



## Casa Cabrini Ground Floor Lifestyle Program – November 2024, Theme: “Melbourne Cup”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1 All Saint's Day</b> 9.00 Church Joint activities with L2</p> 
<p><b>4 Shopping Trolley</b> 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p><b>5 Melbourne Cup</b> 9.00 Church 10.30 Exercise session with physio/ <b>Melbourne Cup Hat Parade</b> 1.30-3.00 <b>Baby Shower for Tess</b></p>	<p><b>6</b> 9.00 Church 10.30 <b>Concert</b> (NH) 1.30-3.00 Christmas craft</p> 	<p><b>7</b> 9.00 Church 10.00 <b>Sensory activity: What do you see?</b> 1.30-3.00 Day Spa</p> 	<p><b>8</b> 9.00 Church 10.30 Making wreathes for Remembrance Day 1.30-3.00 Bingo</p> 
<p><b>11 Shopping Trolley</b> <b>Remembrance Day</b> <b>WA Senior's Week 10<sup>th</sup> -17<sup>th</sup></b> 9.00 Church Remembrance Day Acknowledgement 10.30 Exercise session with physio 1.30-3.00 Bingo</p>	<p><b>12</b> 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Craft: Ties &amp; bows <b>Shopping &amp; Coffee Outing</b></p>	<p><b>13</b> 9.00 Church 10.30 Table games 12.00 <b>Pizza lunch for Senior's Week</b> 1.3-3.00 Individual visits</p> 	<p><b>14</b> 9.00 Church 10.30 <b>Sensory activity: Christmas craft</b></p>	<p><b>15</b> 9.00 Church 10.30 <b>Concert</b> (NH) <b>Birthday celebration</b></p> 
<p><b>18 Shopping Trolley</b> 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bingo</p> 	<p><b>19 Mobile Library</b> <b>International Men's Day</b> 9.00 Church 9.00 Church 10.30 Exercise session with Physio 11.00 <b>Men's lunch outing to pub</b> 1.30-3.00 Cooking: Chocolate treats</p>	<p><b>20</b> 9.00 Church 10.30 Baking: Carrot cake 1.30-3.00 Quiz time</p> 	<p><b>21</b> 9.00 Church 10.30 <b>Sensory activity: Scents</b> 1.30-3.00 At the Day Spa</p>	<p><b>22</b> 9.00 Church 10.30 Table games 1.30-3.00 Bingo</p>

<p><b>25</b> 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bingo</p> 	<p><b>26</b> 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Christmas table decorations <i>Shopping &amp; coffee outing</i></p>	<p><b>27</b> 9.00 Church 10.30 Physical activities (balloon ball, quoits, pool noodles &amp; music) 1.30-3.00 Singing to old time favourites</p>	<p><b>28</b> 9.00 Church 10.30 <i>Sensory activity: Teacup flower arranging</i> <i>Picnic at Dinosaur Park</i> 1.30-3.00 At the Day Spa</p> 	<p><b>29</b> 9.00 Church <b>Joint activities with L2</b> <b>Happy Hour</b></p>
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## Casa Cabrini Ground Floor Lifestyle Program- November 2024



### Physiotherapy Program

<p><b><u>Tombola (Bingo)</u></b> Cognitive activity popular with most of our consumers.</p> <p><b><u>Happy hour</u></b> Special event in which residents come together to have drinks, snacks, music and games.</p>	<p><b><u>Shopping outing</u></b> Consumers are invited to attend an outing to the local shopping centre. Different residents are invited to go on the outing each week.</p>	<p><b><u>Craft</u></b> 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><b><u>Shopping Trolley</u></b> 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><b>Please note:</b> <b>Program is subject to change.</b></p>
<p><b><u>Sensory Session</u></b> Lifestyle team members spend time in a group or individual setting providing sensory activities. Targeting one sense at a time.</p> <p><b><u>Reminiscing</u></b> Lifestyle team members use photos or objects to provide opportunities for residents to reminisce about their past lives.</p>	<p><b><u>At The Day Spa</u></b> Consumers are invited to experience a facial, manicure or pedicure using quality products in a calm, tranquil setting.</p> <p><b><u>Men's Group</u></b> 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.</p>			















