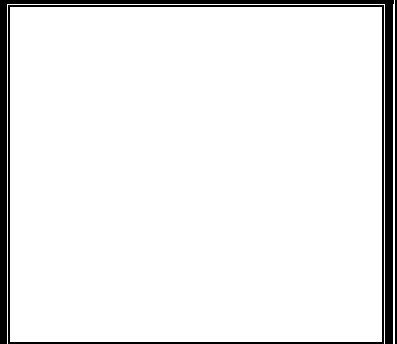
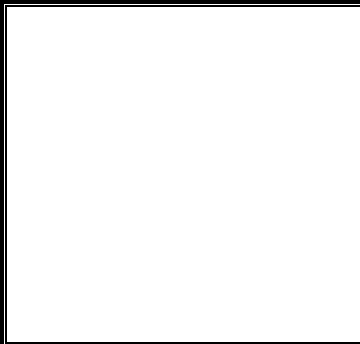
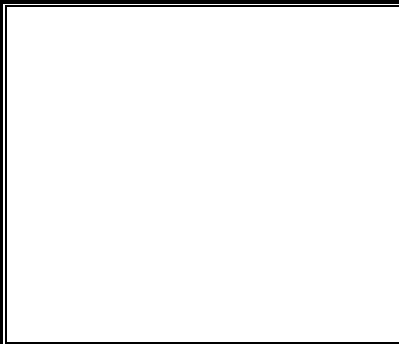
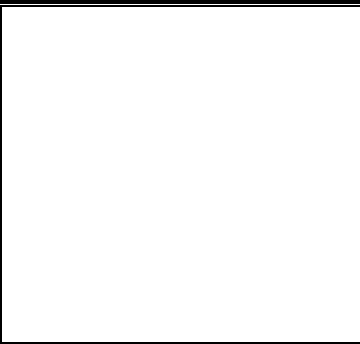


Casa Cabrini Ground Floor Lifestyle Program – September 2024, Theme: “Welcome Spring”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Shopping Trolley 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>3 9.00 Church 10.30 Exercise session with physio 1.30 Cooking activity: Shopping /Coffee Outing</p>	<p>4 9.00 Church 10.30 Putt Putt 1.30-3.00 Bunnings Gardening Workshop (NH)</p>	<p>5 9.00 Church 10.00 Sensory activity: 1.30-3.00 Day spa</p> 	<p>6 9.00 Church 10.30 Chair yoga with Sheena 1.30-3.00 Craft for Spring</p>
<p>9 Shopping Trolley 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>10 9.00 Church 10.30 Exercise session with physio 1.30 Cooking activity:</p>	<p>11 9.00 Church 10.30 Puzzles/quiz 1.30-3.00 Making Spring wreathes</p> 	<p>12 R U OK DAY 9.00 Church 10.00 Sensory activity: 1.30-3.00 Day Spa</p> 	<p>13 9.00 Church 10.30 Paul Robinson Concert (NH) 1.30-3.00 Movie matinee</p>
<p>16 Shopping Trolley 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bingo</p>	<p>17 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Cooking activity: Shopping /Coffee Outing</p> 	<p>18 9.00 Church 10.30 “The Price is Right” 1.30-3.00 Cultural Activity: Making pasta</p>	<p>19 9.00 Church 10.30 Sensory activity: 1.30-3.00 At the Day Spa</p>	<p>20 9.00 Church 10.30 Chair yoga with Sheena 1.30-3.00 Birthday Celebration</p> 
<p>23 King’s Birthday Public Holiday</p> 	<p>24 Mobile Library 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Cooking activity:</p>	<p>25 9.00 Church 10.30 “Name this flower”/Shuffleboard 1.00-2.30 Barnyard Buddies Farm visiting (CC)</p>	<p>26 9.00 Church 10.30 Sensory activity: 1.30-3.00 At the Day Spa</p> 	<p>27 9.00 Church 10.30 Footy activity 12.00 Grand Final BBQ 1.30-3.00 Cognitive games</p>

30
 9.00 Church
 10.30 Exercise session with physio
 1.30-3.00 Bingo



Casa Cabrini Ground Floor Lifestyle Program- September 2024

Physiotherapy Program

Tombola (Bingo)

Cognitive activity popular with most of our consumers.

