
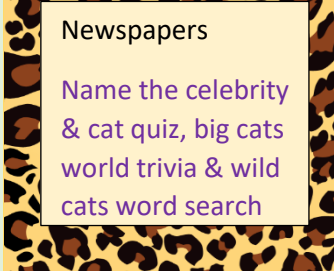





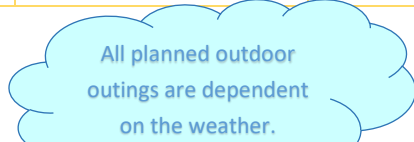




Monthly Planner: March 2019

Theme: Environmental Awareness Month

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
								1 Library Day		2		3 World Wild Life Day	
								10:00am lunch  3:00pm		10:45am Celebrating Bio diversity		9:00am 10:45am 11:00am 1:15pm  St. Raphael Church Service <i>Catholic Church Service</i> <i>Link Room</i>	
4 Rosenmontag		5 Pancake Tuesday		6 Ash Wednesday		7		8 International Women's Day		9		10	
10:00am Hairdresser Friendship Group 11:00am Exercises with Blisscare 2:00pm <i>Happy Hour</i> <i>Rosenmontag Celebration & Sing-a-long</i>		9:00am Baking 11:00am Exercise with RAO's No 4pm Church Service		10:00am Aromatherapy GFL 11:00am Exercises with Blisscare 2:00pm Craft – card making 4:00pm <i>Ash Wednesday Church Service Link Room</i>		10:30am Samsung Tablet Word games GFL TV 11:00am <i>Church Service Link Room</i> Bingo 2:30pm		10:00am Bus trip  ladies day - Flower Power Penrith & lunch		Shopping and preparations for family breakfast		8:00am Family Breakfast 9:00am Newspapers 11:00am St. Raphael's Church Service	
11 Hairdresser		12 Podiatry		13		14		15 Library Day		16		17 St. Patrick's Day	
10:00am Friendship Group 10:30am Mens' Group in the Link Room 11:00am Exercises with Blisscare 2:00pm Gardening 3:00pm <i>Sing-a-long</i>		10 – 12:00pm Market Day In the Link Room 4:00pm <i>Church Service Link Room</i>		10:00am Morning Tea GFL dining room 10:30am Concert – Rodger & Helen Duo 2:00pm Craft – card making 4:00pm Rosary		9:00am Mens' Barber Shop <i>Church Service Link Room</i> Make your own sandwich Bingo Lunch 2:30pm		10:00am Bus Trip Western Sydney Park Plough & Harrow 3:00pm <i>Happy Hour</i>		10:45am Pet Therapy - Johnson 		9:00am Newspapers 10:45am <i>Irish Carpet Bowls & Irish Cryptic Quiz</i> 11:00am St. Raphael's Church Service	
18 Hairdresser		19		20		21		22		23		24	
10:00am Friendship Group 11:00am Exercises with Blisscare 2:00pm Gardening 3:15pm <i>Sing-a-long</i>		9:00am Cooking 11:00am Relatives' Morning Tea & Dementia Friends Session in Hostel Blue Room 2:00pm Word Game 4:00pm <i>Church Service Link Room</i>		10:00am Craft & Morning Tea 11:00am Exercises with Blisscare 2:00pm GELATO BAR 4:00pm Rosary		10:00am Morning Tea & board games 11:00am <i>Church Service Link Room</i> Bingo 2:30pm 		9:00am Individual Care 10:00am Bus Trip  3:00pm Word Games		10:00am Brain Teaser 		9:00am Newspapers 10:00am Fresh fruit tasting 11:00am St. Raphael's Church Service	
25 Hairdresser		26		27		28		29 Library Day		30		31	
10:00am Friendship Group 11:00am Exercises with Blisscare 2:00pm Gardening 3:15pm <i>Sing-a-long</i>		3:00pm Hair & makeup 5:30pm Sunset Dinner		10:00am Aromatherapy FFL 11:00am Exercises with Blisscare 2:00pm Craft – card making 4:00pm Rosary		11:00am <i>Church Service Link Room</i> Monthly Birthday Party & Bingo 2:30pm		10:00am Bus Trip Warragamba Workers Club 3:00pm <i>Happy Hour</i>		10:45am Pampering & Individual Care for residents in water chairs.		9:00am Newspapers 11:00am St. Raphael's Church Service	
Regular Activities Individual & Room Visits: Daily Twilight Activities: Tuesday evening 4-8pm Church Services: Tuesday 4pm & Thursday 11am in the Link Room and every Sunday 11am at St. Raphael's				 All planned outdoor outings are dependent on the weather.									