## Casa Cabrini Level 1 Lifestyle Program – November 2024, Theme: “Melbourne Cup”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1 All Saint's Day</b> 9.00 Church 10.30 Reminiscing 1.30-3.00 knitting & other craft	<b>2 All Soul's Day</b> 9.00.00 Church 1.00-2.00 Music appreciation/Individual visits 
<b>3</b> 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure 	<b>4</b> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Spring art & craft	<b>5 Melbourne Cup</b> 9.00 Church 10.30 <b>Melbourne Cup Activity</b> 1.30-3.00 Craft & art activity 	<b>6</b> 9.00 Church 10.30 <b>Concert</b> (NH) 1.30-3.00 Movie Matinée 	<b>7</b> 9.00 Church 10.30 Baking biscuits 1.30-3.00 Bingo 	<b>8</b> 9.00 Church 10.30 Making wreaths for Remembrance Day 1.30-3.00 Quiz-Remembrance Day	<b>9</b> 9.00 Church 1.00-2.00 Music Appreciation/Individual Visits
<b>10 WA Senior's Week 10<sup>th</sup>-17<sup>th</sup></b> 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure 	<b>11 Remembrance Day</b> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Reminiscing; Meaning of Remembrance Day 	<b>12</b> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 <b>Shopping &amp; coffee outing/</b> Beth's Beauty Salon (massage)	<b>13</b> 9.00 Church 10.30 <b>Sensory activity: Walking in the garden</b> 12.00 <b>Senior's Week Pizza Lunch</b> 1.30-3.00 Social group-music & dance	<b>14</b> 9.00 Church 10.30 Craft: Men's ties	<b>15</b> 9.00 Church 10.30 <b>Concert</b> (NH) 1.30-3.00 <b>Birthday celebration</b> 	<b>16</b> 9.00 Church 1.00-2.00 Music Appreciation/Individual visits 
<b>17</b> 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure	<b>18</b> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Cooking: apple tart	<b>19 International Men's Day</b> 9.00 Church 10.30 Exercise with Physio 11.00 <b>Men's lunch outing to pub</b> 1.30-3.00 Reminiscing: Celebrating Men's Day in different cultures 	<b>20</b> 9.00 Church 10.30 <b>Sensory activity: Taste</b> 1.30-3.00 Social Club 	<b>21</b> 9.00 Church 10.30 Making Christmas table decorations 1.30-3.00 <b>Scenic drive</b>	<b>22</b> 9.00 Church 10.30 Reminiscing: favourite foods 1.30-3.00 Craft: making Christmas baubles	<b>23</b> 9.00 Church 1.00-2.00 Music Appreciation/Individual visits.

<p><b>24</b> 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Individual visit: Hand massage/manicure</p> 	<p><b>25</b> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Pamper plus</p>	<p><b>26</b> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 <b>Shopping outing</b>/Movie matinée</p> 	<p><b>27</b> 9.00 Church 10.30 Christmas craft 1.30-3.00 Reminiscing: Music in movies</p>	<p><b>28</b> 9.00 Church 10.30 Craft for Christmas party <b>Picnic at Dinosaur Park</b> (invitation only) 1.30-3.00 Bingo</p>	<p><b>29</b> 9.00 Church 10.30 Drumming to music 1.30-3.00 <b>Happy Hour</b></p>	
<p><b>Happy Hour</b> A social event in which residents come together to enjoy drinks, snacks, music, and games.</p>	<p><b>Tombola (Bingo)</b> Cognitive session popular with most of our consumers. <b>Reminiscing</b> Lifestyle team members spend time with people in a group situation or individually providing an opportunity to stroll down memory lane.</p>	<p><b>Let's Move</b> Dancing to suitable music using props eg large balloon <b>Art &amp; Craft</b> 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><b>Cultural Activities</b> Involves cooking specific cultural food, talking about where they come from, using iPad to google map their place of birth or where they lived. <b>Activities Room</b> 1.00 Bocce Group (selected residents only) <b>Training Room</b> 10.30 Falls Prevention Group</p>	<p><b>At The Day Spa</b> People will be invited to have a manicure or pedicure with quality products in a tranquil, calm setting. <b>Sensory</b> Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation.</p>	<p><b>Individual Visits</b> 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><b>Physio Exercises</b> 1.30 Advanced Falls Prevention Group (selected residents only)</p> <p><b>Please note:</b> Program is subject to change.</p>

