

JUNE 2023 southport



SAT



MON



TUE



WED



THU

9:30 am Welcome to the 10:00 am Intergenerational program with the preschool children 11:00 am Gessy's physio exercises 11:45 am footy tipping 1:30 pm Bus trips 3:30 pm coffee and chat 4 pm 1-1 room visits

FRI

9:30 am Welcome tp the

10:00 am Newspaper read

10:30 am musical

melodies

11:00 am Zumba Gold

1:30 pm Balloon therapy

2 pm Happy Hour

3 pm Singalongs

4 pm 1-1 room visits

Morning TV shows 10:00 am Creative Therapy with Kimberly Aromatherapy or pampering **Afternoon movie** matinee **Toolbox activities** Garden walks

Livestream morning church (By request) **Afternoon movie** matinee Netflix (available all day) Footy match of the day **Toolbox activities**

9:30 am Welcome to the day 10 am Newspaper read 10:30 am in chair exercises 11:00 am music melodies 1:30 pm Greek coffee club 3pm floor games 4 pm 1-1 room visits

Sweden Independence

9:30 am Welcome to the 10:00 am newspaper read 10:30 music and movement 11:00 am reminiscing tunes 1:30 pm Bingo 3 pm Pet therapy 3 pm Footy tipping 3:30 pm Armchair travel to Sweden celebrating Independence day 4 nm 1-1 room visits

9:30 am Lifestyle **Huddle meeting** 10:30 am **Newspaper read** 11:00 am in chair exercises 1:30 pm Masterchef 3:30 pm sensory or memory Lane activities 4 pm 1-1 room visits

9:30 am Welcome to the day 10:00 am newspaper read 10:30 am powerpoint presentation 11:00 am Gessy's physio exercises 11:45 am Footy tipping 1:30 pm Bus trips 3:30 pm coffee and chat time 4 pm 1-1 room visits

9:30 am Welcome tp the day 10:00 am Newspaper read 10:30 am musical melodies 11:00 am Zumba Gold 1:30 pm balloon therapy 2 pm Happy Hour 3 pm Singalongs 4 pm 1-1 room visits

10

Morning TV shows Aromatherapy or pampering Afternoon movie matinee **Toolbox activities** Garden walks

Livestream morning church (By request) Afternoon movie matinee Netflix (available all day) Footy match of the day **Toolbox activities**

12 **PUBLIC HOLIDAY** Philippines independence

> **Morning TV shows Aromatherapy or** pampering **Afternoon movie** matinee **Toolbox activities** Garden walks

13

9:30 am Welcome to the day 10:00 am newspaper read 10:30 music and movement 11:00 am reminiscing tunes 1:30 pm Bingo 3 pm Pet therapy 3:30 pm Armchair travel 4 pm 1-1 room visits

14

9:30 am Welcome to the day 10:30 am Newspaper read 11:00 am in chair exercises 1:30 pm Masterchef B:30 pm sundowning activities 4 pm 1-1 room visits

15

9:30 am Welcome to the day 10:00 am newspaper read 10:30 am powerpoint presentation 11:00 am Gessy's physio exercises 11:45 am Footy tipping 1:30 pm Bus trips 3:30 pm coffee and chat 4 pm 1-1 room visits

16

9:30 am Welcome tp the day 10:00 am Newspaper read 10:30 am musical melodies 11:00 am Zumba Gold 1:30 pm Balloon therapy 2 pm Happy Hour 3 pm Independence Philippines day celebrations 4 pm 1-1 room visits

Morning TV shows 10:00 am Creative therapy with Kimberly **Aromatherapy or** pampering **Afternoon movie** matinee **Toolbox activities** Garden walks



SUN

day

Toolbox activities

MON

4 pm 1-1 room visits

JUNE 2023 southport

WED

*subject to change



SAT

18	19	20	21	22	23	24
	9:30 am Welcome to	9:30 am Welcome to	9:30 am Lifestyle Huddle meeting	9 :30 am Welcome to the day	9 :30 am Welcome tp the day	Morning TV shows Aromatherapy or
Livestream morning church	the day	the day 10:00 am newspaper		10:00 am newspaper	10:00 am Newspaper	
(By request)	10 am Newspaper read 10:30 am in chair	read	Newspaper read	read 10:30 am powerpoint	read 10:30 am musical	Afternoon movie
Afternoon movie	exercises	10:30 music and movement	11:00 am in chair exercises	presentation	melodies	matinee
matinee	11:00 am music melodies	11:00 am reminiscing		11:00 am Gessy's physio exercises	11:00 am Zumba Gold 1:30 pm Balloon	TOOLDOX activities
Netflix (available all day)	1:30 pm Greek coffee club	tunes		11:45 am Footy tipping		Garden walks 6 pm Saturday
Footy match of the	3pm Arts and crafts	1:30 pm Bingo 3:30 pm Armchair	memory lane	1:30 pm Bus trips 3:30 pm coffee and	2 pm Happy Hour2 pm Dave in concert	•

4 pm 1-1 room

visits

28

Croatia

25

Independence day the day Livestream morning church read (By request) Afternoon movie exercises matinee **Netflix** melodies (available all day coffee club Footy match of the day **Toolbox activities**

26

9:30 am Welcome to 10 am Newspaper 10:30 am in chair 11:00 am music 1:30 pm Greek 3pm floor games 4 pm 1-1 room visits

27 9:30 am Welcome to the day 10:00 am newspaper read 10:30 music and movement 11:00 am reminiscing tunes 1:30 pm Bingo 3:30 pm Armchair Travel & Presentation to Croatia celebrating independence day 4 pm 1-1 room visits

travel

4 pm 1-1 room visits

TUE

9:30 am Welcome to the day 10:30 am **Newspaper read** 11:00 am in chair exercises 1:30 pm Masterchef 3:30 pm sundowning activities 4 pm 1-1 room visits

9:30 am Welcome to the day 10:00 am Intergenerational program with preschool children 11:00 am Gessy's physio exercises **11:45** am Footy tipping 1:30 pm Bus trips 3:30 pm coffee and chat time 4 pm 1-1 room visits

chat time

4 pm 1-1 room visits

29

THU

30 9:30 am Welcome to the day 10:00 am **Newspaper read** 10:30 am Focus Group **11:00** am Zumba Gold 1:30 pm Balloon therapy 2 pm Happy Hour 3 pm Singalongs 4 pm 1-1 room visits

3 pm Singalongs

4 pm 1-1 room visits

FRI

or ie es (Lounge area)

