CaSPACare
Living well. Living locally.

May 2023

LEVEL 2 House 4 , 5 & 6

*subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:30 am Welcome to day 10:30 am quizzes and word games 11:00 am News and views 11:00 am Shopping Trolley (L1) 11:30 am Balloon and card games 1 pm bingo 1:30 pm meditation (cinema) 3 pm floor games 4 pm 1-1 room visits	2 9 :30 am Welcome to the day 9 :30 am Pastoral visits 10:00 am Gessy's physio exercises 10:30 am news and views 11:00 am word games and quizzes 1 pm pet therapy 1 pm Armchair travel 1:30 pm Arts & crafts (L3) 2 pm Masterchef 2:45 pm Yoga with Ellen (L1) 4 pm 1-1 room visits	3 9 :30 am Welcome to the day 9:40 am news and views 10:00 am word games & quizzes 10:30 am Zumba Gold (H4 & 5) 1:30 pm Lochlan's bus trip 1:30 pm St Georges day presentation & food (L3) 1 :30 pm Tommy's singalong & high tea (L1) 3 pm pampering 4 pm 1-1 room visits	4 9 :30 am Welcome to the day 9 :40 am news and views 10:00 am Gessy's physio exercises 10:30 am word games & quizzes 11:00 am choir (L3) 11:00am Dance therapy (H6) 11:00 am puppets alive (H3) 1 pm intergenerational program (Mothers Day creative arts) 1:30 pm Men's group (Cinema) 1:30 pm Ladies group 2 pm Dance therapy(H4 & 5) 3:30 pm Cafe time 4 pm 1-1 room visits	5 9 :30 am Welcome to the day 10:00 am word games & quizzes 10:30 am Anglican Mass (Cinema) 11:00 am Music and movement 1:30 pm Musical concerts via (youtube) 1 :30 pm Andrew's bus trips 2 pm Afternoon Trivia (L4) 3 pm Lochlan's Friday Fiesta (L4) 4 pm 1-1 room visits	6 10:30 am Musical moments 11:00 am Laughter & Lattes 1 pm Garden walks 2 pm Afternoon movie matinee 3 pm Toolbox activities 4 pm Happy hour 8 pm Livestream Kings Charles 111 's coronation (via ABC)
7 Livestream church (By request) 10 :00 am Coffee and chat 1 pm Musical moments Netflix available all day Footy match of the day Toolbox activities Garden Walks	8 9:30 am Welcome to day 10:30 am quizzes and word games 11:00 am News and views 11:00 am Shopping Trolley (L2) 11:30 am Balloon and card games 1:30 pm Meditation (cinema) 2 pm Omega violinist 3 pm card & board games 4 pm 1-1 room visits	9 9 :30 am Welcome to the day 9 :30 am Pastoral visits 10:00 am Gessy's physio exercises 10:30 am news and views 11:00 am word games and quizzes 1 pm Armchair travel 1:30 pm Arts & crafts (L3) 1:30 pm Greek Group (H3) 2 pm Creative games 2:45 pm Yoga with Ellen (L1) 4 pm 1-1 room visits	10 9 :30 am Lifestyle huddle meeting 9:40 am news and views 10:00 am word games & quizzes 10:30 am Zumba Gold (H4 & 5) 1:30 pm Rachael's Como House cafe bus trip 1 :30 pm Tommy's singalong & high tea (L1) 3 pm pampering 4 pm 1-1 room visits	11 9 :30 am Welcome to the day 9 :40 am news and views 10:00 am Gessy's physio exercises 10:30 am word games & quizzes 11:00 am choir (L3) 11:00am Dance therapy (H6) 1:30 pm Men's group (Cinema) 2 pm Dance therapy (H4 & 5) 3:30 pm Cafe time 4 pm 1-1 room visits	12 Nurses Day 9 :30 am Welcome to the day 10:00 am word games & quizzes 10:30 am Catholic Mass (Cinema) 11:00 am Music and movement 11:30 am Andrew's Lamaro's Hotel Bus trip 1 pm Tribute to all the nurses 1:30 pm Musical concerts via (youtube) 2 pm Mothers day concert (L3) 2 pm Afternoon Trivia (L4) 3 pm Lochlan's Friday Fiesta (L4) 4 pm 1-1 room visits	13 10:30 am Musical moments 11:00 am Laughter & Lattes 1 pm Garden walks 2 pm Afternoon movie matinee 3 pm Toolbox activities 4 pm Happy hour

