CaSPACare
Living well. Living locally.

May 2023
LEVEL 3 House 7 & 8

*subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am Shopping trolley (L1) 1:30 pm Armchair travel 1:30 pm Meditation (cinema) 3:15 pm pampering and aromatherapy 4 pm 1-1 room visits	2 9 :30 am Welcome to the day 9:30 am Pastoral care visits 9:30 am Gessy's physio exercises 10:00 am news and views 10:30 am pet therapy 10:30 am word games and quizzes 1:30 pm Arts & crafts 3 :30 pm Yoga with Ellen 4 pm 1-1 room visits	3 9 :30 am Welcome to the day 10:00 am news and views 10:30 am word games and quizzes 11:00 am music and movement 1:30 pm Lochlan's bus trip 1:30 pm st Georges day presentation & food 1:30 pm Tommy's singalong & High tea (L1) 3 :30 pm Gardening & outdoor activities 4 pm 1-1 room visits	4 9:30 am Welcome to the day 9:30 am Gessy's physio exercises 10:00 am news and views 11:00 am Puppets alive (H3) 11:00 am Chior (L3) 1 pm Intergenerational Program (L2) (Mother's Day creative arts) 1:30 pm Ladies Group 1:30 pm Men's Group (Cinema) 2 :45 pm Zumba Gold 3 :15 pm Cafe time 4 pm 1-1 room visits	5 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 10:30 am Anglican Mass (Cinema) 11:00 am Dance Therapy 1 :30 pm Andrew's bus trip 2 pm Bingo 2 pm Afternoon trivia (L4) 3 pm Lochlan's Friday Fiesta (L4) 4 pm 1-1 room visits	6 10:00 am Morning TV Shows 10:30 am Laughter and Lattes 2 pm Toolbox activities Netflix (Available all day) 3 pm Movie matinee 4 pm Happy Hour 8 pm Kings Charles 111's coronation via (ABC)
7 Livestream Church (By request) 11:00 am Memory Lane 1 pm Pampering or aromatherapy Netflix (available all day) 2 pm Toolbox activities 3 pm Footy match of the day 4 pm Garden / outdoor walks	8 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am Shopping trolley (L2) 1:30 pm Armchair travel 1:30 pm Meditation (cinema) 2 pm Omega violinist (L2) 3:15 pm pampering and aromatherapy 4 pm 1-1 room visits	9 9 :30 am Welcome to the day 9:30 am Pastoral care visits 9:30 am Gessy's physio exercises 10:00 am news and views 10:30 am word games and quizzes 1:30 pm Greek Group (H3) 1:30 pm Arts & crafts 3 :30 pm Yoga with Ellen 4 pm 1-1 room visits	10 9 :30 am Lifestyle huddle meeting 10:00 am news and views 10:30 am word games and quizzes 11:00 am music and movement 1:30 pm Rachael's Como House cafe bus trip 1:30 pm Armchair travel 1:30 pm Tommy's singalong & High tea (L1) 3 :30 pm Gardening & outdoor activities 4 pm 1-1 room visits	11 9:30 am Welcome to the day 9:30 am Gessy's physio exercises 10:00 am news and views 11:00 am Chior (L3) 1 :30 pm Masterchef 1:30 pm Men's Group (Cinema) 2 :45 pm Zumba Gold 3 :15 pm Cafe time 4 pm 1-1 room visits	12 Nurses Day 13 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 10:30 am Catholic Mass (Cinema) 11:00 am Dance Therapy 11:30 am Andrew's Lamaro's Hotel Bus trip 1 pm Tribute to all nurses 2 pm Mother's day concert 2 pm Afternoon trivia (L4) 3 pm Lochlan's Friday Fiesta (L4) 4 pm 1-1 room visits	10:00 am Morning TV Shows 10:30 am Laughter and Lattes 2 pm Toolbox activities Netflix (Available all day) 3 pm Movie matinee 4 pm Happy Hour

