


July 2023

SOUTHPORT

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><i>Vive La France!</i></p>	 <p>CHRISTMAS IN JULY</p>		 <p>Happy 4th of JULY INDEPENDENCE DAY</p>			<p>1 Morning TV shows 10:00 am Creative therapy with Kimberly Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walk Saturday Night movie</p>
<p>2 NAIDOC WEEK</p> <p>Livestream morning church (by request) Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities</p>	<p>3</p> <p>9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am in chair exercises 11:00 am Dance/dram therapy 1:30 pm Greek coffee club 3 pm Dance/drama therapy 4 pm 1-1 room visits</p>	<p>4 American Independence day</p> <p>9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am Dance/Drama Therapy 11:15 am Reminiscing tunes 1:30 pm Bingo 3 pm Dance /Drama therapy 3:40 pm Presentation on American Independence day travel 4 pm 1-1 room visits</p>	<p>5</p> <p>9:30 am Lifestyle Huddle meeting 10:30 am Newspaper read 11:00 am In chair exercises 1:30 pm NAIDOC week Presentation 3:30 pm sensory or memory Lane activities 4 pm 1-1 room visits</p>	<p>6</p> <p>9:30 am Welcome to the day 9:40 am Footy tipping 10:00 am Newspaper read 10:30 am Memory Lane 11:00 am Gessy's physio exercises 11:30 am musical moments 1:30 pm arts /crafts 3 pm puppet therapy 4 pm 1-1 room visits</p>	<p>7 Star Festival</p> <p>9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am musical melodies 11:00 am Zumba Gold 1:30 pm Star festival Tanabata powerpoint 2 pm Happy hour 3 pm Tommy's singalongs 4 pm 1-1 room visits</p>	<p>8</p> <p>Morning TV shows Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walk Saturday movie night</p>
<p>9</p> <p>Livestream morning church (by request) Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities</p>	<p>10</p> <p>9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am Dance /drama Therapy 11:00 am music and instruments 1:30 pm Greek coffee club 3pm drama /dance therapy 4 pm 1-1 room visits</p>	<p>11</p> <p>9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am Music and movement 11:15 am Dance/Drama Therapy 1:30 pm Bingo 3 pm Dance /drama therapy 3:40 pm board /card games 4 pm 1-1 room visits</p>	<p>12</p> <p>9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am In chair exercises 1:30 pm Masterchef 3:30 pm sensory or memory Lane activities 4 pm 1-1 room visits</p>	<p>13</p> <p>9:30 am Welcome to the day 9:40 am Footy tipping 10:00 am Newspaper read 10:30 am powerpoint presentation 11:00 am Gessy's physio exercises 11:30 am musical moments 1:30 pm Arts/ crafts 3 pm outdoor activities 4 pm 1-1 room visits</p>	<p>14 Bastille Day</p> <p>9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am musical melodies 11:00 am Zumba Gold 1:30 pm Bastille Day treats with French music 2 pm Happy hour 3 pm Christmas in July concert 4 pm 1-1 room visits</p>	<p>15</p> <p>Morning TV shows 10:00 am Creative therapy with Kimberly Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walk Saturday movie night</p>

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SUN	MON	TUE	WED	THU	FRI	SAT
16 Livestream morning church (by request) Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities	17 9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am in chair exercises 11:00 am Dance /Drama Therapy 1:30 pm Greek coffee club 3pm Dance / Drama Therapy 4 pm 1-1 room visits	18 9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am Dance /Drama Therapy 11:15 am Reminiscing tunes 1 :30 pm Bingo 3 pm Dance /drama therapy 3:40 pm Armchair travel 4 pm 1-1 room visits	19 Islamic new year 9:30 am Lifestyle Huddle meeting 10:30 am Newspaper read 11:00 am In chair exercises 1:30 pm Masterchef 3 :30 pm powerpoint presentation on Islamic Al-Hijra New years 4 pm 1-1 room visits	20 9:30 am Welcome to the day 9:40 am Footy tipping 10:00 am Intergenerational program 11:00 am Gessy's physio exercises 11:30 am memory lane 1:30 pm Bus trips 3 pm Coffee and chat 4 pm 1-1 room visits	21 9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am musical melodies 11:00 am Zumba Gold 1 :30 pm Balloon therapy 2 pm Happy hour 3 pm Tommy's singalongs 4 pm 1-1 room visits	22 Morning TV shows Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walk Saturday night movie
23 Livestream morning church (by request) Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities	24 9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am in Dance /Drama Therapy 11:00 am music and instruments 1:30 pm Greek coffee club 3pm Dance /Drama Therapy 4 pm 1-1 room visits	25 9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am Music and movement 11:15 am Dance /Drama Therapy 1 :30 pm Bingo 3 pm Dance /Drama Therapy 3:40 pm Board /card games 4 pm 1-1 room visits	26 9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am In chair exercises 11:30 am Food appreciation meeting survey 1:30 pm Masterchef 3 :30 pm sensory or memory Lane activities 4 pm 1-1 room visits	27 Greek mass 9:30 am Welcome to the day 9 :40 am Footy tipping 10:00 am newspaper read 10 :30 am Greek Mass 11:00 am Gessy's physio exercises 11:30 am musical moments 1:30 pm Bus trips 3 :30 pm Coffee and chat 4 pm 1-1 room visits	28 9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am Lifestyle focus meeting 11:00 am Zumba Gold 1 :30 pm Balloon therapy 2 pm Happy hour 3 pm Tommy's singalongs 4 pm 1-1 room visits	29 Morning TV shows Aromatherapy or pampering Afternoon movie matinee Toolbox activities Garden walk Saturday night Movie
30 Livestream morning church (by request) Afternoon movie matinee Netflix (available all day) Footy match of the day Toolbox activities	31 9:30 am Welcome to the day 10:00 am Newspaper read 10:30 am Dance /drama Therapy 11:00 am music and instruments 1:30 pm Greek coffee club 3pm Floor games 4 pm 1-1 room visits	 <p>For Our Elders</p> <p>NAIDOC Week</p> <p>For Our Elders, Bubbli Lockyer Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed</p>				