**Casa Cabrini level 1 Lifestyle Program – November 2024**

# Casa Cabrini Level 2 Lifestyle Program – November 2024, Theme: “Melbourne Cup”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1 All Saint's Day</b>            9.00 Church            10.30 Cooking            1.30-3.00 Bingo</p> 
<p><b>4 Shopping Trolley</b>            9.00 Church            10.30 Exercise session with Physio            1.30-3.00 Bingo</p> 	<p><b>5 Melbourne Cup</b>            9.00 Church            10.30 <b>Melbourne Cup Race Game</b>            1.30-3.00 Movie Matinée “Horseplay”</p> 	<p><b>6</b>            9.30 Church            10.30 <b>Concert</b> (NH)            1.30-3.00 Indoor games</p> 	<p><b>7</b>            9.00 Church            10.30 <b>Outing to WSC/Seated</b> volleyball            1.30-3.00 Gardening</p> 	<p><b>8</b>            9.00 Church            10.30 Craft/wreath for Remembrance Day            1.30-3.00 Bingo</p> 
<p><b>11 WA Senior's Week 10<sup>th</sup> -17<sup>th</sup> Remembrance Day Shopping Trolley</b>            9.00 Church            Acknowledgement of Remembrance Day            10.30 Exercise session with Physio            1.30-3.00 Bingo</p>	<p><b>12</b>            9.00 Church            10.30 Painting            1.30-3.00 <b>Shopping &amp; Coffee Outing</b></p> 	<p><b>13</b>            9.00 Church            10.30 Making men's ties            12.00 <b>Pizza lunch for Senior's Week</b>            1.30-3.00 Bowling</p> 	<p><b>14</b>            9.00 Church            10.30 Outdoor bean bag toss</p> 	<p><b>15</b>            9.00 Church            10.30 <b>Paul Robinson Concert</b> (NH)            1.30-3.00 <b>Birthday Celebration</b></p> 
<p><b>18 Shopping Trolley</b>            9.00 Church            10.30 Exercise session with Physio            1.30-3.00 Bingo</p> 	<p><b>19 Library International Men's Day</b>            9.00 Church            10.30 Bocce            11.00 <b>Men's lunch outing to pub</b>            1.30-3.00 Men's tool quiz</p> 	<p><b>20</b>            9.00 Church            10.30 Christmas table decorations (craft)            1.30-3.00 Social activity: drinks and conversation</p> 	<p><b>21</b>            9.00 Church            10.30 Outdoor bocce            1.30-3.00 Cooking apple tart</p> 	<p><b>22</b>            9.00 Church            10.30 Bingo            1.30-3.00 Card games</p> 

**25 Shopping Trolley**  
 9.00 Church  
 10.30 Exercise session with Physio  
 1.30-3.00 Bingo



**26**  
 9.00 Church  
 10.30 Seated drumming  
 1.30- 3.00 **Shopping & coffee outing**

**27**  
 9.00 Church  
 10.30 Craft: Christmas wreathes  
 1.30-3.00 **Afternoon Tea with Silvana**



**28**  
 9.00 Church  
 10.30 Ten pin bowling  
**Picnic at Dinosaur Park** (invitation only)  
 1.30-3.00 Paint & sip

**29**  
 9.00 Church  
 10.30 Bingo  
 1.30-3.00 **Happy hour**



**Tombola (Bingo)**  
 Cognitive session popular with most of our consumers.  
**Il Bar dell'Angolo**  
 Social and recreational activity where consumers have opportunity to play pool/cards while having a social drink, promoting opportunity for reminiscing.