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SUN	MON	TUE	WED	THU	FRI	SAT
14 Mother's Day Livestream church (By request) 10 :00 am Coffee and chat 1 pm Musical moments Netflix available all day Footy match of the day Toolbox activities Garden Walks	15 9:30 am Welcome to day 10:30 am quizzes and word games 11:00 am News and views 11:00 am Shopping Trolley (L3) 11:30 am Balloon and card games 1 pm Bingo 1 :30 pm Meditation (cinema) 3 pm cafe time 4 pm 1-1 room visits	16 9 :30 am Welcome to the day 9 :30 am Pastoral visits 10:00 am Gessy's physio exercises 10:30 am news and views 11:00 am word games and quizzes 1 pm pet therapy 1 pm Armchair travel 1:30 pm Arts & crafts (L3) 2 pm Masterchef 2:45 pm Yoga with Ellen (L1) 4 pm 1-1 room visits	17 9 :30 am Welcome to the day 9:40 am news and views 10:00 am word games & quizzes 10:30 am Zumba Gold (H4 & 5) 1:30 pm Cheese tasting (L3) 1:30 pm Lochlan's bus trip 1 :30 pm Tommy's singalong & high tea (L1) 3 pm pampering 4 pm 1-1 room visits	18 9 :30 am Welcome to the day 9 :40 am news and views 10:00 am Gessy's physio exercises 10:30 am word games & quizzes 11:00 am choir (L3) 11:00am Dance therapy (H6) 1 pm intergenerational program (Musical moments program) 1:30 pm Men's group (Cinema) 1 :30 pm Ladies Group (L3) 2 pm Dance therapy(H4 & 5) 3:30 pm Cafe time 4 pm 1-1 room visits	19 9 :30 am Welcome to the day 10:00 am word games & quizzes 11:00 am Music and movement 1:30 pm Musical concerts via (youtube) 1 :30 pm Andrew's bus trips 2 pm Afternoon Trivia (L4) 3 pm Lochlan's Friday Fiesta (L4) 4 pm 1-1 room visits	20 10:30 am Musical moments 11:00 am Laughter & Lattes 1 pm Garden walks 2 pm Afternoon movie matinee 2 pm Kimberly's art therapy (LM) 3 pm Toolbox activities 4 pm Happy hour
21 Livestream church (By request) 10 :00 am Coffee and chat 1 pm Musical moments Netflix available all day Footy match of the day Toolbox activities Garden Walks	22 9:30 am Welcome to day 10:30 am quizzes and word games 11:00 am News and views 11:00 am Shopping Trolley (L4) 11:30 am Balloon and card games 1 pm Bingo 1 :30 pm Meditation (cinema) 1:30 pm Flower arranging (LM) 3 pm floor games 4 pm 1-1 room visits	23 9 :30 am Welcome to the day 9 :30 am Pastoral visits 10:00 am Gessy's physio exercises 10:30 am news and views 11:00 am word games and quizzes 1 pm Armchair travel 1:30 pm Arts & crafts (L3) 1:30 pm Greek Group (H3) 2 pm Creative games 2:45 pm Yoga with Ellen (L1) 4 pm 1-1 room visits	24 9 :30 am Lifestyle huddle meeting 9:40 am news and views 10:00 am word games & quizzes 10:30 am Zumba Gold (H4 & 5) 1:30 pm Rachael's bus trip 1 :30 pm Tommy's singalong & high tea (L1) 3 pm pampering 4 pm 1-1 room visits	25 9 :30 am Welcome to the day 9 :40 am news and views 10:00 am Gessy's physio exercises 10:30 am word games & quizzes 11:00 am choir (L3) 11:00am Dance therapy (H6) 1:30 pm Men's group (Cinema) 2 pm Dance therapy(H4 & 5) 3:30 pm Cafe time 4 pm 1-1 room visits	26 9 :30 am Welcome to the day 10:00 am word games & quizzes 11:00 am Music and movement 1:30 pm Musical concerts via (youtube) 2 pm Lifestyle focus group (LM) 2 pm Afternoon Trivia (L4) 3 pm Lochlan's Friday Fiesta (L4) 4 pm 1-1 room visits	27 10:30 am Musical moments 11:00 am Laughter & Lattes 1 pm Garden walks 2 pm Afternoon movie matinee 3 pm Toolbox activities 4 pm Happy hour 6 pm saturday night movies at the cinema
28 Livestream church (By request) 10 :00 am Coffee and chat 1 pm Musical moments Netflix available all day Footy match of the day Toolbox activities Garden Walks	29 9:30 am Welcome to day 10:30 am quizzes and word games 11:00 am News and views 11:00 am Shopping Trolley (all levels) 11:30 am Balloon and card games 1 pm Bingo 1 :30 pm Meditation (cinema) 3 pm cafe time 4 pm 1-1 room visits	30 9 :30 am Welcome to the day 9 :30 am Pastoral visits 10:00 am Gessy's physio exercises 10:30 am news and views 11:00 am word games and quizzes 1 pm pet therapy 1 pm Armchair travel 1:30 pm Arts & crafts (L3) 2 pm Masterchef 2:45 pm Yoga with Ellen (L1) 4 pm 1-1 room visits	31 9 :30 am Welcome to the day 9:40 am news and views 10:00 am word games & quizzes 10:30 am Zumba Gold (H4 & 5) 1 :30 pm Resident and relative meeting 1:30 pm Lochlan's bus trip 1 :30 pm Tommy's singalong & high tea (L1) 2 pm Food appreciation meeting 3 pm pampering 4 pm 1-1 room visits				