Happy hour

Special event in which residents come together to have drinks, snacks, music and games.

Shopping outing

Consumers are invited to attend an outing to the local shopping centre. Different residents are invited to go on the outing each week.

Craft

Consumers are provided with opportunity to make decorative items of interest/socialise with others. Using their hands will maintain fine motor skills and social stimulation will aid in the promotion of resident's wellbeing

Shopping Trolley

Shopping trolley stocked with biscuits, tissues, drinks etc is taken around and residents have opportunity to purchase different items of interest. This enables resident to be independent and promotes decision making.

Please note:

Program is subject to change.

Sensory Session

Lifestyle team members spend time in a group or individual setting providing sensory activities. Targeting one sense at a time.

Reminiscing

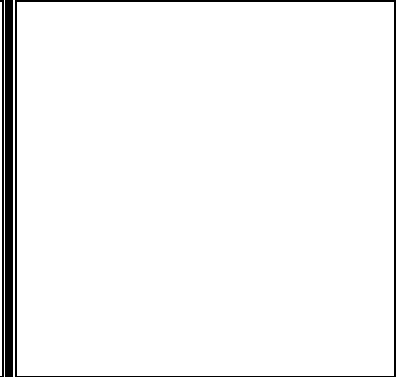
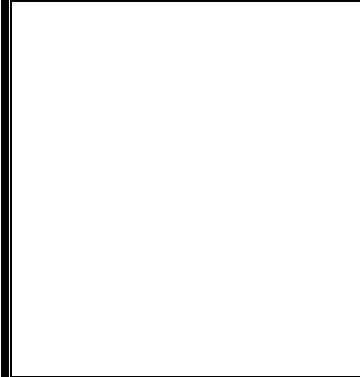
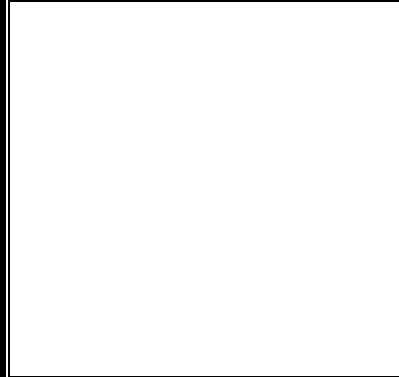
Lifestyle team members use photos or objects to provide opportunities for residents to reminisce about their past lives.

At The Day Spa












Consumers are invited to experience a facial, manicure or pedicure using quality products in a calm, tranquil setting.


Men's Group

This group is facilitated by a male Lifestyle team member. He engages the men to play cards, darts, go on outings to the pub or other venues. It is all about men spending time together.



Casa Cabrini Level 1 Lifestyle Program – September 2024, Theme: “Welcome Spring”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure</p> 	<p>2 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Craft: Making birthday cards</p>	<p>3 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Shopping outing/ Beth’s Beauty Salon (manicure)</p> 	<p>4 9.00 Church 10.30 Sensory activity: Taste 1.30-3.00 Bunning’s Garden Workshop</p>	<p>5 9.00 Church 10.30 Reminiscing: Work 1.30-3.00 Bingo</p> 	<p>6 9.00 Church Combined activity with Level 2 a.m. Bocce p.m. Bingo</p>	<p>7 9.00.00 Church 10.15 1.00-2.00 Music appreciation/Individual visits</p>
<p>8 World Physio Day 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure</p> 	<p>9 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Paint & Sip</p> 	<p>10 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Match the song to the artist</p>	<p>11 9.00 Church 10.30 Sensory activity: Fun with dough 1.30-3.00 Sunshine & song</p>	<p>12 R U OK DAY 9.00 Church 10.30 Reminiscing: What am I? 1.30-3.00 Bingo/Scenic drive</p> 	<p>13 9.00 Church 10.30 Paul Robinson Concert (NH) 1.30-3.00 Putt Putt</p> 	<p>14 9.00 Church 10.15 1.00-2.00 Music Appreciation/Individual Visits</p>
<p>15 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure</p> 	<p>16 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Pamper Plus</p>	<p>17 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Shopping outing/ Beth’s Beauty Salon (massage)</p> 	<p>18 9.00 Church 10.30 Sensory activity: Making madeleines 1.30-3.00 Cultural activity: Armchair travel to France</p>	<p>19 9.00 Church 10.30 Reminiscing: Who am I? 1.30-3.00 Bingo</p> 	<p>20 9.00 Church Combined activity with Level 2 a.m. Bingo p.m. Birthday celebration</p>	<p>21 Royal Show 21st-28th 9.00 Church 10.15 1.00-2.00 Music Appreciation/Individual visits</p>
<p>22 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure</p>	<p>23 KING’S BIRTHDAY PUBLIC HOLIDAY</p> 	<p>24 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Craft: Making scarecrows</p>	<p>25 9.00 Church 10.30 Sensory activity: Sip & paint 1.00-2.30 Barnyard Buddies Farm visiting (CC)</p>	<p>26 9.00 Church 10.30 Reminiscing: Fashion over the years 1.30-3.00 Bingo</p>	<p>27 9.00 Church 10.30 Footy activity 12.00 AFL Grand Final BBQ 1.30-3.00 Happy Hour</p>	<p>28 9.00 Church 10.15 1.00-2.00 Music Appreciation/Individual visits.</p>

