

Casa Cabrini Ground Floor Lifestyle Program – January 2025, Theme: “Summer”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p align="center">1</p> <p align="center">New Year’s Day Public Holiday</p>	<p align="center">2</p> <p>9.00 Church 10.30 Sensory activity: Taste 1.30-3.00 Day spa</p>	<p align="center">3</p> <p>9.00 Church 10.30 Quiz 1.30 Bingo</p>
<p>6 Epiphany 9.00 Church 10.30 Exercise session with Physio /removing Christmas decorations 1.30-3.00 Bingo</p>	<p>7 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Shopping/coffee outing/Elvis collage</p>	<p>8 Elvis’s Birthday 9.00 Church 10.30 Physical activities: Quoits- balloon ball-ring toss 1.30-3.00 Tribute to Elvis</p> 	<p>9 9.00 Church 10.30 Sensory activity: Touch 1.30-3.00 Day spa</p>	<p>10 9.00 Church 10.30 Bingo 1.30-3.00 Craft for Chinese New Year</p>
<p>13 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bingo</p> 	<p>14 Mobile Library 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Seated Balloon Badminton</p>	<p>15 9.00 Church 10.30 Physical activities: Quoits- balloon ball-ring toss 1.3-3.00 Craft: making decorations for Chinese New Year</p>	<p>16 9.00 Church 10.30 Sensory activity: Making shapes out of dough 1.30-3.00 Day spa</p>	<p>17 9.00 Church 10.00 Bingo 1.30-3.00 Birthday celebration</p> 
<p>20 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bingo</p>	<p>21 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Shopping/coffee outing Craft: Aussie Masks</p>	<p>22 9.00 Church 10.30 Physical activities: Quoits- balloon ball-ring toss 1.30-3.00 Craft: Making masks for Carnevale</p>	<p>23 9.00 Church 10.30 Sensory activity: 12.00 Australia Day BBQ & concert 1.30-3.00 Day spa</p>	<p>24 9.00 Church 10.30 Bingo 1.30-3.00 Quiz</p>





<p>27</p> <p>Australia Day Public Holiday</p>	<p>28</p> <p>9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Craft: Roscoe the rock snake</p>	<p>29</p> <p>9.00 Church 10.30 Physical activities: Quoits-balloon ball-ring toss 1.30-3.00 Chinese New Year celebration (Year of snake)</p>	<p>30</p> <p>9.00 Church 10.30 Sensory activity: 1.30-3.00 Day spa</p>	<p>31</p> <p>9.00 Church 10.30 Paul Robinson concert (NH) 1.30-3.00 Happy Hour</p>
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Casa Cabrini Ground Floor Lifestyle Program- January 2025

Physiotherapy Program

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





Casa Cabrini Level 1 Lifestyle Program – January 2025, Theme: “Summer”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day Public Holiday	2 9.00 Church 10.30 Craft- Elvis collage 1.30-3.00 Bingo	3 9.00 Church 10.30 Balloon ball game 1.30-3.00 Social club	4 9.00.00 Church 1.00-2.00 Music appreciation/Individual visits
5 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure	6 Epiphany 9.00 Church 10.30 Exercise with Physio Removing Christmas decorations 1.30-3.00 Bingo	7 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beauty Therapy Shopping/coffee outing	8 Elvis's Birthday 9.00 Church 10.30 Elvis themed activity 1.30-3.00 Elvis movie 	9 9.00 Church 10.30 Craft- Roscoe the rock snake 1.30-3.00 Bingo Scenic drive	10 9.00 Church 10.30 Balloon therapy 1.30-3.00 Outdoor Walk	11 9.00 Church 1.00-2.00 Music Appreciation/Individual Visits
12 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure	13 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo	14 Library 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beauty Therapy	15 9.00 Church 10.30 Art & craft for Australia Day 1.30-3.00 Social club	16 9.00 Church 10.30 Craft- Aussie masks 1.30-3.00 Bingo	17 9.00 Church 10.30 Bowling 1.30-3.00 Birthday celebration 	18 9.00 Church 1.00-2.00 Music Appreciation/Individual visits
19 International Flower Day 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure	20 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Paint & sip 	21 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beauty Therapy Shopping/coffee outing	22 9.00 Church 10.30 Outdoor Walk 1.30-3.00 Social club	23 9.00 Church 10.30 Seated balloon badminton 12.00 Australia Day BBQ & Concert 1.30-3.00 Bingo	24 9.00 Church 10.30 Making lamingtons 1.30-3.00 Music appreciation	25 9.00 Church 1.00-2.00 Music Appreciation/Individual visits

