CaSPA Care
Living well. Living locally.

May 2023
LEVEL 4 House 9 & 10

*subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9 :30 am Welcome to the day 10:30 am News and views 11:00 am 9 Letters word game 11:00 am Shopping Trolley (L1) 1:30 pm Meditation (cinema) 3 pm Pampering 4 pm 1-1 room visits	2 9 :30 am Welcome to the day 9:30 am Gessy's Physio exercises 9 :30 am Pastoral care visits 10:30 am news and views 11:00 am 9 Letter words 1 pm pet therapy 1:30 pm Arts & crafts (L3) 2 pm Bingo 3 :30 pm Yoga with Ellen (L3) 4 pm 1-1 room visits	3 9 :30 am Welcome to the day 10:30 am news and views 11:00 am 9 Letter word game 1:30 pm Tommy's singalongs & high tea (L1) 1:30 pm St George's day Presentation & food (L3) 1:30 pm Lochlan's bus trip 1 :30 pm Musical tv shows 3:30 pm Gardening group or 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 Dance therapy 10:30 am news and views 11:00 am 9 Letter word game 11:00am puppets alive (H3) 11:00 am Chior (L3) 1 pm Intergenerational program (Mother's day creative arts program) 1 :30 pm Men's Group 1:30 pm Ladies Group(L3) 2 pm Zumba Gold 2 :30 pm Footy tipping 3 :30 pm Poetry 4 pm 1-1 room visits	5 9 :30 am Welcome to the day 10:00 am Dance therapy 10:30 am News and views 10: am Anglican Mass (cinema) 11:00 am 9 letter 1:30 pm Andrew's bus trip 2 pm Afternoon Trivia 3 pm Lochlan's Friday Fiesta 4 pm 1-1 room visits	6 10:30 am Musical moments 11:00 am Coffee and chat 1 pm Tool box activities 2 pm Afternoon movie matinee 3 pm Garden walks 4 pm Happy Hour 8 pm Kings Charles 111's coronation(via ABC)
7 10:30 am Livestream Church service (By request) 11:00 am Coffee and chat Afternoon Movie matinee Netflix available all day 3 pm Toolbox activities 4 pm garden or indoor walking group	8 9 :30 am Welcome to the day 10:30 am News and views 11:00 am 9 Letters word game 11:00 am Shopping Trolley (L2) 1:30 pm Meditation (cinema) 2 pm Omega violinist (L2) 3 pm Active games 4 pm 1-1 room visits	9 9 :30 am Welcome to the day 9:30 am Gessy's Physio exercises 9 :30 am Pastoral care visits 10:30 am news and views 11:00 am 9 Letter words 1:30 pm Greek Group (H3) 1:30 pm Arts & crafts (L3) 2 pm Bingo 3 :30 pm Yoga with Ellen (L3) 4 pm 1-1 room visits	10 9 :30 am Lifestyle Huddle meeting 10:30 am news and views 11:00 am 9 Letter word game 1:30 pm Tommy's singalongs & high tea (L1) 1:30 pm Rachael's Como house cafe bus trip 1 :30 pm Armchair travel 3:30 pm Gardening group or 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 Dance therapy 10:30 am news and views 11:00 am 9 Letter word game 11:00 am Chior (L3) 1 :30 pm Men's Group 2 pm Zumba Gold 2 :30 pm Footy tipping 3 :30 pm Cafe time 4 pm 1-1 room visits	12 Nurses day 9 :30 am Welcome to the day 10:00 am Dance therapy 10:30 am News and views 10:30 am Catholic Mass (Cinema) 11:00 am 9 letter 11:30 am Andrew's Lomaro's bus trip 1:30 pm Tribute to our nurses 2 pm Mother's day concert (L3) 2 pm Afternoon Trivia 3 pm Lochlan's Friday Fiesta 4 pm 1-1 room visits	13 10:30 am Musical moments 11:00 am Coffee and chat 1 pm Tool box activities 2 pm Afternoon movie matinee 3 pm Garden walks 4 pm Happy Hour