<p>29 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Individual visit: Hand massage/manicure</p> 	<p>30 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Reminiscing: My Wedding</p>					
<p>Happy Hour A social event in which residents come together to enjoy drinks, snacks, music, and games.</p>	<p>Tombola (Bingo) Cognitive session popular with most of our consumers. Reminiscing Lifestyle team members spend time with people in a group situation or individually providing an opportunity to stroll down memory lane.</p>	<p>Let's Move Dancing to suitable music using props eg large balloon Art & Craft Consumers are provided with opportunity to make decorative items of interest/socialise with others. Using their hands will maintain fine motor skills and social stimulation will aid in the promotion of resident's wellbeing.</p>	<p>Cultural Activities Involves cooking specific cultural food, talking about where they come from, using iPad to google map their place of birth or where they lived. Activities Room 1.00 Bocce Group (selected residents only) Training Room 10.30 Falls Prevention Group</p>	<p>At The Day Spa People will be invited to have a manicure or pedicure with quality products in a tranquil, calm setting. Sensory Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation.</p>	<p>Individual Visits Lifestyle Team Member visits residents that are bedbound in the area and spends time with them on an individual basis providing emotional support, opportunity to reminisce and validation of all feelings expressed.</p>	<p>Physio Exercises 1.30 Advanced Falls Prevention Group (selected residents only)</p> <p>Please note: Program is subject to change.</p>

Casa Cabrini level 1 Lifestyle Program – September 2024

Casa Cabrini Level 2 Lifestyle Program –September 2024, Theme: “Welcome Spring”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9.00 Church 10.00 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>3 Shopping Trolley 9.00 Church 10.30 Seated drumming 1.30-3.00 Craft Shopping /Coffee outing</p> 	<p>4 9.30 Church 10.30 Day Spa 1.30-3.00 Bunnings Garden Workshop (NH)</p>	<p>5 9.00 Church 10.30 Seated Volleyball 1.30-3.00 Wanneroo Senior's outing/ Pamper Plus</p>	<p>6 9.00 Church 10.30 Bocce 1.30-3.00 Bingo</p> 
<p>9 9.00 Church 10.00 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>10 Shopping Trolley 9.00 Church 10.30 Seated dancing 1.30-3.00 Craft</p>	<p>11 9.30 Church 10.30 Sewing “Rag Dolls: 1.30-3.00 Playing Pool</p> 	<p>12 R U OK DAY 9.00 Church 10.30 Balloon ball game 1.30-3.00 Flower arranging</p>	<p>13 9.00 Church 10.30 Paul Robinson Concert (NH) 1.30-3.00 Bingo/Chair-line dancing (Activity Rm)</p> 
<p>16 9.00 Church 10.00 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>17 Shopping Trolley 9.00 Church 10.30 Seated drumming 1.30-3.00 Whiteboard game /Shopping /Coffee Outing</p> 	<p>18 9.00 Church 10.30 Coffee Club 1.30-3.00 Cultural Activity: Italian cooking</p>	<p>19 9.00 Church 10.30 Bean bag toss 1.30-3.00 Pamper plus</p>	<p>20 9.00 Church 10.30 Bingo 1.30-3.00 Birthday Celebration</p> 
<p>23 King's Birthday Public Holiday</p> 	<p>24 Shopping Trolley 9.00 Church 10.30 Seated dancing 1.30- 3.00 Story time & remembering game</p>	<p>25 9.00 Church 10.30 Casino Royal Games 1.00-2.30 Barnyard Buddies Farm visiting (CC)</p>	<p>26 9.00 Church 10.30 Tennis game 1.30-3.00 Reminiscing: School days</p>	<p>27 9.00 Church 10.30 Football activity 12.00 AFL Grand Final BBQ 1.30-3.00 Bingo</p> 




