





SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Philippines National Flag (watawat) 1993</p>	 <p>Queen's Birthday procession</p>	 <p>HAPPY WORLD MUSIC DAY</p>		<p>1</p> <p>9:30 am Welcome to the day 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 time 4 pm 1-1 room visits</p>	<p>2</p> <p>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</p>	<p>3</p> <p>Morning TV shows 10:00 am Creative Therapy with Kimberly Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walks</p>
<p>4</p> <p>Livestream morning church (By request) Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities</p>	<p>5</p> <p>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</p>	<p>6 Sweden Independence day</p> <p>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 pm Footy tipping 3:30 pm Armchair travel to Sweden celebrating Independence day 4 pm 1-1 room visits</p>	<p>7</p> <p>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</p>	<p>8</p> <p>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</p>	<p>9</p> <p>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</p>	<p>10</p> <p>Morning TV shows Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walks</p>
<p>11</p> <p>Livestream morning church (By request) Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities</p>	<p>12 PUBLIC HOLIDAY Philippines independence day</p> <p>Morning TV shows Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walks</p>	<p>13</p> <p>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</p>	<p>14</p> <p>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</p>	<p>15</p> <p>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</p>	<p>16</p> <p>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</p>	<p>17</p> <p>Morning TV shows 10:00 am Creative therapy with Kimberly Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walks</p>

JUNE 2023

southport

*subject to change



SUN	MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23	24
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 Arts and crafts 4 pm 1-1 room visits	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 4 pm 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 to 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 2 pm Dave in concert 3 pm Singalongs 4 pm 1-1 room visits	Morning TV shows Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walks 6 pm Saturday night movies (Lounge area)

25	26	27	28	29	30
Croatia Independence day 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	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	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	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

