

Activities Program August 2009 (Ground Floor + Botany)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Bingo / Card Game Sadhna <hr/> Garden Walk Sadhna					1 Bingo Nidhi <hr/> 1:1 Nidhi	2 Family Day <hr/> Movies
3 Group Exercises Bingo / Card Game Sadhna <i>Memory joggers</i> Sadhna	4 Art Therapy Stephen Board games <hr/> 1:1 Sadhna	5 <i>Line dancers @ 10am (S, N n P)</i> <hr/> Catholic Mass	6 Group Exercises <i>Men's gp Hot-Chocolate with Marshmallows (SnN)</i> 1:1 Nidhi	7 Jeans day Ladies knitting group- Sadhna <hr/> 1:1 Sadhna	8 Bingo Nidhi <hr/> 1:1 Nidhi	9 Family Day <hr/> Movies
10 Group Exercises Bingo / Card Game Sadhna Reminiscence Sadhna	11 Newspaper reading <hr/> Garden walk	12 Bingo / Card Game <hr/> <i>Movie with Chips</i>	13 Group Exercises <i>Music of 20th Century (SnN)</i> <hr/> <i>Hand massage</i>	14 <i>Memory lane</i> Sadhna <hr/> Beauty care Sadhna	15 Bingo Nidhi <hr/> 1:1 Nidhi	16 Family Day <hr/> Movies
17 Group Exercises <i>Music of 20th Century</i> Sadhna Garden Walk Sadhna	18 Art Therapy Stephen <hr/> Beauty Care	19 Newspaper reading <hr/> 1:1 <i>Sensory Boxes</i>	20 Group Exercises <i>Men's group over a Cuppa (SnN)</i> <hr/> <i>Sensory Boxes</i>	21 Music Day Sadhna <hr/> Garden walk Sadhna	22 Bingo Nidhi  1:1 Nidhi	23 Family Day <hr/> Movies
24 Group Exercises Bingo / Card Game Sadhna <hr/> 1:1 Sadhna	25 Ladies Group  1:1	26 Newspaper Reading <hr/> <i>Movie with Chips</i>	27 Group Exercises <i>Knitting Club (SnN)</i> <hr/> <i>Hand massage</i> Nidhi	28 <i>Memory joggers</i> <i>Royalty</i> Sadhna <hr/> Anglican Mass <i>Sensory Boxes</i>	29 Bingo Nidhi <hr/> 1:1 Nidhi	30 Family Day <hr/> Movies

DAILY ACTIVITIES PROGRAM PLAN

August 2009

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am 10am	Music in Lounge Visit all residents in rooms	Music in Lounge Visit all residents in rooms	Music in Lounge Visit all residents in rooms	Music in Lounge Visit all residents in rooms	Music in Lounge Visit all residents in rooms	Music in Lounge Visit all residents in rooms	Music in Lounge Visit all residents in rooms
10am	Morning Activities in Lounge areas– See Monthly Activity Program						
10.45am	Morning Tea – Break						
11.30am	Morning Activities in Lounge areas– See Monthly Activity Program						Family Time
12.00	Lunch						
1pm	Old Time Music & TV Serials In the lounge	Old Time Music & TV Serials In the lounge	Old Time Music & TV Serials In the lounge	Old Time Music & TV Serials In the lounge	Old Time Music & TV Serials In the lounge	Old Time Music & TV Serials In the lounge	Old Time Music & TV Serials In the lounge
1.45pm	Afternoon Tea – Break						
2pm	Afternoon Activities in Lounge area – See Monthly Activity Program						Old Time Music & TV Serials In the lounge
5.00	Evening Meal						
6pm	Movie or TV on request	Movie or TV on request	Movie or TV on request	Movie or TV on request	Movie or TV on request	Movie or TV on request	Movie or TV on request

Hairdresser day : every Monday, Church Service: Catholic Service every 1st Wednesday and Church of England 4th Friday of the Month