CaSPA Care
Living well. Living locally.

# May 2023

# LEVEL 1 House 1 , 2 & 3

*subject to change

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | 1<br>9:30 am Welcome to the day<br>9 :40 am Newspaper Reading ( H3 )<br>11:00 am music & movement ( H3)<br>11:00 am news and views ( H1 & 2 )<br>11:00 am shopping trolley ( L1)<br>11:30 am Balloon therapy<br>1 :30 pm Meditation ( cinema )<br>1 :30 pm Masterchef ( H3 )<br>3 pm Footy tipping<br>4 pm 1-1 room visits | 2<br>9 : 30 am Welcome to the day<br>9 :30 am Pastoral care<br>9:40 am Musical instruments ( H3)<br>10:00 am news and views ( H3)<br>10:30 am Pet therapy<br>10 :00 am Gessy's physio exercises ( H4)<br>11:00 am music & movement<br>1 pm Armchair travel ( H4 & 5 )<br>1: 30 pm Arts & crafts ( L3)<br>2 :45 PM YOGA with Ellen<br>3 :30 pm poetry ( H 4 & 5 )<br>4 pm 1-1 room visits | 3<br>9 :30 am Welcome to the day<br>9:40 am Newspaper read<br>10:00 am music and movement ( H 3)<br>10:45 am news and views ( H 1 & 2 )<br>11:15 am Zumba Gold ( H3 )<br>11:45 am Musical melodies<br>1:30 pm St George's day presentation & food ( L3)<br>1 :30 pm Lochlan's bus trip<br>1 :30 pm Tommy's singalong & High tea ( L1 )<br>3 :30 pm Gardening or outdoor activities<br>4 pm 1-1 room visits | 4<br>9:30 am Welcome to the day<br>9 :40 am Newspaper read( H3)<br>10:00 am Gessy's physio exercises ( H4 )<br>11:00 am Puppets alive ( H3)<br>11:00 am choir ( L3)<br>11:15 am Zumba Gold ( H 1 & 2 )<br>1 pm Intergenerational program( L2 )<br>( Mothers Day Creative arts )<br>1 pm Floor Games( H3 )<br>1:30 pm Ladies group ( L3)<br>2 pm Bingo ( H1 & 2 )<br>3 :30 pm pampering or aromatherapy<br>4 pm 1-1 room visits | 5<br>9:30 am Welcome to the day<br>9:40 am Newspaper read ( H3)<br>10:00 am Music and movement ( H3)<br>10:30 am news and views ( H1 & 2)<br>11:00 am musical moments<br>1 pm Dance therapy ( H1 & 2)<br>1 :30 pm Andrew's Bus trip<br>2 pm community walks outdoor activities<br>2 pm Afternoon Trivia (L 4 )<br>2 pm Dance therapy ( H3)<br>3 pm Lochlan's Friday fiesta ( L4 )<br>3 :15 PM Cafe time<br>4 pm 1-1 room visits | 6<br>10:30 am Musical moments<br>11:00 am Coffee & chat<br>1 pm Toolbox activities<br>Netflix available all day<br>2 pm Afternoon movie matinee<br>3 pm Garden walks<br>4 pm Happy hour<br>8 pm Livesteam kings Charles 111's coronation via ( ABC) |
| 7<br>Livestream Church service ( By request )<br>10:00 am Coffee and chat<br>2 pm Musical moments<br>Afternoon tea<br>3 pm Footy match of the day<br>Netflix available all day<br>Garden walks | 8<br>9:30 am Welcome to the day<br>9 :40 am Newspaper Reading ( H3 )<br>11:00 am music & movement ( H3)<br>11:00 am news and views ( H1 & 2 )<br>11:00 am shopping trolley ( L2 )<br>11:30 am Balloon therapy<br>1 :30 pm Meditation ( Cinema )<br>1 :30 pm floor games<br>2 pm Omega the violinist ( L2 )<br>3 pm Footy tipping<br>4 pm 1-1 room visits | 9<br>9 : 30 am Welcome to the day<br>9 :30 am Pastoral care<br>9:40 am Musical instruments ( H3)<br>10:00 am news and views ( H3)<br>10 :00 am Gessy's physio exercises ( H4)<br>11:00 am music & movement<br>1 pm Armchair travel ( H4 & 5 )<br>1:30 pm Greek Group ( H3 )<br>1: 30 pm Arts & crafts ( L3)<br>2 :45 PM YOGA with Ellen<br>3 :30 pm community walks ( H 4 & 5 )<br>4 pm 1-1 room visits | 10<br>9 :30 am Lifestyle Huddle meeting<br>10:00 am music and movement ( H 3 )<br>10:45 am news and views ( H 1 & 2 )<br>11:15 am Zumba Gold ( H3 )<br>11:45 am Musical melodies<br>1 :30 pm Rachael's Como house cafe bus trip<br>1 :30 pm Tommy's singalong & High tea ( L1 )<br>3 :30 pm Gardening or outdoor activities<br>4 pm 1-1 room visits | 11<br>9:30 am Welcome to the day<br>9 :40 am Newspaper read( H3)<br>10:00 am Gessy's physio exercises ( H4 )<br>10:30 am news and views ( 1 & 2 )<br>11:00 am choir ( L3)<br>11:15 am Zumba Gold ( H 1 & 2 )<br>1 pm Floor Games( H3 )<br>2 pm Bingo ( H1 & 2 )<br>3 :30 pm pampering or aromatherapy<br>4 pm 1-1 room visits | 12 Nurses day<br>9:30 am Welcome to the day<br>9:40 am Newspaper read ( H3)<br>10:00 am Music and movement ( H3)<br>10:30 am news and views<br>11:00 am musical moments<br>11:30 am Andrew's Lamaro's Hotel Bus trip<br>1 pm Dance therapy ( H1 & 2)<br>1 pm Tribute to all nurses<br>2 pm community walks outdoor activities<br>2 pm Afternoon Trivia (L 4 )<br>2 pm Dance therapy ( H3)<br>2 pm Mother's day concert ( L3 )<br>3 pm Lochlan's Friday fiesta ( L4 )<br>3 :15 PM Cafe time<br>4 pm 1-1 room visits | 13<br>10:30 am Musical moments<br>11:00 am Coffee & chat<br>1 pm Toolbox activities<br>Netflix available all day<br>2 pm Afternoon movie matinee<br>3 pm Garden walks<br>4 pm Happy hour |