**Shopping outing**  
 Residents are invited to attend the outing to the local shopping centre. Different residents are invited each week.  
**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.

**Let's Move to music**  
 Consumers either dance or do gentle exercises to music.  
**Individuals**  
 Lifestyle team member spends time with consumers providing an opportunity for them to reminisce about their past lives, provides emotional support.

**Happy Hour**  
 A social event in which residents come together to enjoy food, drink, music, games etc.  
**Men's Group/Social Club**  
 Lifestyle team member facilitate the group by Participants playing cards, Playing pool , social walks, Lunch Outings, Lawn games etc.

**White Board Games**  
 Cognitive activities including "find the missing word" quizzes etc.  
  
**Please note: Program is subject to change.**















**Physiotherapy Program**

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



## House's Lifestyle Program – November 2024, Theme: “Melbourne Cup”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1 All Saint's Day</b>            9.00 Church            10.30 Chair yoga            1.30-3.00 Melbourne Cup craft</p> 
<p><b>4</b>            9.00 Church            10.30 Music Social Club            1.30-3.00 Day Spa</p> 	<p><b>5 Melbourne Cup</b>            9.00 Church            10.30 <b>Melbourne Cup games &amp; celebration</b>            1.30-3.00 <b>Shopping &amp; coffee outing</b></p>	<p><b>6 Shopping Trolley</b>            9.00 Church            10.30 <b>Concert</b> (NH)            1.30-3.00 <b>Cooking Club</b>: Cooking with Melania</p> 	<p><b>7</b>            9.00 Church            10.30 <b>Outing to Wanneroo Social Club.</b></p> 	<p><b>8</b>            9.00 Church            10.30 Chair yoga            1.30-3.00 Remembrance Day Craft</p> 
<p><b>11 Remembrance Day</b>  <b>WA Senior's Week 10<sup>th</sup> -17<sup>th</sup></b>            9.00 Church            10.30 Remembrance Day Acknowledgement            1.30-3.00 Day Spa</p> 	<p><b>12</b>            9.00 Church            10.30 Bingo            1.30-3.00 Christmas craft</p> 	<p><b>13 Shopping Trolley</b>            9.00 Church            10.30 Falls prevention            12.00 <b>Senior's Week Pizza Lunch</b>            1.30-3.00 Craft: Making ties</p> 	<p><b>14</b>            9.00 Church            10.30 Bingo</p> 	<p><b>15</b>            9.00 Church            10.30 <b>Concert</b> (NH)            1.30-3.00 <b>Birthday Celebration</b></p> 
<p><b>18</b>            9.00 Church            10.30 Music Social Club            1.30-3.00 Day Spa</p> 	<p><b>19 International Men's Day</b>            9.00 Church            10.30 Bingo            11.00 <b>Men's lunch outing to pub</b>            1.30-3.00 Celebrating Men's Day Quiz &amp; afternoon tea</p>	<p><b>20 Shopping Trolley</b>            9.00 Church            10.30 Falls prevention            1.00-2.30 <b>Cooking Club</b>: Fruit milkshakes</p> 	<p><b>21</b>            9.00 Church            10.30 Bingo            1.30-3.00 Reminiscing: Seasons</p> 	<p><b>22</b>            9.00 Church            10.30 Chair Yoga            1.30-3.00 Word games and puzzles</p> 




<p><b>25</b> 9.00 Church 10.30 Music social club 1.30-3.00 Day Spa</p> 	<p><b>26</b> 9.00 Church 10.30 Bingo 1.30-3.00 Visual quiz "Guess the Country"</p> 	<p><b>27 Shopping Trolley</b> 9.00 Church 10.30 Falls prevention 1.30-3.00 <b>Cooking Club</b>: Biscuits</p> 	<p><b>28</b> 9.00 Church 10.30 <b>Picnic at Dinosaur Park</b> 1.30-3.00 Movie matinée</p> 	<p><b>29</b> 9.00 Church 10.30 Bingo 1.30-3.00 <b>Happy Hour</b></p> 
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### House's Lifestyle Program -November 2024

