Affairs - L1 TVR
Friday 20 September 2019	
9:30	Chair Exercise - L2 MR
10:30	Music with Fiona - L2 LR
	1:1 Room Visits
2:00	<b>Birthday Celebration Afternoon Tea - L1 DR</b>
4:00	Downton Abbey - LV2 MR
Saturday 21 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Cards Lv1 or Pamper Session LV1
1:30	Sing-a-long with Frances - L3 MR
Sunday 22 September 2019	
10:00	<b>Catholic Communion - L2 MR</b>
11:30	<b>Songs of Praise - Lounge Rooms</b>
1:30	Game - What am I ? - LV1 LR
2:30	Movie Session - L2 MR

Outings:		
3rd	11:00	City Hall
5th	11:00	Ship Inn
11th	9:30	Dendy Cinema
13th	12:00	Shopping Trip
24th	10:00	City Hall & Morning Tea
1st Oct	11:00	City Hall
Church Services		
8th & 22nd	10:00	Communion
10th	11:00	Anglican Service
11th & 25th	2:00	Bible Studies
Movies		
1st	2:30	Patch Adams
8th	2:30	Wedding Bell Blues
15th	2:30	From here to Eternity
22nd	2:30	Road to Ruin
29th	2:30	Fire and Ice and Dynamite
Concerts		
12th	2:00	Mary Jane
11th	1:30	Sing about Choir
15th	2:00	Tasmin
27th	2:00	Happy Hour with Hans
Music Therapy		
6th & 20th	10:30	Come sing with Fiona
13th	10:30	Music with Anita
26th	4:00	Music with Anita
Celebrations		
17th		Talk like a Pirate day Arhhh!!!
Other Information		
<p><b>Family &amp; Friends are encouraged to attend our activities &amp; outings. We look forward to seeing you.</b></p>		

Monday 23 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Scrabble - L1 DR or Colouring LV1 TVR
1:30	Bingo - L1 DR
4:00	Music & Massage - L1 TVR
Tuesday 24 September 2019	
9:30	Andrew's Chair Exercise - L2 MR
11:00	Outing: City Hall Concert or Garden Walks
1:30	Circle of Men - L1 Prom
2:00	Ladies Group - L1 DR
4:00	Knitting - L1 TVR
Wednesday 25 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Cooking - L1 DR or Book Club - L3 MR
2:00	Bible Studies L2 MR or Concert - Tasmin L3
4:00	Bocce
Thursday 26 September 2019	
9:30	Andrew's Chair Exercise - L2 MR
11:00	Catholic Church Service or 1:1 Room Visit
2:00	Farmer's Market - L1 DR or Music with Anita L3
4:00	Music with Anita LV1
Friday 27 September 2019	
9:30	Chair Exercise - L2 MR
10:30	Gardening - L1 Or Garden walks - L3
2:00	Happy Hour with Hans L1 Dining Room
4:00	Downton Abbey - LV2 MR
Saturday 28 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Uno - L1 DR or Colouring - LV1
1:30	Darts - L3 MR or Bracelet Making - L3
Sunday 29 September 2019	
11:00	Memory Lane Tea - L1 DR
11:30	Song of Praise - Lounge rooms
1:30	Scattergories - L1 TVR or Games - L1
2:30	Movie Session - L2 MR

Monday 30 September 2019	
9:30	Chair Exercise - L2 MR
11:00	Games- L1 DR or Colouring L1 TVR
2:00	Bingo - L1 DR
4:00	1:1 Room Visits
Tuesday 1 October 2019	
9:30	Andrew's Chair Exercise - L2 MR
11:00	Outing: City Hall Concert or Garden Walks
1:30	Circle of Men - L1 Prom
2:00	Ladies Group - L1 DR
3:00	Pamper Trolley - Visiting Rooms
Wednesday 2 October 2019	
9:30	Chair Exercise - L2 MR
11:00	Lets get Crafty LV 2 or Music Time L1 LR
1:30	Bingo - L1 DR or Book Club L3 MR
3:00	Bocce - L2 DR
Thursday 3 October 2019	
9:30	Andrew's Chair Exercise - L2 MR
11:00	Walking Group LV3 or Quiz Games LV1
1:30	Whiteboard Games - L2 MR or 1:1 Visits
4:00	Current Affairs - L1 TVR
Friday 4 October 2019	
9:30	Chair Exercise - L2 MR
11:00	Sing with Fiona L2 or 1:1 Room Visits
2:00	Ice Cream Trolley - We come to you!
4:00	Downton Abbey - LV2 MR
Saturday 5 October 2019	
9:30	Chair Exercise - L2 MR
11:00	Hoy- L1 DR or Cards - LV1
1:30	This Day in History or Knitting Group L1 TVR
Sunday 6 October 2019	
11:00	Communion - L2
11:30	Song of Praise - Lounge Rooms
1:30	Dominos - L3 DR or Skittles L3 L
2:30	Movie Session - L2 MR