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| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 14 Mothers day<br>Livestream Church service<br>( By request )<br>10:00 am Coffee and chat<br>2 pm Musical moments<br>Afternoon tea<br>3 pm Footy match of the day<br>Netflix available all day<br>Garden walks | 15<br>9:30 am Welcome to the day<br>9 :40 am Newspaper Reading ( H3 )<br>11:00 am music & movement ( H3)<br>11:00 am news and views ( H1 & 2 )<br>11:00 am shopping trolley ( L3 )<br>11:30 am Balloon therapy<br>1 :30 pm Meditation ( cinema )<br>1 :30 pm Masterchef ( H3 )<br>3 pm Footy tipping<br>4 pm 1-1 room visits | 16<br>9 : 30 am Welcome to the day<br>9 :30 am Pastoral care<br>9:40 am Musical instruments ( H3)<br>10:00 am news and views ( H3)<br>10:30 am Pet therapy<br>10 :00 am Gessy's physio exercises ( H4)<br>11:00 am music & movement<br>1 pm Armchair travel ( H4 & 5 )<br>1: 30 pm Arts & crafts ( L3)<br>2 :45 PM YOGA with Ellen<br>3 :30 pm poetry ( H 4 & 5 )<br>4 pm 1-1 room visits | 17<br>9 :30 am Welcome to the day<br>9:40 am Newspaper read<br>10:00 am music and movement ( H 3)<br>10:45 am news and views ( H 1 & 2 )<br>11:15 am Zumba Gold ( H3 )<br>11:45 am Musical melodies<br>1:30 pm Cheese tasting ( L3)<br>1 :30 pm Lochlan's bus trip<br>1 :30 pm Tommy's singalong & High tea ( L1 )<br>3 :30 pm Gardening or outdoor activities<br>4 pm 1-1 room visits | 18<br>9:30 am Welcome to the day<br>9 :40 am Newspaper read( H3)<br>10:00 am Gessy's physio exercises ( H4 )<br>10:30 am news and views ( 1 & 2 )<br>11:00 am choir ( L3)<br>11:15 am Zumba Gold ( H 1 & 2 )<br>1 pm Intergenerational program( L2 )<br>( Musical moments program )<br>( Mothers day creative arts )<br>1 pm Floor Games( H3 )<br>1:30 pm Ladies group ( L3)<br>2 pm Bingo ( H1 & 2 )<br>3 :30 pm pampering or aromatherapy<br>4 pm 1-1 room visits | 19<br>9:30 am Welcome to the day<br>9:40 am Newspaper read ( H3)<br>10:00 am Music and movement ( H3)<br>10:30 am news and views ( H1 & 2)<br>11:00 am musical moments<br>1 pm Dance therapy ( H1 & 2)<br>1 :30 pm Andrew's Bus trip<br>2 pm community walks outdoor activities<br>2 pm Afternoon Trivia (L 4 )<br>2 pm Dance therapy ( H3)<br>3 pm Lochlan's Friday fiesta ( L4 )<br>3 :15 PM Cafe time<br>4 pm 1-1 room visits | 20<br>10:30 am Musical moments<br>11:00 am Coffee & chat<br>1 pm Toolbox activities<br>Netflix available all day<br>2 pm Kimberly's art therapy ( LM )<br>2 pm Afternoon movie matinee<br>3 pm Garden walks<br>4 pm Happy hour |
| 21<br>Livestream Church service<br>( By request )<br>10:00 am Coffee and chat<br>2 pm Musical moments<br>Afternoon tea<br>3 pm Footy match of the day<br>Netflix available all day<br>Garden walks | 22<br>9:30 am Welcome to the day<br>9 :40 am Newspaper Reading ( H3 )<br>11:00 am music & movement ( H3)<br>11:00 am news and views ( H1 & 2 )<br>11:00 am shopping trolley ( L4 )<br>11:30 am Balloon therapy<br>1 :30 pm Meditation ( cinema )<br>1 :30 pm Flower arrangements ( LM )<br>3 pm Footy tipping<br>4 