

ST MARY'S GARDENS ACTIVITY CALENDAR (OCTOBER 09)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 1030am Salvation army D/R 2pm room visits L/3 4pm Special needs	2 1030am Shovel board D/R 11am catholic church Lounge/ 3 2pm book club	3 1030am bingo 2pm sing-a-long Dining Room
4 TABLE GAMES DINING ROOM	5. October long Weekend Public holiday	6 1030am carpet bowls D/Room 2pm courtyard group	7 1030am D/Room Exercise to music 2pm room visits 4pm special needs	8 1030am bingo D/R 2pm reminiscence 4pm Special needs L/3	9 1030am D/Room Tai chi with Christy 2pm room visits 4pm Lounge/3	10 1030am bingo D/R 2pm afternoon movie Dining/Room
11 TABLE GAMES DINING ROOM	12 1030am Dining Room Exercise for fun 2pm Knit n natter group 4pm Lounge/ 3	13 1030am Balloon tennis D/R 2pm bingo 4pm Special needs group Lounge/3	14 1030am D/ Room Exercise to music 2pm room visits 4pm Special needs group Lounge/3	15 1030am craft 2pm Dining room Resident & relative Meeting D/Room 4pm Special needs	1 1030am Shovel board 11am catholic church Lounge/3 2pm book club 4pm special needs	17 1030am bingo Dining Room 2pm Men's social group courtyard
18 TABLE GAMES DINING ROOM	19 103am Exercise to music D/R Ex-servicemens group Lounge/3 2pm knit n natter 4pm Special needs	20 1030am Concert (Ron Ashton) D/Room Nepean pet ther- apy	21 1030am Exercises for fun 2pm room visits 4pm Lounge 3 Special needs	22 1030am bingo Lutheran church service Lounge/3 2pm mens movie day	23 1030am D/Room Tai chi with Christy 2pm room visits 4pm Special needs	24 Dining Room 1030am concert (Ron Bromfield) 2pm Friendship club
25 TABLE GAMES DINING ROOM	26 1030am D/Room Keep fit group Ex-servicemens group Knit n natter group 4pm Special needs	27 1030am Carpet bowls D/R 2pm charades 4pm Special needs group Lounge/3	28 1030am Exercise for fun 2pm room visits 4pm Special needs group Lounge /3	29 1030am bingo D/R 2pm craft 4pm Special needs group Lounge /3	30 1030am Trivia challenge 2pm book club 4pm Special needs group Lounge/3	31 1030am bingo 2pm happy hour And monthly birth- day Party Dining /Room



St Marys WELLBEING WEEK



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	
	<p>7 FUTTI FRUIT STAFF DRESS</p> <ul style="list-style-type: none"> Group of staff in specific fruit 	<p>8</p> <p>WELL BEING WEEK</p>	<p>9</p> <p>10am-4pm Interactive Demo Desk</p>	<p>10</p> <p>12nn—2pm Health Check</p>	<p>11 BAR B QUE Lunch for staff 12 nn—HIP Super 12:30- HIP Super</p>	
	<p>14</p> <p>Constipation / Bowel Management with Andrew Scott—Norgine Company 2pm @ Cottage</p>	<p>15</p> <p>Personal Hygiene with William Mardicas 2 pm @ Cottage</p>	<p>16</p> <p>Accreditation Standard 2 Clinical Care & Hygiene with Barry Cowling 2 pm @ Cottage</p>	<p>17</p> <p>Compulsory Manual Handling Education with Rio Llanillo 2pm @ Cottage</p>	<p>18</p> <p>Medication Management with Anne Buxton—Pharmacist 2pm @ Cottage</p>	
	<p>21</p> <p>Diseases in Elderly (MRSA) with Barry Cowling 2pm @ Cottage</p>	<p>22</p> <p>Accreditation Standard 4: OH&S—Environment with Carla Valencia 2pm @ Cottage</p>	<p>23</p> <p>Anatomy of Care with Gideon Fernandez 2pm @ Cottage</p>	<p>24</p> <p>Cultural, Spiritual & Emotional Support with Nidhi Jain 2pm @ Cottage</p>	<p>25</p> <p>PEG Tube Management with Marion Mulholland—Nutricia 2pm @ Cottage</p>	
	<p>28</p> <p>ACFI Documentation with Barry Cowling 2pm @ Cottage</p>	<p>29</p> <p>Food Temperature & Calibration with Leila Tamanitaokula SC Catering Advisor 2pm Cottage</p>	<p>30</p> <p>STAFF BAR-B QUE @ 1pm International Food Day</p>			

WILLIAM A. MARDICAS – FLNH EDUCATION COORDINATOR