<p>30 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p>				
<p><u>Tombola (Bingo)</u> Cognitive session popular with most of our consumers. <u>Il Bar dell'Angolo</u> Social and recreational activity where consumers have opportunity to play pool/cards while having a social drink, promoting opportunity for reminiscing.</p>	<p><u>Shopping outing</u> Residents are invited to attend the outing to the local shopping centre. Different residents are invited each week. <u>Shopping Trolley</u> Shopping trolley stocked with biscuits, tissues, drinks etc is taken around and residents have opportunity to purchase different items of interest. This enables resident to be independent and promotes decision making.</p>	<p><u>Let's Move to music</u> Consumers either dance or do gentle exercises to music. <u>Individuals</u> Lifestyle team member spends time with consumers providing an opportunity for them to reminisce about their past lives, provides emotional support.</p>	<p><u>Happy Hour</u> A social event in which residents come together to enjoy food, drink, music, games etc. <u>Men's Group/Social Club</u> Lifestyle team member facilitate the group by Participants playing cards, Playing pool, social walks, Lunch Outings, Lawn games etc.</p>	<p><u>White Board Games</u> Cognitive activities including "find the missing word" quizzes etc. Please note: Program is subject to change.</p>

Physiotherapy Program

<p><u>Exercise with Physiotherapy assistant</u> Simple exercises to encourage residents to be more active.</p>	<p><u>Active Games with Physiotherapy assistant</u> 1.00 Bocce Group (selected residents only)</p>		<p><u>Falls Prevention with physiotherapy assistant</u> Advanced Falls Prevention Group (selected residents only)</p>	
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Casa Cabrini Level 2 Lifestyle Program - September 2024

House's Lifestyle Program – September 2024, Theme: “Welcome Spring”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p> 	<p>3 9.00 Church 10.30 <i>Mrs Hamilton's 100th Birthday celebration</i> 1.30-3.00 Bingo</p> 	<p>4 Shopping Trolley 9.00 Church 10.30 Falls prevention 1.30-3.00 Bunning's Gardening Workshop (NH)</p> 	<p>5 9.00 Church 10.30-3.00 <i>Outing to Wanneroo Senior's Club</i></p> 	<p>6 9.00 Church 10.30 Reminiscing: Work 1.30-3.00 Beth's Beauty salon</p> 
<p>9 9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p> 	<p>10 9.00 Church 10.30 Bingo 1.30-3.00 Shopping/coffee outing</p> 	<p>11 Shopping Trolley 9.00 Church 10.30 Falls prevention 1.30-3.00 Cooking Club: Making Roti</p> 	<p>12 R U OK DAY 9.00 Church 10.30 Bingo 1.30-3.00 Cognitive games</p> 	<p>13 9.00 Church 10.30 Paul Robinson Concert (NH) 1.30-3.00 Flower arranging/Chair-line dancing (Activity Rm)</p> 
<p>16 9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p> 	<p>17 9.00 Church 10.30 Bingo 1.30-3.00 Indoor bowling</p> 	<p>18 Shopping Trolley 9.00 Church 10.30 Falls prevention 1.30-3.00 Cultural Activity: <i>Making French Crepes</i></p> 	<p>19 9.00 Church 10.30 Bingo 1.30-3.00 Armchair travel to Rome</p> 	<p>20 9.00 Church 10.30 Quiz 1.30-3.00 Birthday Celebration</p> 
<p>23 King's Birthday Public Holiday</p> 	<p>24 9.00 Church 10.30 Bingo 1.30-3.00 Shopping/coffee outing</p> 	<p>25 Shopping Trolley 9.00 Church 10.30 Falls prevention with PTA 1.00-2.30 Barnyard Buddies Farm visiting (CC)</p> 	<p>26 9.00 Church 10.30 Bingo 1.30 Cooking</p> 	<p>27 9.00 Church 10.30 Football activity 12.00 AFL Grand Final BBQ 1.30-3.00 Happy Hour</p> 