<p>26 Australia Day 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Individual visit: Hand massage/manicure</p>	<p>27 Australia Day Public Holiday</p>	<p>28 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beauty Therapy</p>	<p>29 9.00 Church 10.30 Chinese New Year celebration (Year of snake) 1.30-3.00 Day spa</p>	<p>30 9.00 Church 10.30 Craft for Carnevale 1.30-3.00 Bingo/Scenic drive</p>	<p>31 9.00 Church 10.30 Paul Robinson concert (NH) 1.30-3.00 Happy Hour</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 – January 2025

Casa Cabrini Level 2 Lifestyle Program –January 2025, Theme: “Summer”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>New Year’s Day Public Holiday</p>	<p>2</p> <p>9.00 Church 10.30 Outing to WSC-Members only/ Basketball 1.30-3.00 Bingo</p>	<p>3</p> <p>9.00 Church 10.30 Seated drumming 1.30-3.00 Bingo</p>
<p>6 Epiphany</p> <p>9.00 Church 10.30 Exercise session with Physio Removing Christmas decorations 1.30-3.00 Mrs Di Luca’s 100th birthday</p>	<p>7 Shopping Trolley</p> <p>9.00 Church 10.30 Bocce 1.30-3.00 Shopping/coffee Outing/quiz time</p>	<p>8 Elvis’s birthday</p> <p>9.30 Church 10.30 Floor games 1.30-3.00 Craft</p> <div style="text-align: center;">  </div>	<p>9</p> <p>9.00 Church 10.30 Bean bag toss 1.30-3.00 Pamper plus</p>	<p>10</p> <p>9.00 Church 10.30 Seated dancing 1.30-3.00 Bingo</p>
<p>13</p> <p>9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p>	<p>14 Library</p> <p>Shopping Trolley</p> <p>9.00 Church 10.30 Bocce 1.30-3.00 Australian quiz time</p>	<p>15</p> <p>9.00 Church 10.30 Floor games 1.30-3.00 Craft</p>	<p>16</p> <p>9.00 Church 10.30 Bocce 1.30-3.00 Paint & sip</p>	<p>17</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Birthday celebration</p> <div style="text-align: center;">  </div>
<p>20</p> <p>9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p>	<p>21 Shopping Trolley</p> <p>9.00 Church 10.30 Bocce 1.30-3.00 Shopping/coffee Outing/quiz time</p> <div style="text-align: center;">  </div>	<p>22</p> <p>9.00 Church 10.30 Floor games 1.30-3.00 Craft</p>	<p>23</p> <p>9.00 Church 10.30 Outdoor Games 12.00 Australia Day BBQ & Concert 1.30-3.00 Pamper plus</p>	<p>24</p> <p>9.00 Church 10.30 Bingo 1.30-3.00</p>





<p>27</p> <p>Australia Day Public Holiday</p>	<p>28 Shopping Trolley 9.00 Church 10.30 Bocce 1.30- 3.00 Movie Matinée</p>	<p>29 9.00 Church 10.30 Floor games 1.30-3.00 Chinese New Year (year of snake)</p>	<p>30 9.00 Church 10.30 Tenpin bowling 1.30-3.00 Bingo</p>	<p>31 9.00 Church 10.30 Paul Robinson concert (NH) 1.30-3.00 Happy Hour</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 – January 2025

House's Lifestyle Program - January 2025, Theme: "January 2025"