<p><b>Falls Prevention Exercise Group</b> 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.</p>	<p><b>Social Club</b> Social Club is an activity in which residents come together to enjoy conversation, morning tea or a game of cards etc.</p>	<p><b>Active games with Physiotherapy assistants.</b> Bocce Group (selected residents only).</p>	<p><b>Shopping Trolley</b> 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><b>CCG</b> Casa Cabrini Ground <b>Please Note: Program is subject to change</b></p>
<p><b>Tombola (Bingo)</b> Cognitive session popular with most of our consumers. lance</p>	<p><b>Day Spa</b> Pampering session in which residents have manicures etc. <b>Scenic Drive</b> Residents from all areas are invited to go on drive.</p>	<p><b>Cultural Activities</b> 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><b>Happy hour</b> Involve antipasto platters, Music, dancing, beers, wine, or soft drinks. <b>Shopping Outing</b> Consumers are invited to attend the outing to the local shopping centre. Different residents are invited each week.</p>	<p><b>CCG</b> <b>Casa Cabrini Ground</b> <b>Church services</b> <b>Mass is celebrated every day at 9.00am for any resident who wishes to attend</b></p>

## John Re Lifestyle Program – November 2024, Theme: “Melbourne Cup”.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1 All Saint’s Day</b> 10.00-10.30 Morning Tea 10.45-11.45 Bean bag toss 1.30-3.00 <i>Sensory activity: Smell</i>	<b>5 All Soul’s Day</b> 10.00 Morning Tea 10.30-11.30 Indoor games 1.00-2.00 Hand massage
<b>3</b>	<b>4</b> 10.00-10.30 Morning tea 10.45-11.45 Melbourne Cup decorations 1.30-3.00 Melbourne Cup craft	<b>5 Melbourne Cup</b> 10.00 -10.30 Morning Tea 10.45-11.45 <b>Melbourne Cup activity</b> 1.30-3.00 Manicure time	<b>6</b> 10.00 10.30 Morning Tea 10.30-11.30 <b>Concert</b> (NH) 1.30-3.00 Home duties: Washing dishes	<b>7</b> 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Remembrance Day craft	<b>8</b> 10.00-10.30 Morning Tea 10.30 Bean Bag Toss 1.30-3.00 <i>Sensory activity: Paint spinning art</i>	<b>9</b>
<b>10 WA Senior’s Week 10<sup>th</sup> -17<sup>th</sup></b> 10.00 Morning tea 10.30-11.30 Walking group 1.00-2.00 Walking group	<b>11 Remembrance Day</b> 10.00-10.30 Morning tea 10.45-11.45 Acknowledgement of Remembrance Day 1.30-3.00 Playdough craft	<b>12</b> 10.00-10.30 Morning tea 10.45-11.45 Balloon ball 1.30-3.00 Afternoon tea in the garden	<b>13</b> 10.00-10.30 Morning tea 10.30 Outdoor soccer 12.00 <b>Pizza lunch for Senior’s Week</b> 1.30-3.00 Pamper plus	<b>14</b> 10.00-10.30 Morning tea 10.45-11-45 Physical activities	<b>15</b> 10.00 Morning Tea 10.30-11.30 <b>Concert</b> (NH) 1.30-3.00 <b>Birthday celebration</b> 	<b>16</b> 10.00 Morning Tea 10.30-11.30 Seated soccer 1.00-2.00 Hand massage
<b>17</b>	<b>18</b> 10.00-10.30 Morning tea 10.45-11.45 Cup bowling 1.30-3.00 Craft: Making ties	<b>19 International Men’s Day</b> 10.00-10.30 Morning Tea 10.45-11.45 In the garden 1.30-3.00 Men’s Club: Beer/cards & darts	<b>20</b> 10.00-10.30 Morning tea 10.45-11.45 Outdoor bean bag toss 1.00-3.00 Cooking apple tart	<b>21</b> 10.00-10.30 Morning tea 10.45-11-45 Physical activities 1.30-3.00 <i>Scenic drive</i>	<b>22</b> 10.00-10.30 Morning Tea 10.45-11.45 Throw the duck game 1.30-3.00 Christmas craft: table decorations	<b>23</b>

