



Monthly Planner: April 2019

Theme: Falls Awareness Month

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1 Hairdresser		2		3		4		5		6		7	
10:00am	Friendship Group & Residents' Meeting	11:00am	Charles & Candy Dance Couple	10:00am	Aromatherapy GFL	10:00am	Morning Tea April Falls discussion	9:00am	Individual Care	10:00am	Pet Therapy with Johnson	9:00am	Newspapers
11:00am	Exercises with Blisscare	4:00p	Church Service in Link Room	11:00am	Exercises with Blisscare	11:00am	Church Service in Link Room	10:00am	Bus Trip			10:30am	Gardening Exercise Circuit
2:00pm	Gardening			2:00pm	Craft – Mother's Day	2:30pm	Bingo	3:00pm	Floor Games			11:00am	St. Raphael's Church Service
3:00pm	Sing-a-long			4:00pm	Rosary							1:15pm	Catholic Church Service in Link Room
8 Hairdresser		9		10		11		12		13		14	
10:00am	Friendship Group – special Morning Tea	9:30am	Baking – orange cake	9:30am	Morning Walk followed by morning tea	10:00am	Tai Chi – morning tea in the garden	9:00am	Library	10:45am	Falls Awareness Topic - Nutrition	9:00am	Newspapers
	Start April Falls Awareness	11:00am	Sit & Dance Exercise	11:00am	Exercises with Blisscare	11:00am	Church Service in Link Room	10:00am	Library visit			10:45am	Shot Put
10:30am	Men's Club	2:30pm	Monthly Birthday Party	11:00am	Healthy Eating	2:00pm	Bingo	3:00pm	Happy Hour			11:00am	St. Raphael's Church Service
11:00am	Exercises with Blisscare	4:00pm	Church Service in Link Room	2:00pm	Happy Feet Foot Spa								
2:00pm	Balloon Tennis			4:00pm	Rosary								
3:00pm	Sing-a-long												
15 Hairdresser		16		17 Fitness Circuit		18 Holy Thursday		19 Good Friday		20 Easter Saturday		21 Easter Sunday	
10:00am	Friendship Group	9:00am	Cooking a healthy lunch	9:00am	Fitness circuit & participation awards	10:00am	Activities TBA	10:00am	Individual Care	10:00am	Baking of traditional Easter baskets	10:00am	Sharing of the Lambs
11:00am	Exercises with Blisscare	11:00am	Church Service in Link Room	11:00am	Exercises with Blisscare	2:30pm	Bingo	3:00pm	Word Game			11:00am	Easter Celebration
2:00pm	Parachute Game	2:00pm	Motomed Tour Around Australia Celebration	2:00pm	Craft – Mother's Day	4:00pm	Last Supper Mass in the Chapel						Easter Church Service in the Link Room
3:00pm	Sing-a-long			4:00pm	Rosary								
22 Easter Monday		23 Full Day Podiatry		24		25 Anzac Day		26		27		28 Orthodox Easter Sunday	
10:00am	Friendship Group	11:00am	Exercises with RAO's – chair dancing	10:00am	Aromatherapy FFL	10:00am	Anzac Day Memorial & morning tea	10:00am	Library	10:45am	Bird therapy with Moritz	9:00am	Newspapers
11:00am	Exercises with RAO's in the garden	4:00pm	Church service in Link Room	11:00am	Exercises with Blisscare	11:00am	Church Service in Link Room	10:00am	Individual Care			10:45am	Train Your Brain quiz morning
2:00pm	Gardening	5:30pm	Movie Night – GFL dining room.	2:00pm	Craft – Mother's Day	2:30pm	Bingo	3:00pm	Bus Trip			11:00am	St. Raphael's Church Service
3:15pm	Sing-a-long			4:00pm	Rosary				Happy Hour				
29 Hairdresser		30											
10:00am	Friendship Group	10:45am	Residents meeting										
11:00am	Exercises with Blisscare	4:00pm	Church Service in Link Room										
3:15pm	Sing-a-long												

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
 Please check the April Falls Awareness Program for Activities & Discussion Groups