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>New Year's Day Public Holiday</p>	<p>2</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Cooking with Lino</p>	<p>3</p> <p>9.00 Church 10.30 Chair yoga 1.30-3.00 Cognitive games & puzzles</p>
<p>6 Epiphany</p> <p>9.00 Church 10.30 Music Social Club Removing Christmas Decorations 1.30-3.00 Day Spa</p>	<p>7</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Reminiscing: New Year Celebration</p>	<p>8 Shopping Trolley Elvis's Birthday</p> <p>9.00 Church 10.30 Falls prevention 1.30-3.00 Elvis movie matinée</p> 	<p>9</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Card Club</p>	<p>10</p> <p>9.00 Church 10.30 Chair yoga 1.30-3.00 Movie Matinee/Individual visits</p>
<p>13</p> <p>9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p>	<p>14 Library</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Shopping/coffee outing</p> 	<p>15 Shopping Trolley</p> <p>9.00 Church 10.30 Falls prevention 1.30-3.00 Craft: World Oceans Posters</p>	<p>16</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Card Club</p>	<p>17</p> <p>9.00 Church 10.30 Chair yoga 1.30-3.00 Birthday Celebration</p> 
<p>20</p> <p>9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p>	<p>21</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Making pot purri bags</p>	<p>22 Shopping Trolley</p> <p>9.00 Church 10.30 Falls prevention 1.30-3.00 Craft: Australian masks</p>	<p>23</p> <p>9.00 Church 10.30 Bingo 12.00 BBQ & concert for Australia Day (CC Grounds) 1.30-3.00 Card Club</p>	<p>24</p> <p>9.00 Church 10.30 Chair Yoga 1.30-3.00 Making chips & dip</p>


<p>27</p> <p>Australia Day Public Holiday</p>	<p>28</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Shopping/coffee outing</p>	<p>29</p> <p>9.00 Church 10.30 Falls prevention 1.30-3.00 Chinese New Year celebration (year of snake)</p>	<p>30</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Card Club</p>	<p>31</p> <p>9.00 Church 10.30 Paul Robinson concert (NH) 1.30-3.00 Happy Hour</p>
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House's Lifestyle Program -January 2025

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





John Re Lifestyle Program – January 2025, Theme: “Summer”.


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 New Year's Day Public Holiday</p>	<p>2 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Reminiscing: Story time</p>	<p>3 10.00-10.30 Morning Tea 10.45-11.45 Seated balloon badminton 1.30-3.00 Guess the shape game</p>	<p>4 10.00 Morning Tea 10.30-11.30 Indoor games 1.00-2.00</p>
<p>5 10:00 Morning Tea 10:30-11:30 1:00-2:00</p>	<p>6 Epiphany 10.00-10.30 Morning tea 10.45-11.45 Removing Christmas decorations 1.30-3.00 Craft: Elvis collage</p>	<p>7 10.00 -10.30 Morning Tea 10.45-11.45 Art & craft 1.30-3.00 Day spa</p>	<p>8 Elvis's Birthday 10.00 10.30 Morning Tea 10.45-11.45 Outdoor time 1.30-3.00 Home duties: Folding linen</p> 	<p>9 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Scenic drive/Reminiscing: story time</p>	<p>10 10.00-10.30 Morning Tea 10.30 Bean Bag Toss 1.30-3.00 Craft: Roscoe the rock snake</p>	<p>11 10:00 Morning Tea 10:30-11:30 1:00-2:00</p>
<p>12 10.00 Morning tea 10.30-11.30 Walking group 1.00-2.00 Walking group</p>	<p>13 10.00-10.30 Morning tea 10.45-11.45 Indoor bowling 1.30-3.00 World oceans poster</p> 	<p>14 10.00-10.30 Morning tea 10.45-11.45 Balloon ball 1.30-3.00 Gardening club</p>	<p>15 10.00-10.30 Morning tea 10.30 Outdoor basketball 1.30-3.00 Sensory: Hand massage</p>	<p>16 10.00-10.30 Morning tea 10.45-11-45 Physical activities 1.30-3.00 Movie Matinee</p>	<p>17 10.00 Morning Tea 10.30-11.30 Balloon game 1.30-3.00 Birthday celebrations</p> 	<p>18 10.00 Morning Tea 10.30-11.30 Seated soccer 1.00-2.00 Hand massage</p>
<p>19 10.00 Morning tea 10.30-11.30 Balloon ball 1.00-2.00 Day spa</p>	<p>20 10.00-10.30 Morning tea 10.45-11.45 Seated volleyball 1.30-3.00 Craft: Aussie masks</p>	<p>21 10.00-10.30 Morning Tea 10.45-11.45 Walking group 1.30-3.00 Social club</p>	<p>22 10.00-10.30 Morning tea 10.30 Bean bag toss 1.30-3.00 Aqua paint</p>	<p>23 10.00-10.30 Morning tea 10.45-11-45 Physical activities 12.00 Australia Day BBQ & concert (CC Grounds) 1.30-3.00 Sensory: Hearing</p>	<p>24 10.00-10.30 Morning Tea 10.45-11.45 Cup bowling 1.30-3.00 Dancing session</p>	<p>25 10:00 Morning Tea 10:30-11:30 Hand ball 1:00-2:00 Sensory: Sight</p>