<p><b>24</b> 10.00- Morning tea 10.30-11.30 Ball games 1.30-2.00 Walking group</p>	<p><b>25</b> 10.00-10.30 Morning tea 10.45-11.45 Ball games 1.30-3.00 <b>Christmas craft: making garlands</b></p>	<p><b>26</b> 10.00-10.30 Morning Tea 10.45-11.45 Ball games 1.30-3.00 <b>Walk in the garden</b></p>	<p><b>27</b> 10.00-10.30 Morning tea 10.45-11.45 Gardening 1.00-3.00 <b>Home duties: Making beds</b></p>	<p><b>28</b> 10.00-10.30 Morning tea 10.45-11-45 Physical activities 1.30-3.00 <b>Cooking pancakes</b></p>	<p><b>29</b> 10.00-10.30 Morning Tea 10.45-11.45 Bean bag toss 1.30-3.00 <b>Happy hour</b></p>	<p><b>30</b> 10.00 Morning Tea</p>	
<b>Lifestyle program description</b>							
<p><b><u>Moving to Music</u></b> A variety of physical activities eg social dancing, walks, large balloon, coits, exercises.</p> <p><b><u>Home duties</u></b> A selection of activities consumers used to perform when living at home eg sweeping, dusting, folding laundry.</p>	<p><b><u>Gardening</u></b> 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><b><u>Cultural Activities</u></b> 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><b><u>Our Senses</u></b> Lifestyle team members provide a range of sensory activities to consumers.</p> <p><b><u>Happy Hour</u></b> A social event in which residents come together to share food, drink, music, games etc.</p>	<p><b><u>Cognitive Games</u></b> Simple failure free activities such as sorting, matching, counting is provided to consumers.</p> <p><b>Please note:</b> Program is subject to change.</p> <p><b><u>CCGs</u></b> <b>Casa Cabrini Grounds</b></p>	<p><b><u>Shopping Trolley</u></b> 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><b><u>Church services</u></b> <b>Mass is celebrated every day at 9.00am for any resident who wishes to attend</b></p>	

**John Re Lifestyle Program –November 2024**

## Connie's Wing Lifestyle Program – November 2024, Theme: “Melbourne Cup”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1 All Saint's Day</b> 10.00 Morning Tea 10.30 Day Spa 1.30-3.00 Balloon ball 	<b>5 All Soul's Day</b> 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie Matinee
<b>3</b> 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session	<b>4</b> 10.00 Morning Tea 10.30 Moving to music 1.30-3.00 In the garden	<b>5 Melbourne Cup</b> 10.00 Morning Tea 10.30 <b>Melbourne Cup Games</b> 1.30-3.00 Home duties	<b>6</b> 10.00 <b>Concert</b> (NH) 10.30 Floor Games 1.30-3.00 <b>Sensory activity: Sight</b>	<b>7</b> 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Movie matinée	<b>8</b> 10.00 Morning Tea 10.30 Table games 1.30-3.00 Making wreath for Remembrance Day	<b>9</b> 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee
<b>10 WA Senior's Week 10<sup>th</sup> -17<sup>th</sup></b> 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session	<b>11 Remembrance Day</b> 10.00 Morning Tea 10.30 Moving to Music Acknowledgement of Remembrance Day 1.30-3.00 In the garden	<b>12</b> 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties 	<b>13</b> 10.00 Morning tea 10.30 Floor Games 12.00 <b>Pizza lunch for Senior's week</b> 1.30-3.00 Reminiscing: Times past	<b>14</b> 10.00 Morning tea 10.30 Moving to Music	<b>15</b> 10.00 Morning tea 10.30 <b>Concert</b> (NH) 1.30-3.00 <b>Birthday Celebration</b> 	<b>16</b> 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee
<b>17</b> 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session	<b>18</b> 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 In the garden 	<b>19 International Men's Day</b> 10.00 morning tea 10.30 Bingo 1.30-3.00 Men's Club: Beer/cards & darts	<b>20</b> 10.00 Morning tea 10.30 Floor Games 1.30-3:00 <b>Sensory activity: Touch</b>	<b>21</b> 10.00 Morning tea 10.30 Bowling 1.30-3.00 <b>Scenic drive</b>	<b>22</b> 10.00 Morning tea 10.30 Day Spa 1.30-3.00 Christmas craft	<b>23</b> 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee

