CaSPACare
Living well. Living locally.

May 2023 southport

*subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9 :30 am Morning shows 10:00 am music melodies on TV 11:00 am pampering 1 pm pm Afternoon movie matinee 2:30 pm Greek group 3 :30 pm sundowning activities Netflix available all day	2 9:30 AM Welcome to the day 10:00 am newspaper/ book or story telling 10:30 am in chair exercises 11:00 am reminiscing tunes 1: 30 pm Bingo 3 pm Pet Therapy 3 pm Footy tipping 3 :30 pm Arts & crafts 4 pm 1-1 room visits	3 9 :30 am Welcome to the day 10:00 am Music and movement 11:00 am balloon therapy 1 pm Armchair travel 2 :30 pm Gardening or outdoor activity 3:30 pm Masterchef 4 pm 1-1 room visits	4 9:30 am Welcome to the day 10:00 am sensory activities 10:30 am newspaper read 11:00 am Gessy's physio exercises 1 pm musical concert via TV 1 :30 pm Bus trip 3 :30 pm musical melodies 4 pm 1-1 room visits	5 9 :30 am Welcome to the day 10:00 am Newspaper read 10:30 am Anglican Mass (cinema) 10:30 am musical melodies 11:00 am Zumba Gold 1 pm Floor games /balloon therapy 2 pm Happy hour 3 pm Singalongs 4 pm 1-1 room visits	6 Morning TV shows Aromatherapy or pampering Afternoon movie matinee Netflix available all day Tool box activities Garden Walks 8 pm kings Charles coronation ABC channel
7 Livestream morning church (by request) Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities	8 9 :30 am Morning shows 10:00 am music melodies on TV 1:00 am pampering 1 pm pm Afternoon movie matinee 2:30 pm Greek group 3 :30 pm sundowning activities Netflix available all day	9 9:30 AM Welcome to the day 10:00 am newspaper/ book or story telling 10:30 am in chair exercises 11:00 am reminiscing tunes 1: 30 pm Bingo 3 pm Footy tipping 3 :30 pm Arts & crafts 4 pm 1-1 room visits	10 9 :30 am Lifestyle Huddle meeting 10:00 am Music and movement 11:00 am balloon therapy 1 pm Armchair travel 2 :30 pm Gardening or outdoor activity 3:30 pm Masterchef 4 pm 1-1 room visits	11 9:30 am Welcome to the day 10:00 am sensory activities 10:30 am powerpoint presentation 11:00 am Gessy's physio exercises 1 pm musical concert via TV 1 :30 pm Bus trip 3 :30 pm musical melodies 4 pm 1-1 room visits	12 Nurses day 9 :30 am Welcome to the day 10:00 am Newspaper read 10:30 am Catholic Mass (Cinema) 10:30 am musical melodies 11:00 am Zumba Gold 1 pm Tribute to our nurses 2 pm Shantelle mother day concert 2 pm Happy hour 3 pm Singalongs 4 pm 1-1 room visits	13 Morning TV shows Aromatherapy or pampering Afternoon movie matinee Netflix available all day Tool box activities Garden Walks

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SUN	MON	TUE	WED	THU	FRI	SAT
14 Mothers Day Livestream morning church (by request) coffee and chat Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities	15 9 :30 am Morning shows 10:00 am music melodies on TV 11:00 am pampering 1 pm pm Afternoon movie matinee 2:30 pm Greek group 3 :30 pm sundowning activities Netflix available all day	16 9:30 AM Welcome to the day 10:00 am newspaper/ book or story telling 10:30 am in chair exercises 11:00 am reminiscing tunes 1: 30 pm Bingo 3 pm Footy tipping 3 pm Pet Therapy 3 :30 pm Arts & crafts 4 pm 1-1 room visits	17 9 :30 am Welcome to the day 10:00 am Music and movement 11:00 am balloon therapy 1 pm Armchair travel 2 :30 pm Gardening or outdoor activity 3:30 pm Masterchef 4 pm 1-1 room visits	18 9:30 am Welcome to the day 10:00 am sensory activities 10:30 am powerpoint presentation 11:00 am Gessy's physio exercises 1 pm musical concert via TV 1 :30 pm Bus trip 3 :30 pm musical melodies 4 pm 1-1 room visits	19 9 :30 am Welcome to the day 10:00 am Newspaper read 10:30 am musical melodies 11:00 am Zumba Gold 1 pm Floor games /balloon therapy 2 pm Happy hour 3 pm Singalongs 4 pm 1-1 room visits	20 Morning TV shows Aromatherapy or pampering Afternoon movie matinee Netflix available all day Tool box activities Garden Walks
21 Livestream morning church (by request) Coffee and chat Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities	22 9 :30 am Morning shows 10:00 am music melodies on TV 11:00 am pampering 1 pm pm Afternoon movie matinee 2:30 pm Greek group 3 :30 pm sundowning activities Netflix available all day	23 9:30 AM Welcome to the day 10:00 am newspaper/ book or story telling 10:30 am in chair exercises 11:00 am reminiscing tunes 1: 30 pm Bingo 3 pm Footy tipping 3 :30 pm Arts & crafts 4 pm 1-1 room visits	24 9 :30 am Lifestyle Huddle meeting 10:00 am Music and movement 11:00 am balloon therapy 1 pm Armchair travel 2 :30 pm Gardening or outdoor activity 3:30 pm Masterchef 4 pm 1-1 room visits	25 9:30 am Welcome to the day 10:00 am sensory activities 10:30 am Greek Mass (SP) 11:00 am Gessy's physio exercises 1 :30 pm Resident and relative meeting 3 :30 pm musical melodies 4 pm 1-1 room visits	26 9 :30 am Welcome to the day 10:00 am Newspaper read 10:30 am Lifestyle Focus Group 11:00 am Zumba Gold 1 pm Floor games /balloon therapy 2 pm Happy hour 3 pm Singalongs 4 pm 1-1 room visits	27 Morning TV shows Aromatherapy or pampering Afternoon movie matinee Netflix available all day Tool box activities Garden Walks 6 pm Saturday night at the movies (Lounge area)
28 Livestream morning church (by request) coffee and chat Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities	29 9 :30 am Morning shows 10:00 am music melodies on TV 11:00 am pampering 1 pm pm Afternoon movie matinee 2:30 pm Greek group 3 :30 pm sundowning activities Netflix available all day	30 9:30 AM Welcome to the day 10:00 am newspaper/ book or story telling 10:30 am in chair exercises 11:00 am reminiscing tunes 1: 30 pm Bingo 3 pm Footy tipping 3 pm pet therapy 3 :30 pm Arts & crafts 4 pm 1-1 room visits	31 9 :30 am Welcome to the day 10:00 am Music and movement 11:00 am balloon therapy 1 pm Armchair travel 2 pm Food Appreciation meeting (LM) 2 :30 pm Gardening or outdoor activity 3:30 pm Masterchef 4 pm 1-1 room visits			