<p>26 Australia Day 10.00- Morning tea 10.30-11.30 1.30-2.00</p>	<p>27 Australia Day Public Holiday</p> 	<p>28 10.00-10.30 Morning Tea 10.45-11.45 Ball games 1.30-3.00 Day spa</p>	<p>29 10.00-10.30 Morning tea 10.30 Balloon ball game 1.30-3.00 Chinese New Year Celebration (year of snake)</p> <p>新年快樂 Happy Chinese New Year</p>	<p>30 10.00-10.30 Morning tea 10.45-11-45 Physical activities 1.30-3.00 Scenic Drive</p>	<p>31 10.00-10.30 Morning Tea 10.30-11.30 Paul Robinson concert (NH) 1.30-3.00 Decorating cup cakes</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. <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. Please note: Program is subject to change. <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>	<p><u>Church services</u> Mass is celebrated every day at 9.00am for any resident who wishes to attend</p>

John Re Lifestyle Program- January 2025

Connie's Wing Lifestyle Program – January 2025, Theme: “Summer”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p style="text-align: center;">New Year's Day Public Holiday</p>	<p>2</p> <p>10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Table games</p>	<p>3</p> <p>10.00 Morning Tea 10.30 Day spa 1.30-3.00 Balloon ball game</p>	<p>4</p> <p>10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie Matinee</p>
<p>5</p> <p>10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session</p>	<p>6 Epiphany</p> <p>10.00 Morning Tea 10.30 Moving to music Removing Christmas Decorations 1.30-3.00 Social Club</p>	<p>7</p> <p>10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties</p>	<p>8 Elvis's Birthday</p> <p>10.00 Morning Tea 10.30 Floor games 1.30-3.00 <i>Sensory activity: Hearing</i></p> 	<p>9</p> <p>10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Scenic Drive</p>	<p>10</p> <p>10.00 Morning Tea 10.30 Day spa 1.30-3.00 Balloon/noodle game</p>	<p>11</p> <p>10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee</p>
<p>12</p> <p>10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session</p>	<p>13</p> <p>10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Gardening club</p> 	<p>14</p> <p>10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties</p>	<p>15</p> <p>10.00 Morning tea 10.30 Bowling 1.30-3.00 <i>Sensory activity: Touch</i></p>	<p>16</p> <p>10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Old time melodies</p>	<p>17</p> <p>10.00 Morning tea 10.30 Moving to music 1.30-3.00 Birthday Celebration</p> 	<p>18</p> <p>10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee</p>
<p>19</p> <p>10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session</p>	<p>20</p> <p>10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Walking group</p>	<p>21</p> <p>10.00 morning tea 10.30 Bingo 1.30-3.00 Sing-along session</p>	<p>22</p> <p>10.00 Morning tea 10.30 Floor games 1.30-3.00 <i>Sensory activity: Sight</i></p>	<p>23</p> <p>10.00 Morning tea 10.30 Moving to Music 12.00 Australia Day BBQ & concert (CC Grounds) 1.30-3.00</p>	<p>24</p> <p>10.00 Morning tea 10.30 Day Spa 1.30-3.00 Carnevale craft</p>	<p>25</p> <p>10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee</p>