<p><b>24</b> 9.00 Church 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session</p>	<p><b>25</b> 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Craft: Christmas table decorations</p>	<p><b>26</b> 10.00 Morning tea 10.30 Bingo 1.30-3.00 Home duties</p>	<p><b>27</b> 10.00 Morning tea 10.30 Floor Games 1.30-3:00 <i>Sensory</i>: Hearing</p>	<p><b>28</b> 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 <i>Old time Melodies</i></p>	<p><b>29</b> 10.30 Day Spa 1.30-3.00 <b>Happy Hour</b></p> 	<p><b>30</b> 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee</p>
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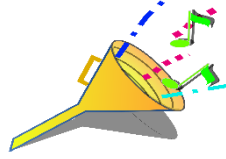







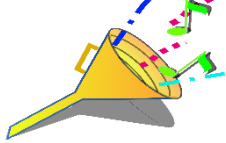



<p><b>Please note:</b> Program is subject to change</p>		<p><b>Physio Program</b> 10.30 Falls Prevention Group (Selected residents only)</p>	<p><b>Physio Program</b> 10.30 Walking Group 1.00 Bocce Group (Selected residents only and is held in the Activities Room.</p>	<p><b>Physio Program</b> 1.00 Advanced Falls Prevention Group (Selected residents only)</p>		
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<b>Lifestyle program description</b>						
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<p><b><u>Moving to Music</u></b> Gentle exercise program with a physical activity component eg coits, large balloon <b><u>Gardening Club</u></b> Outside weather permitting planting, cleaning up area, discussion on gardens.</p>	<p><b><u>At the Day Spa</u></b> Consumers are invited to have a manicure or pedicure with quality products in a tranquil, calm setting. <b><u>Armchair Travel</u></b> iPad and YouTube are often used in this activity to google maps of specific regions</p>	<p><b><u>Sensory</u></b> Lifestyle team members spend time in a group or individual setting providing sensory activities. Targeting one sense at a time. <b><u>Shopping Trolley</u></b> Shopping trolley stocked with biscuits, tissues, drinks etc is taken around and residents have opportunity</p>	<p>to purchase different items of interest.  This enables resident to be independent and promotes decision making.  <b><u>Happy Hour</u></b> A social even in which residents come together to enjoy food, drinks, music, games etc.</p>	<p><b><u>Individuals</u></b> 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.</p>	<p><b><u>Tombola (Bingo)</u></b> Cognitive session popular with most of our consumers. <b><u>Church services</u></b> <b>Mass is celebrated every day at 9.00am for any resident who wishes to attend</b></p>	<p><b><u>Cultural Activities</u></b> Consumers are provided with opportunity to engage in activities from their heritage and share stories of their homelands.</p>
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**Connie's Wing Lifestyle Program - November 2024**