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SUN	MON	TUE	WED	THU	FRI	SAT
14 Mother's day 10:30 am Livestream Church service (By request) 11:00 am Coffee and chat Afternoon Movie matinee Netflix available all day 3 pm Toolbox activities 4 pm garden or indoor walking group	15 9 :30 am Welcome to the day 10:30 am News and views 11:00 am 9 Letters word game 11:00 am Shopping Trolley (L3) 1:30 pm Meditation (cinema) 3 pm Pampering 4 pm 1-1 room visits	16 9 :30 am Welcome to the day 9:30 am Gessy's Physio exercises 9 :30 am Pastoral care visits 10:30 am news and views 11:00 am 9 Letter words 1 pm Pet therapy 1:30 pm Arts & crafts (L3) 2 pm Bingo 3 :30 pm Yoga with Ellen (L3) 4 pm 1-1 room visits	17 9 :30 am Welcome to the day 10:30 am news and views 11:00 am 9 Letter word game 1:30 pm Tommy's singalongs & high tea (L1) 1:30 pm Cheese Tasting (L3) 1:30 pm Lochlan's bus trip 1 :30 pm Musical tv shows 3:30 pm Gardening group or 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 Dance therapy 10:30 am news and views 11:00 am 9 Letter word game 11:00 am Chior (L3) 1 pm Intergenerational program (Musical moments program) 1 :30 pm Men's Group 1:30 pm Ladies Group(L3) 2 pm Zumba Gold 2 :30 pm Footy tipping 3 :30 pm Poetry 4 pm 1-1 room visits	19 9 :30 am Welcome to the day 10:00 am Dance therapy 10:30 am News and views 11:00 am 9 letter 1:30 pm Andrew's bus trip 2 pm Afternoon Trivia 3 pm Lochlan's Friday Fiesta 4 pm 1-1 room visits	20 10:30 am Musical moments 11:00 am Coffee and chat 1 pm Tool box activities 2 pm Afternoon movie matinee 2 pm Kimberly's art therapy (LM) 3 pm Garden walks 4 pm Happy Hour
21 10:30 am Livestream Church service (By request) 11:00 am Coffee and chat Afternoon Movie matinee Netflix available all day 3 pm Toolbox activities 4 pm garden or indoor walking group	22 9 :30 am Welcome to the day 10:30 am News and views 11:00 am 9 Letters word game 11:00 am Shopping Trolley (L4) 1:30 pm Flower arranging (LM) 1:30 pm Meditation (cinema) 3 pm Active games 4 pm 1-1 room visits	23 9 :30 am Welcome to the day 9:30 am Gessy's Physio exercises 9 :30 am Pastoral care visits 10:30 am news and views 11:00 am 9 Letter words 1:30 pm Arts & crafts (L3) 1:30 pm Greek Group (H3 2 pm Bingo 3 :30 pm Yoga with Ellen (L3) 4 pm 1-1 room visits	24 9 :30 am Lifestyle huddle meeting 10:30 am news and views 11:00 am 9 Letter word game 1:30 pm Tommy's singalongs & high tea (L1) 1:30 pm Rachael's bus trip 1 :30 pm Classic composer 3:30 pm Gardening group or 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 Dance therapy 10:30 am news and views 11:00 am 9 Letter word game 11:00 am Chior (L3) 1 :30 pm Men's Group 2 pm Zumba Gold 2 :30 pm Footy tipping 3 :30 pm Cafe time 4 pm 1-1 room visits	26 9 :30 am Welcome to the day 10:00 am Dance therapy 10:30 am News and views 11:00 am 9 letter 1:15 pm Resident and relative meeting 2 pm Focus Group (LM) 2 pm Afternoon Trivia 3 pm Lochlan's Friday Fiesta 4 pm 1-1 room visits	27 10:30 am Musical moments 11:00 am Coffee and chat 1 pm Tool box activities 2 pm Afternoon movie matinee 3 pm Garden walks 4 pm Happy Hour 6 pm Saturday Movie night at the cinema
28 10:30 am Livestream Church service (By request) 11:00 am Coffee and chat Afternoon Movie matinee Netflix available all day 3 pm Toolbox activities 4 pm garden or indoor walking group	29 9 :30 am Welcome to the day 10:30 am News and views 11:00 am 9 Letters word game 11:00 am Shopping Trolley (all levels) 1:30 pm Meditation (cinema) 3 pm Pampering 4 pm 1-1 room visits	30 9 :30 am Welcome to the day 9:30 am Gessy's Physio exercises 9 :30 am Pastoral care visits 10:30 am news and views 11:00 am 9 Letter words 1 pm Pet therapy 1:30 pm Arts & crafts (L3) 2 pm Bingo 3 :30 pm Yoga with Ellen (L3) 4 pm 1-1 room visits	31 9 :30 am Welcome to the day 10:30 am news and views 11:00 am 9 Letter word game 1:30 pm Tommy's singalongs & high tea (L1) 1:30 pm Lochlan's bus trip 1 :30 pm Musical tv shows 2 pm Food appreciation meeting 3:30 pm Gardening group or outdoor activities 4 pm 1-1 room visits			