30
 9.00 Church
 10.30 Music social club
 1.30-3.00 Day Spa



House's Lifestyle Program –September 2024

Falls Prevention Exercise Group

The focus of the group is to provide strengthening exercises to maintain people's mobility and balance. People have been selected by the Physio. Physiotherapist to attend this group.

Social Club

Social Club is an activity in which residents come together to enjoy conversation, morning tea or a game of cards etc.

Active games with Physiotherapy assistants. Bocce Group (selected residents only).

Shopping Trolley

Shopping trolley stocked with biscuits, tissues, drinks etc is taken around and residents have opportunity to purchase different items of interest. This enables resident to be independent and promotes decision making.

CCG

Casa Cabrini Ground

Please Note: Program is subject to change

Tombola (Bingo)

Cognitive session popular with most of our consumers.
 lance

Day Spa

Pampering session in which residents have manicures etc.

Scenic Drive

Residents from all areas are invited to go on drive.

Cultural Activities

Consumers are provided with opportunity to engage in activities from their heritage and share stories of their homeland with others. iPads are often used in this activity to google maps of specific regions

Happy hour

Involve antipasto platters, Music, dancing, beers, wine, or soft drinks.



Shopping Outing

Consumers are invited to attend the outing to the local shopping centre. Different residents are invited each week.

CCG

Casa Cabrini Ground









John Re Lifestyle Program – September 2024, Theme: “Welcome Spring”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Father’s Day 9.00 Church 10.00 Morning tea 10.30-11.00 Walking group 1.00-2.00 Music appreciation</p>	<p>2 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Moving to music 1.30-3.00 <i>Reading for relaxation</i></p> 	<p>3 9.00 Church 10.00 -10.30 Morning Tea 10.45-11.45 Balloon Badminton 1.30-3.00 <i>Table /cognitive games</i></p>	<p>4 9.00 Church 10.00 -10.30 Morning Tea 10.45-11.45 Gardening 1.30-3.00 Bunning’s Gardening Workshop <i>Home duties: Folding linen</i></p>	<p>5 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Art session</p> 	<p>6 9.00 Church 10.00-10.30 Morning Tea 10.45-11.45 Sensory activity: 1.30-3.00 Music appreciation</p>	<p>7 10.00 Morning Tea 10.30-11.30 Indoor games 1.00-2.00 Beth’s Beauty salon</p>
<p>8 World Physio Day 9.00 Church 10.00 Morning tea 10.30-11.00 Walking group 1.00-2.00 Music appreciation</p>	<p>9 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Moving to music 1.30-3.00 <i>Reading for relaxation</i></p>	<p>10 9.00 Church 10.00 -10.30 Morning Tea 10.45-11.45 Balloon Badminton 1.30-3.00 <i>Table /cognitive games</i></p>	<p>11 9.00 Church 10.00 10.30 Morning Tea 10.45-11.45 Gardening 1.30-3.00 <i>Home duties: Making the bed</i></p>	<p>12 R U OK DAY 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Pamper plus/ <i>Coastal Scenic Drive</i></p>	<p>13 9.00 Church 10.00-10.30 Morning Tea 10.30 Paul Robison Concert (NH) 1.30-3.00 Music appreciation</p>	<p>14 10.00 Morning Tea 10.30-11.30 Table games 1.00-2.00 Music appreciation</p>
<p>15 9.00 Church 10.00- Morning tea 10.30-11.30 Walking group 1.00-2.00 Sensory: Hand massage</p>	<p>16 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Moving to music 1.30-3.00 <i>Reading for relaxation</i></p>	<p>17 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 - Bean Bag Toss 1.30-3.00 <i>Table/cognitive games</i></p>	<p>18 9.00 Church 10.00-10.30 Morning tea 10.30 Flower arranging 1.30-3.00 Cultural Activity: Vietnamese cooking</p> 	<p>19 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Bingo/puzzles</p>	<p>20 9.00 Church 10.00 Morning Tea 10.45-11.45 Sensory activity: 1.30-3.00 Birthday celebration</p> 	<p>21 Royal Show 21st - 28th 10.00 Morning Tea 10.30-11.30 Seated soccer 1.00-2.00 Beth’s beauty salon /Hand massage</p>
<p>22 9.00 Church 10.00- Morning tea 10.30-11.30 Balloon game 1.00-2.00 Music appreciation</p>	<p>23 King’s Birthday Public Holiday</p> 	<p>24 9.00 Church 10.00-10.30 Morning Tea 10.45-11.45 Balloon ball game 1.30-3.00 <i>Table/cognitive games</i></p>	<p>25 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Gardening 1.00-2.30 Barnyard Buddies Farm visiting (CC)</p>	<p>26 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Coastal Scenic Drive/picnic in garden</p>	<p>27 9.00 Church 10.00-10.30 Morning Tea 10.45-11.45 Footy activity 12.00 AFL Grand Final BBQ 1.30-3.00 Happy Hour</p>	<p>28 10.00 Morning Tea 10.30-11.30 Badminton game 1.00-2.00 Music appreciation</p>

