

# Hostel Activity

## Plan

April 2019



**Theme:**

**Falls Awareness**

**Month**

**Motto:**

**“Keeping safe & active”**



**Theme Colour:**  
**Orange**

**Monday 1<sup>st</sup>**

April Fools Day

**Tuesday 2<sup>nd</sup>**

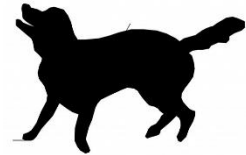
Charles and Candy Dance Couple

**Wednesday 3<sup>rd</sup>**

Bus Trip to Blue Mountains

**Saturday 6<sup>th</sup>**

Johnson Pet Therapy  
Falls Prevention Walk



**Sunday 7<sup>th</sup> April**

Ice Cream Day

**Monday 8<sup>th</sup>**

Falls prevention week 1 starts  
Special Morning Tea and Talk: Strong  
Body and Spirit

**Tuesday 9<sup>th</sup>**

12 Tips Preventing Falls

**Wednesday 10<sup>th</sup>**

Walking to stay fit  
Creating Falls prevention- posters and  
watching YouTube clips

**Thursday 11<sup>th</sup>**

Virtual Senses Tour

**Sunday 14<sup>th</sup>**

Palm Sunday



**Monday 15<sup>th</sup>**

Residents' Meeting  
Short Bus Trip

**Tuesday 16<sup>th</sup>**

Fitness Circuit  
Closing Ceremony of Falls Prevention  
week 2

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**Theme Colour:**  
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Wednesday 17<sup>th</sup>

**Movie Day:  
Muriel's Wedding**

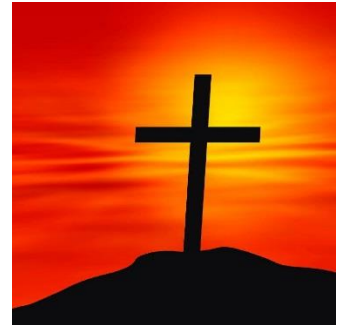


Thursday 18<sup>th</sup>

**Holy Thursday**

Friday 19<sup>th</sup>

**Station of the Cross  
Good Friday**



Saturday 20<sup>th</sup>/ 21<sup>st</sup>

**Easter Weekend**

Monday 22<sup>nd</sup>

**Shopping Trip to Blacktown**

Wednesday 24<sup>th</sup>

**Choir**

**Remember our  
Diggers**



**25<sup>th</sup> April**

Thursday 25<sup>th</sup>

**Anzac Ceremony**

Sunday 28<sup>th</sup>

**Orthodox Easter**

Monday 29<sup>th</sup>

**Falls Awareness  
Feedback Session  
Heikes Quilt and Craft Workshop**



Tuesday 30<sup>th</sup>

**Monthly Birthday Party**