<p>26 Australia Day 9.00 Church 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session</p>	<p>27 Australia Day Public Holiday</p> 	<p>28 10.00 Morning tea 10.30 Bingo 1.30-3.00 Home duties</p>	<p>29 10.00 Morning tea 10.30 Bowling 1.30-3.00 Chinese New Year celebration (Year of snake)</p>	<p>30 10.00 Morning tea 10.30 Day spa 1.30-3.00 Scenic Drive</p>	<p>31 10.00 Morning tea 10.30 Paul Robinson concert (NH) 1.30-3.00 Happy Hour</p>	
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Program description

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

<p><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.</p>	<p><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</p>	<p><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</p>	<p>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.</p>	<p><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.</p>	<p><u>Tombola (Bingo)</u> Cognitive session popular with most of our consumers. <u>Church services</u> Mass is celebrated every day at 9.00am for any resident who wishes to attend</p>	<p><u>Cultural Activities</u> Consumers are provided with opportunity to engage in activities from their heritage and share stories of their homelands.</p>
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Nursing Home Lifestyle Program – January 2025, Theme: “Summer”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 New Year's Day Public Holiday	2 10.30 Bean bag toss 1.30-3.00 Beth's beauty salon	3 10.30 Reminiscing: Childhood games 1.30-3.00 Art & craft	4 10.15 Balloon ball & quoits 1.00-2.00 Bingo	5 10.15 Fishing game 1.00-2.00 Individual Visits
6 Epiphany 10.30 <i>Mr Steven's 101st Birthday</i> Removing Christmas decorations 1.30-3.00 Bingo	7 10.30 Moving to music 1.30-3.00 Group games	8 Elvis's Birthday 10.30 Sensory: Touch 1.30-3.00 Elvis movie matinée/individuals 	9 10.30 Throw the duck game 1.30-3.00 Beth's beauty salon (Scenic Drive)	10 10.30 Reminiscing: School days 1.30-3.00 Art & craft	11 10.15 Indoor games 1.00-2.00 Bingo	12 10.15 Cooking 1.00-2.00 Individual visits
13 10.30 Moving to music 1.30- 3.00 Sensory: Flower arranging	14 10.30 Men's Group 1.30-3.00 Card games	15 10.30 Sensory activity: At the beach 1.30-3.00 Movie afternoon/individuals	16 10.30 Floor games 1.30-3.00 Beth's beauty salon	17 10.30 Reminiscing: My work 1.30-3.00 Birthday Celebration 	18 10.15 Cognitive games 1.00-2.00 Bingo	19 International flower Day 10.15 Gardening 1.00-2.00 Individual Visits
20 10.30 Moving to music 1.30-3.00 Bingo 	21 10.30 Indoor games 1.30-3.00 Individuals	22 10.30 Sensory activity: Smell 1.30-3.00 Movie afternoon/individuals	23 10.30 Aussie ping pong game 12.00 Australia Day BBQ & concert (CC Grounds) 1.30-3:00 Beth's beauty salon	24 10.30 Reminiscing: Music from the past 1.30-3.00 Art & craft	25 10.15 Balloon ball & quoits 1.00-2.00 Bingo	26 Australia Day 10.15 Cooking 1.00-2.00 Individual Visits

<p>27</p> <p>Australia Day Public Holiday</p>	<p>28</p> <p>10.30 Moving to music 1.30-3.00 Men's Group in Activity room</p>	<p>29</p> <p>10.30 Sensory activity: In the forest 1.30-3.00 Chinese New Year celebration (Year of snake)</p>	<p>30</p> <p>10.30 Flower arranging 1.30-3:00 Beth's beauty salon (Scenic Drive)</p>	<p>31</p> <p>10.30 Paul Robinson concert 1.30-3.00 Happy Hour</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>	<p>Church Mass service takes place every day at 9.00am for any resident wishing to attend.</p>

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