

ST PAUL'S HOMES Cottage Program May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Morning ideas - Sit in the garden Visit a neighbour 2pm – Group crossword - Activity Room	31 10am - Morning Tea 10:30am - Bingo - Activity Room 2pm – Tai Chi - Activity Room	All activities have limited numbers with Covid-19 restrictions still in place. We will do our best to accommodate all requests. Reminder - Please do not move the seats closer to each other as we have allowed for the 1.5 metres social distancing required during activities. Thank you and have a great month. Lifestyle.				1 2pm – Movie Time - Kaesler Lounge or 2pm – Quiz time - Activity Room
2 Morning ideas - Bizzy Board 10 minutes to be active. Walk to the Kaffe' 2pm – Group crossword - Activity Room	3 10am - Morning Tea 10:30am - Bingo - Activity Room 2pm – Tai Chi - Activity Room	4 10:30am - Singing Group - Activity Room 2pm - Get Crafty - Activity Room	5 10:00am – Morning tea 10:30 - Word puzzle w' Raelene - Activity Room 2pm – Golf - Activity Room	6 10:30am - Bowls - Activity Room 2pm – Ladies Wear Mid coast Styling - Activity Room	7 10:30am – Yahtzee - Activity Room 2pm – Workout with Physio support - Activity Room	8 2pm – Movie Time - Kaesler Lounge or 2pm - Bible Study - Activity Room
9 MOTHERS DAY Morning ideas - Sit in the garden Visit a neighbour 2pm - Our world - Activity Room	10 10am - Morning Tea 10:30am - Bingo - Activity Room 2pm – Tai Chi - Activity Room	11 10:30am - Table Games - Activity Room 2pm – Mosaic craft - Activity Room	12 10:30am – Sing a long with John Mullins - Kaesler / Biar 2pm – Workout with Physio support - Activity Room	13 10.30 – Bowls - Activity Room 2pm – Art - Activity Room	14 10:30am – Uniting Church Service - Chapel 2pm - Men's Group - Rothe lounge 2pm – Women's Group - Activity Room	15 2pm – Movie Time - Kaesler Lounge or 2pm – Who wants to be a Millionaire - Activity Room
16 Morning ideas - Bizzy Board 10 minutes to be active. Walk to the Kaffe' 2pm - Church service - chapel	17 10am - Morning Tea 10:30am - Bingo -Activity Room 2pm – Tai Chi - Activity Room	18 10:30am – Cup Pong - Activity Room 2pm - Singing Group - Activity Room	19 LIBRARY COLLECTION 10:00am – Morning tea Word puzzle w' Raelene - Activity Room 2pm – St Pauls Derby - Activity Room	20 LIBRARY DAY 10:30am - Bowls - Activity Room 2pm – CONCERT Simply Women - Kaesler/Biar	21 10:30am – Magic memories - Activity room 2pm – Workout with Physio support - Activity Room	22 2pm – Movie Time - Kaesler Lounge or 2pm - Moving Meditation - Activity Room
23 Morning ideas - Sit in the garden Visit a neighbour 2pm - Latest edition - Activity Room	24 10am - Morning Tea 10:30am - Bingo -Activity Room 2pm – Tai Chi - Activity Room	25 10:30am –Table Games - Activity Room 2pm - “Bizzy Board” Answered - Activity Room 3pm – Memorial service -chapel	26 10:30am – Art - Activity Room 2pm – Garden group - Activity Room	27 10:30am - Lutheran Church Service - Chapel 2pm – Let's get Cooking - Rothe cottage	28 10:30am - Biggest Morning Tea - Activity Room 2pm - Men's Group - Rothe lounge 2pm – Women's Group - Activity Room	29 2pm – Movie Time - Kaesler Lounge or 2pm – Chi Ball Exercises - Activity Room

Program subject to change

ST PAUL'S HOMES Nitschke Program May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Music and Outdoors Share And Prayer 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	31 Music and Outdoors Share And Prayer 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	Breakfast 08:00 Lunch 12:00 Dinner 17:30		Morning Tea 10:00-10:30 Afternoon Tea 14:00-14:30 Supper 19:00-19:30		1 SING-A-LONG FLOOR GAMES 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program
2 GOLDEN MUSIC Share And Prayer 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	3 MOVE WITH MUSIC TAI CHI 2-3pm Quiet Time Your Choice 4pm Quiz Relaxation Program	4 GET CRAFTY HYMN SING 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	5 LETS DANCE GOLDEN MUSIC 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	6 SIT AND STRETCH SENSES 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	7 BALL GAMES BINGO 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	8 KARAOKE FLOOR GAMES 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program
9 MOTHERS DAY MOVE WITH MUSIC Share And Prayer 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	10 WORD GAMES TAI CHI 2-3pm Quiet Time Your Choice 4pm Quiz Relaxation Program	11 SIT AND STRETCH NUMBERS 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	12 MOVE WITH MUSIC BOWLS 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	13 BALLOON TOSS MAGIC MEMORIES 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	14 10:30am – Uniting Church Service - Chapel 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	15 MUSIC MEMORIES FLOOR GAMES 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program
16 GOLDEN MUSIC Church Service 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	17 GET CRAFTY TAI CHI 2-3pm Quiet Time Your Choice 4pm Quiz Relaxation Program	18 FUN WITH FOOD 1-2pm Quiet Time BIBLE READING Your Choice 4pm Quiz Relaxation Program	19 LIBRARY COLLECTION LETS DANCE BOWLS 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	20 LIBRARY DAY MOVE WITH MUSIC ART 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	21 SIT AND STRETCH ART 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	22 SING-A-LONG FLOOR GAMES 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program
23 Music and Outdoors Share And Prayer 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	24 FLOOR GAMES TAI CHI 2-3pm Quiet Time Your Choice 4pm Quiz Relaxation Program	25 SIT AND STRETCH ART 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	26 MOVE WITH MUSIC BINGO 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	27 LETS DANCE REMINISCE 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	28 BALLOON TOSS GAMES 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program	29 KARAOKE FLOOR GAMES 1-2pm Quiet Time Your Choice 4pm Quiz Relaxation Program

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