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SUN	MON	TUE	WED	THU	FRI	SAT
14 Mother's Day Livestream Church (By request) 11:00 am Memory Lane 1 pm Pampering or aromatherapy Netflix (available all day) 2 pm Toolbox activities 3 pm Footy match of the day 4 pm Garden / outdoor walks	15 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am Shopping trolley (L3) 1:30 pm Armchair travel 1:30 pm Meditation (cinema) 3:15 pm pampering and aromatherapy 4 pm 1-1 room visits	16 9 :30 am Welcome to the day 9:30 am Pastoral care visits 9:30 am Gessy's physio exercises 10:00 am news and views 10:30 am Pet therapy 10:30 am word games and quizzes 1:30 pm Arts & crafts 3 :30 pm Yoga with Ellen 4 pm 1-1 room visits	17 9 :30 am Lifestyle Huddle meeting 10:00 am news and views 10:30 am word games and quizzes 11:00 am music and movement 1:30 pm Lochlan's bus trip 1:30 pm Poetry 1:30 pm Tommy's singalong & High tea (L1) 1:30 pm Cheese tasting 3 :30 pm Gardening & outdoor activities 4 pm 1-1 room visits	18 9:30 am Welcome to the day 9:30 am Gessy's physio exercises 10:00 am news and views 11:00 am Chior (L3) 1 pm Intergenerational program (L2) (Musical moments program) 1 :30 pm Masterchef 1:30 pm Men's Group (Cinema) 2 :45 pm Zumba Gold 3 :15 pm Cafe time 4 pm 1-1 room visits	19 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am Dance Therapy 1 :30 pm Andrew's bus trip 2 pm Bingo 2 pm Afternoon trivia (L4) 3 pm Lochlan's Friday Fiesta (L4) 4 pm 1-1 room visits	20 10:00 am Morning TV Shows 10:30 am Laughter and Lattes 2 pm Kimberly's art therapy 2 pm Toolbox activities Netflix (Available all day) 3 pm Movie matinee 4 pm Happy Hour
21 Livestream Church (By request) 11:00 am Memory Lane 1 pm Pampering or aromatherapy Netflix (available all day) 2 pm Toolbox activities 3 pm Footy match of the day 4 pm Garden / outdoor walks	22 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am Shopping trolley (L4) 1:30 pm Armchair travel 1:30 pm Meditation (cinema) 1 :30 pm Flower arranging (LM) 3:15 pm pampering and aromatherapy 4 pm 1-1 room visits	23 9 :30 am Welcome to the day 9:30 am Pastoral care visits 9:30 am Gessy's physio exercises 10:00 am news and views 10:30 am word games and quizzes 1:30 Greek Group (H3) 1:30 pm Arts & crafts 3 :30 pm Yoga with Ellen 4 pm 1-1 room visits	24 9 :30 am Welcome to the day 10:00 am news and views 10:30 am word games and quizzes 11:00 am music and movement 1:30 pm Rachael's bus trip 1:30 pm Armchair travel 1:30 pm Tommy's singalong & High tea (L1) 3 :30 pm Gardening & outdoor activities 4 pm 1-1 room visits	25 9:30 am Welcome to the day 9:30 am Gessy's physio exercises 10:00 am news and views 11:00 am Chior (L3) 1 :30 pm Ladies Group 1:30 pm Men's Group (Cinema) 2 :45 pm Zumba Gold 3 :15 pm Cafe time 4 pm 1-1 room visits	26 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am Dance Therapy 1:30 pm Friday afternoon movie 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 10:00 am Morning TV Shows 10:30 am Laughter and Lattes 2 pm Toolbox activities Netflix (Available all day) 3 pm Movie matinee 4 pm Happy Hour 6 pm Saturday night at the movies (Cinema)
28 Livestream Church (By request) 11:00 am Memory Lane 1 pm Pampering or aromatherapy Netflix (available all day) 2 pm Toolbox activities 3 pm Footy match of the day 4 pm Garden / outdoor walks	29 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am Shopping trolley (all levels) 1:30 pm Armchair travel 1:30 pm Meditation (cinema) 3:15 pm pampering and aromatherapy 4 pm 1-1 room visits	30 9 :30 am Welcome to the day 9:30 am Pastoral care visits 9:30 am Gessy's physio exercises 10:30 am Pet therapy 10:00 am news and views 10:30 am word games and quizzes 1:30 pm Arts & crafts 3 :30 pm Yoga with Ellen 4 pm 1-1 room visits	31 9 :30 am Welcome to the day 10:00 am news and views 10:30 am word games and quizzes 11:00 am music and movement 1:30 pm Lochlan's bus trip 1:30 pm Tommy's singalong & High tea (L1) 1:30 pm Resident choice of artist (via youtube) 2 pm Food appreciation meeting 3 :30 pm Gardening & outdoor activities 4 pm 1-1 room visits			