<p>29 9.00 Church 10.00- Morning tea 10.30-11.30 Ball games 1.30-2.00 Walking group</p>	<p>30 9.00 Church 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 <i>Reading for relaxation</i></p>						
Lifestyle program description							
<p><u>Moving to Music</u> A variety of physical activities eg social dancing, walks, large balloon, coits, exercises.</p> <p><u>Home duties</u> A selection of activities consumers used to perform when living at home eg sweeping, dusting, folding laundry.</p>	<p><u>Gardening</u> Consumers spend time outside watering the gardens or other gardening activities. Consumers spend time outside in the garden area (weather permitting). Refer to program above as to the activities.</p>	<p><u>Cultural Activities</u> Consumers are provided with opportunity to engage in activities from their heritage and share stories of their homeland with others. iPads are often used in this activity to google maps of specific regions.</p>	<p><u>Our Senses</u> Lifestyle team members provide a range of sensory activities to consumers.</p> <p><u>Happy Hour</u> A social event in which residents come together to share food, drink, music, games etc.</p>	<p><u>Cognitive Games</u> Simple failure free activities such as sorting, matching, counting is provided to consumers.</p> <p>Please note: Program is subject to change.</p> <p><u>CCGs</u> Casa Cabrini Grounds</p>	<p><u>Shopping Trolley</u> Shopping trolley stocked with biscuits, tissues, drinks etc is taken around and residents have opportunity to purchase different items of interest. This enables resident to be independent and promotes decision making.</p>		