# Nursing Home Lifestyle Program – November 2024, Theme: “Melbourne Cup”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<p><b>1 All Saint's Day</b>            10.30 <i>Reminiscing:</i>  <b>Religious events</b>            1.30-3.00 At the Day Spa</p>	<p><b>2 All soul's Day</b>            10.15 Sounds of music            1.00-2.00 Movie matinée</p> 	<p><b>3</b>            10.15 Bean bag toss            1.00-2.00 Individual Visits</p>
<p><b>4 Shopping Trolley</b>            10.30 Moving to music            1.30-3.00 Bingo</p> 	<p><b>5 Melbourne Cup</b>  <b>Melbourne Cup Games</b>            1.30-3.00 Table games</p> 	<p><b>6</b>            10.30 <b>Concert</b>            1.30-3.00 Making wreaths for Remembrance Day</p>	<p><b>7</b>            10.30 Let's move            1.30-3.00 Bingo            3.30-4.30 Individual support</p> 	<p><b>8</b>            10.30 <i>Reminiscing:</i>            1.30-3.00 At the Day Spa</p>	<p><b>9</b>            10.15 Sounds of music            1.00-2.00 Movie matinée</p> 	<p><b>10 WA Senior's Week 10<sup>th</sup> 17<sup>th</sup></b>            10.15 Ball games            1.00-2.00 Individual visits</p>
<p><b>11 Remembrance Day</b>            10.30 Moving to music            1.30- 3.00 Acknowledgement of Remembrance Day</p> 	<p><b>12</b>            10.30 Floor games            1.30-3.00 Craft: Making shapes out of dough</p>	<p><b>13</b>            10.30 <b>Sensory activity:</b>            Flower arranging            12.00 <b>Pizza Lunch for Senior's Week</b></p> 	<p><b>14</b>            10.30 Let's move</p>	<p><b>15</b>            10.30 <b>Concert</b>            1.30-3.00 <b>Birthday Celebration</b></p> 	<p><b>16</b>            10.15 Sounds of music            1.00-2.00 Movie matinée</p> 	<p><b>17</b>            10.15 Cup bowling            1.00-2.00 Individual Visits</p>
<p><b>18</b>            10.30 Moving to music            1.30-3.00 Bingo</p> 	<p><b>19 International Men's Day</b>            10.30 Individuals            11.00 <b>Men's lunch outing to Pub</b></p>	<p><b>20</b>            10.30 <b>Sensory activity:</b>  <b>Touch</b>            1.30-3.00 Beth's beauty salon</p> 	<p><b>21</b>            10.30 Let's move            1.30-3:00 <b>Scenic drive</b>            3.30-4.30 Individual support</p>	<p><b>22</b>            10.30 <i>Reminiscing:</i> My favourite music            1.30-3.00</p>	<p><b>23</b>            10.15 Sounds of music            1.00-2.00 Movie matinée</p> 	<p><b>24</b>            10.15 Basketball/ring toss            1.00-2.00p Individual Visits</p>



<p><b>25</b> 10.30 Moving to music 1.30-3.00 Bingo</p> 	<p><b>26</b> 10.30 Craft: Making a beach collage 1.30-3.00 <b>Men's Group</b></p>	<p><b>27</b> 10.30 <b>Sensory activity: Smell</b> 1.00-3.00 Movie matinée</p>	<p><b>28</b> 10.30 Let's move <b>Picnic at Dinosaur Park</b> (invitation only) 1.30-3.00 Bingo 3.30-4.30 Individual support</p>	<p><b>29</b> 10.30 <b>Reminiscing:</b> Special milestones 1.30-3.00 <b>Happy Hour</b></p>	<p><b>30</b> 10.15 Sounds of music 1.00-2.00 Movie matinée</p> 	
<p><b>CCGs</b> Casa Cabrini Grounds</p>	<p><b>Training Room</b> 10.30 Falls Prevention Group</p>	<p><b>Activities Room</b> 1.00 Bocce Group (selected residents only)</p>	<p><b>Physio Gym</b> 1.30 Advanced Falls Prevention Group (selected residents only)</p>			
<p><b>Tombola (Bingo)</b> Cognitive session popular with most of our consumers.</p> <p><b>Reminiscing</b> Lifestyle team members spend time with people in a group situation or individually providing an opportunity to stroll down memory lane.</p>	<p><b>Let's Move</b> Dancing to suitable music using props eg large balloon</p> <p><b>Art &amp; Craft</b> 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><b>Cultural Activities</b> 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><b>At The Day Spa</b> People will be invited to have a manicure or pedicure with quality products in a tranquil, calm setting.</p> <p><b>Sensory activity</b> Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation.</p>	<p><b>Social dancing</b> Residents attending have opportunity to socialise and participate in singing, exercise and dance.</p>	<p><b>Shopping Trolley</b> 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><b>Church</b> <b>Mass service takes place every day at 9.00am for any resident wishing to attend.</b></p>

**Nursing Home Lifestyle Program – November 2024, Theme: Melbourne Cup**