pm 1-1 room visits | 23<br>9 : 30 am Welcome to the day<br>9 :30 am Pastoral care<br>9:40 am Musical instruments ( H3)<br>10:00 am news and views ( H3)<br>10 :00 am Gessy's physio exercises ( H4)<br>11:00 am music & movement<br>1 pm Armchair travel ( H4 & 5 )<br>1:30 pm Greek Group ( H3 )<br>1: 30 pm Arts & crafts ( L3)<br>2 :45 PM YOGA with Ellen<br>3 :30 pm community walks<br>4 pm 1-1 room visits | 24<br>9 :30 am Lifestyle huddle meeting<br>10:00 am music and movement ( H 3 )<br>10:45 am news and views ( H 1 & 2 )<br>11:15 am Zumba Gold ( H3 )<br>11:45 am Musical melodies<br>1 :30 pm Rachael's bus trip<br>1 :30 pm Tommy's singalong & High tea ( L1 )<br>3 :30 pm Gardening or outdoor activities<br>4 pm 1-1 room visits | 25<br>9:30 am Welcome to the day<br>9 :40 am Newspaper read( H3)<br>10:00 am Gessy's physio exercises ( H4 )<br>11:00 am choir ( L3)<br>11:15 am Zumba Gold ( H 1 & 2 )<br>1 pm Floor Games( H3 )<br>2 pm Bingo ( H1 & 2 )<br>3 :30 pm pampering or aromatherapy<br>4 pm 1-1 room visits | 26<br>9:30 am Welcome to the day<br>9:40 am Newspaper read ( H3)<br>10:00 am Music and movement ( H3)<br>10:30 am news and views ( H1 & 2)<br>11:00 am musical moments<br>1 pm Dance therapy ( H1 & 2)<br>1 :30 pm Andrew's Bus trip<br>2 pm community walks outdoor activities<br>2 pm Afternoon Trivia (L 4 )<br>2 pm Dance therapy ( H3)<br>2 pm Lifestyle focus Group ( LM )<br>3 pm Lochlan's Friday fiesta ( L4 )<br>3 :15 PM Cafe time<br>4 pm 1-1 room visits | 27<br>10:30 am Musical moments<br>11:00 am Coffee & chat<br>1 pm Toolbox activities<br>Netflix available all day<br>2 pm Afternoon movie matinee<br>3 pm Garden walks<br>4 pm Happy hour<br>6 pm movie night at the cinema's |
| 28<br>Livestream Church service<br>( By request )<br>10:00 am Coffee and chat<br>2 pm Musical moments<br>Afternoon tea<br>3 pm Footy match of the day<br>Netflix available all day<br>Garden walks | 29<br>9:30 am Welcome to the day<br>9 :40 am Newspaper Reading ( H3 )<br>11:00 am music & movement ( H3)<br>11:00 am news and views ( H1 & 2 )<br>11:00 am shopping trolley ( all levels )<br>11:30 am Balloon therapy<br>1 :30 pm Meditation (Cinema )<br>1 :30 pm Floor games<br>3 pm Footy tipping<br>4 pm 1-1 room visits | 30<br>9 : 30 am Welcome to the day<br>9 :30 am Pastoral care<br>9:40 am Musical instruments ( H3)<br>10:00 am news and views ( H3)<br>10 :00 am Gessy's physio exercises ( H4)<br>10:30 am Pet therapy<br>11:00 am music & movement<br>1 pm Armchair travel ( H4 & 5 )<br>1:30 pm Greek Group ( H3 )<br>1: 30 pm Arts & crafts ( L3)<br>2 :45 PM YOGA with Ellen<br>3 :30 pm Cafe Time<br>4 pm 1-1 room visits | 31<br>9 :30 am Welcome to the day<br>9:40 am Newspaper read<br>10:00 am music and movement ( H 3)<br>10:45 am news and views ( H 1 & 2 )<br>11:15 am Zumba Gold ( H3 )<br>11:45 am Musical melodies<br>1 :30 pm Lochlan's bus trip<br>1 :30 pm Tommy's singalong & High tea ( L1 )<br>2 pm Food appreciation meeting<br>3 :30 pm Gardening or outdoor activities<br>4 pm 1-1 room visits | | | |