John Re Lifestyle Program -September 2024

Connie's Wing Lifestyle Program - September 2024, THEME: "Welcome Spring"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Father's Day 9.00 Church 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session</p> 	<p>2 9.00 Church 10.00 Morning Tea 10.30 Moving to music 1.30-3.00 Pamper plus</p>	<p>3 9.00 Church 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties</p> 	<p>4 9.00 Church 10.00 Morning Tea 10.30 Floor Games 1.30-3.00 Bunning's Gardening workshop</p> 	<p>5 9.00 Church 10.00 Morning tea 10.30 Moving to music 1.30-3.00 Old time Melodies</p>	<p>6 9.00 Church 10.00 Morning Tea 10.30 Day Spa 1.30-3.00 Balloon ball</p> 	<p>7 9.00 Church 10.30-11.30 Music melodies 1.00-2.00 Movie Matinee</p>
<p>8 World Physio Day 9.00.00 Church 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session</p>	<p>9 9.00 Church 10.00 Morning Tea 10.30 Moving to music 1.30-3.00 Walking group</p>	<p>10 9.00 Church 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties</p>	<p>11 9.00 Church 10.00 Morning Tea 10.30 Floor Games 1.30-3.00 Sensory activity: Touch</p>	<p>12 R U OK DAY 9.00 Church 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Scenic Drive /Old time Melodies</p>	<p>13 9.00 Church 10.00 Morning Tea 10.30 Paul Robinson Concert (NH) 1.30-3.00</p>	<p>14 9.00 Church 10.30-11.30 Music melodies 1.00-2.00 Movie matinee</p>
<p>15 9.00.00 Church 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session</p>	<p>16 9.00 Church 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Pamper plus</p>	<p>17 9.00 Church 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties</p> 	<p>18 9.00 Church 10.00 Morning tea 10.30 Floor Games 1.30-3.00 Cultural activity: Spanish music</p>	<p>19 9.00 Church 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Old time Melodies</p>	<p>20 9.00 Church 10.00 Morning tea 10.30 Day Spa 1.30-3.00 Birthday Celebration</p> 	<p>21 Royal Show (21st -28th) 9.00 Church 10.30-11.30 Music melodies 1.00-2.00 Movie matinee</p>
<p>22 9.00.00 Church 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session</p>	<p>23 King's Birthday Public Holiday</p> 	<p>24 9.00 Church 10.00 Morning tea 10.30 Bingo 1.30-3.00 Home duties</p>	<p>25 9.00 Church 10.00 Morning tea 10.30 Floor Games 1.00-2:30 Barnyard Buddies Farm visiting</p> 	<p>26 9.00 Church 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Scenic Drive/Old time Melodies</p>	<p>27 9.00 Church 10.30 Football activity 12.00 AFL Grand Final BBQ 1.30-3.00 Happy Hour</p>	<p>28 9.00 Church 10.30-11.30 Music melodies 1.00-2.00 Movie matinee</p>

29 9.00.00 Church 9.00 Church 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session	30 9.00 Church 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Craft: Spring painting					
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Lifestyle program description



Please note: Program is subject to change		Physio Program 10.30 Falls Prevention Group (Selected residents only)	Physio Program 10.30 Walking Group 1.00 Bocce Group (Selected residents only and is held in the Activities Room.	Physio Program 1.00 Advanced Falls Prevention Group (Selected residents only)		
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Lifestyle program description

<u>Moving to Music</u> Gentle exercise program with a physical activity component eg coits, large balloon <u>Gardening Club</u> Outside weather permitting planting, cleaning up area, discussion on gardens.	<u>At the Day Spa</u> Consumers are invited to have a manicure or pedicure with quality products in a tranquil, calm setting. <u>Armchair Travel</u> iPad and YouTube are often used in this activity to google maps of specific regions	<u>Sensory</u> Lifestyle team members spend time in a group or individual setting providing sensory activities. Targeting one sense at a time. <u>Shopping Trolley</u> Shopping trolley stocked with biscuits, tissues, drinks etc is taken around and residents have opportunity	to purchase different items of interest. This enables resident to be independent and promotes decision making. <u>Happy Hour</u> A social even in which residents come together to enjoy food, drinks, music, games etc.	<u>Individuals</u> Lifestyle team member spends time with consumer providing an opportunity for them to reminisce about their past lives, provides emotional support and validates all feelings expressed.	<u>Tombola (Bingo)</u> Cognitive session popular with most of our consumers.	<u>Cultural Activities</u> Consumers are provided with opportunity to engage in activities from their heritage and share stories of their homelands.
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Connie's Wing Lifestyle Program - September 2024

Nursing Home Lifestyle Program – September 2024, Theme: “Welcome Spring”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 9.00 Church 10.30 Moving to music 1.30-3.00 Bingo						1 Father’s Day 9.00 Church 10.15 Music Appreciation 1.00-2.00 Individual Visits
2 9.00 Church 10.30 Moving to music 1.30-3.00 Bingo 	3 9.00 Church 10.30 Table games 1.30-3.00 Indoor gardening 	4 9.00 Church 10.30 Sensory activity: Taste 1.30-3.00 Bunnings Gardening Workshop	5 9.00 Church 10.30 Let’s move 1.30-3.00 Bingo 	6 9.00 Church 10.30 Reminiscing: Travel journal 1.30-3.00 At the Day Spa 	7 9.00 Church 10.15 Cooking: Passion fruit custard 1.00-2.00 Music appreciation/Individuals	8 World Physio Day 9.00 Church 10.15 Music Appreciation 1.00-2.00 Individual visits
9 9.00 Church 10.30 Moving to music 1.30- 3.00 Bingo	10 9.00 Church 10.30 Table games 1.30-3.00 Fishing game 	11 9.00 Church 10.30 Sensory activity: What is in the balloon? 1.30-3.00 Watching Elvis concert	12 R U OK DAY 9.00 Church 10.30 Let’s move 1.30-3:00 Scenic drive/bingo	13 9.00 Church 10.30 Paul Robinson Concert 1.30-3.00 Reminiscing: Music in movies	14 9.00 Church 10.15 Table games 1.00-2.00 Music appreciation/ Individual visit	15 9.00 Church 10.15 Music Appreciation 1.00-2.00 Individual Visits
16 9.00 Church 10.30 Moving to music 1.30-3.00 Bingo 	17 9.00 Church 10.30 Table games 1.30-3.00 Questions & answers 	18 9.00 Church 10.30 Sensory activity: Sorting textile fabrics 1.30-3.00 Cultural activity:	19 9.00 Church 10.30 Let’s move 1.30-3:00 Bingo 	20 9.00 Church 10.30 Reminiscing: Childhood games 1.30-3.00 Monthly Birthday Celebration	21 Royal Show 21st -28th 9.00 Church 10.15 Table games 1.00-2.00 Music appreciation/ Individual visit	22 9.00 Church 10.15 Music appreciation 1.00-2.00p Individual Visits

<p>23 KING'S BIRTHDAY PUBLIC HOLIDAY</p> 	<p>24 9.00 Church 10.30 Table games 1.30-3.00 Men's Group</p>	<p>25 9.00 Church 10.30 Sensory activity: Creating a tabletop indoor forest 1.00-2.30 Barnyard Buddies Farm visiting (CC)</p>	<p>26 9.00 Church 10.30 Let's move 1.30-3.00 Bingo</p>	<p>27 9.00 Church 10.30 Football activity 12.00 AFL Grand Final BBQ Lunch 1.30-3.00 Happy Hour</p> 	<p>28 9.00 Church 10.15 Table games 1.00-2.00 Music appreciation/ Individual visit</p>	<p>29 9.00 Church 10.15 Music appreciation 1.00-2.00p Individual Visits</p>
<p>CCGs Casa Cabrini Grounds</p>	<p>Training Room 10.30 Falls Prevention Group</p>	<p>Activities Room 1.00 Bocce Group (selected residents only)</p>	<p>Physio Gym 1.30 Advanced Falls Prevention Group (selected residents only)</p>			
<p>Tombola (Bingo) Cognitive session popular with most of our consumers.</p> <p>Reminiscing Lifestyle team members spend time with people in a group situation or individually providing an opportunity to stroll down memory lane.</p>	<p>Let's Move Dancing to suitable music using props eg large balloon</p> <p>Art & Craft Consumers are provided with opportunity to make decorative items of interest/socialise with others. Using their hands will maintain fine motor skills and social stimulation will aid in the promotion of resident's wellbeing.</p>	<p>Cultural Activities Involves cooking specific cultural food, talking about where they come from, using iPad to google map their place of birth or where they lived.</p>	<p>At The Day Spa People will be invited to have a manicure or pedicure with quality products in a tranquil, calm setting.</p> <p>Sensory activity Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation.</p>	<p>Social dancing Residents attending have opportunity to socialise and participate in singing, exercise and dance.</p>	<p>Shopping Trolley Shopping trolley stocked with biscuits, tissues, drinks etc is taken around and residents have opportunity to purchase different items of interest. This enables resident to be independent and promotes decision making.</p>	

Nursing Home Lifestyle Program – September 2024, Theme: Welcome Spring