

Casa Cabrini Ground Floor Lifestyle Program – February 2025, Theme: “Romance & Culture ”







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo 	4 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Shopping/coffee outing/ Table games 	5 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Bean bag toss 1.30-3.00 Carnevale decorations 	6 9.00 Church 10.30 Sensory: Taste 1.30-3.00 Day Spa 	7 9.00 Church 10.30 Walking group 1.30 Bingo
10 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo	11 Mobile Library 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Beach Volleyball	12 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Indoor golf 1.30-3.00 Cultural group: History of Carnevale	13 9.00 Church 10.30 Sensory: Touch 1.30-3.00 Day spa	14 Valentine's Day 9.00 Church 10.30 Valentine Day Moring Tea/Reminiscing 1.30-3.00 Bingo 
17 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bingo 	18 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Hungry Hippo Ball Game/ Shopping/coffee outing/ 	19 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Bean bag toss 1.30-3.00 Carnevale decorations 	20 9.00 Church 10.30 Sensory activity: Smell Beach picnic at Pinnaroo Point 1.30-3.00 Day spa 	21 International Mother Language Day 9.00 Church 10.00 Bingo 1.30-3.00 Birthday celebration 
24 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bingo	25 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Craft: Masks for Carnevale	26 9.00 Church 10.30 Physical activities: Quoits-balloon ball/basketball 1.30-3.00 Carnevale celebration (CC Grounds)	27 9.00 Church 10.30 Sensory activity: Sight 1.30-3.00 Day spa	28 9.00 Church 10.30 Bingo 1.30-3.00 Happy Hour

Casa Cabrini Ground Floor Lifestyle Program- February 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>	






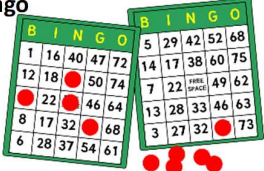



Casa Cabrini Level 1 Lifestyle Program – February 2025, Theme: “Romance & Culture”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9.00.00 Church 1.00-2.00 Music appreciation/Individual visits
2 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure	3 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo	4 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon /Shopping/coffee outing	5 9.00 Church 10.30 Taste Day 1.30-3.00 Social club	6 9.00 Church 10.30 Balloon Ball exercise 1.30-3.00 Bingo	7 9.00 Church 10.30 Quoits/basketball 1.30-3.00 Day Spa	8 9.00 Church 1.00-2.00 Music Appreciation/Individual Visits
9 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure	10 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo	11 Library 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon	12 9.00 Church 10.30 Flower arranging 1.30-3.00 Matinee	13 9.00 Church 10.30 Balloon Ball exercise 1.30-3.00 Bingo/ Scenic drive	14 Valentine's Day 9.00 Church 10.30 Valentine Day Morning Tea/Reminiscing 1.30-3.00 Craft	15 9.00 Church 1.00-2.00 Music Appreciation/Individual visits
16 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Hand massage/manicure	17 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Cooking banana pancakes	18 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon Shopping/coffee outing	19 9.00 Church 10.30 Walking group 1.30-3.00 Day spa	20 9.00 Church 10.30 Balloon Ball exercise 1.30-3.00 Bingo	21 International Mother Language Day 9.00 Church 10.30 Craft for Carnevale 1.30-3.00 Birthday celebration	22 9.00 Church 1.00-2.00 Music Appreciation/Individual visits

23 9.00 Church 10.15 Bingo 1.00-2.00 Individual visit: Individual visit: Hand massage/manicure	24 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo	25 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon	26 9.00 Church 10.30 Old Time Melodies 1.30-3.00 Celebrating Carnevale	27 9.00 Church 10.30 Balloon ball exercise 1.30-3.00 Bingo/ Scenic drive	28 9.00 Church 10.30 Basketball/Bean Bag Toss 1.30-3.00 Happy Hour	29 9.00 Church 1.00-2.00 Music Appreciation/Individual visits
<u>Happy Hour</u> A social event in which residents come together to enjoy drinks, snacks, music, and games.	<u>Tombola (Bingo)</u> Cognitive session popular with most of our consumers. <u>Reminiscing</u> Lifestyle team members spend time with people in a group situation or individually providing an opportunity to stroll down memory lane.	<u>Let's Move</u> Dancing to suitable music using props eg large balloon <u>Art & 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	<u>Cultural Activities</u> Involves cooking specific cultural food, talking about where they come from, using iPad to google map their place of birth or where they lived. <u>Activities Room</u> 1.00 Bocce Group (selected residents only <u>Training Room</u> 10.30 Falls Prevention Group	<u>At The Day Spa</u> People will be invited to have a manicure or pedicure with quality products in a tranquil, calm setting. <u>Sensory</u> Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation.	<u>Individual Visits</u> 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.	<u>Physio Exercises</u> 1.30 Advanced Falls Prevention Group (selected residents only Please note: Program is subject to change.

Casa Cabrini level 1 Lifestyle Program – February 2025

Casa Cabrini Level 2 Lifestyle Program –February 2025, Theme: “Romance & Culture”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo 	4 Shopping Trolley 9.00 Church 10.30 Bocce 1.30-3.00 Shopping/coffee Outing/ 	5 9.30 Church 10.30 Floor games 1.30-3.00 Craft for Carnevale	6 9.00 Church 10.30 Indoor bocce 1.30-3.00 Outing to Wanneroo Seniors Club/ Pamper plus 	7 9.00 Church 10.30 Seated dancing 1.30-3.00 Bingo
10 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo	11 Shopping Trolley -Library 9.00 Church 10.30 Bocce 1.30-3.00 Romance movie	12 9.30 Church 10.30 Floor games 1.30-3.00 Craft for Valentine's Day 	13 9.00 Church 10.30 Seated soccer 1.30-3.00 Pamper plus	14 Valentine's Day 9.00 Church 10.30 Valentine Day Morning Tea/Reminiscing 1.30-3.00 Bingo 
17 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo 	18 Shopping Trolley 9.00 Church 10.30 Bocce 1.30-3.00 Shopping/coffee Outing/ 	19 9.00 Church 10.30 Floor games 1.30-3.00 Card games	20 9.00 Church 10.30 Noodle game Beach picnic at Pinnaroo Point 1.30-3.00 Cooking: Banana pancakes	21 International Mother Language Day 9.00 Church 10.30 Bingo 1.30-3.00 Birthday celebration 
24 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo	25 Shopping Trolley 9.00 Church 10.30 Bocce 1.30-3.00 Carnevale quiz	26 9.00 Church 10.30 Floor games 1.30-3.00 Carnevale celebration (CCG) 	27 9.00 Church 10.30 Bean bag toss 1.30-3.00 Pamper plus	28 9.00 Church 10.30 Bingo 1.30-3.00 Happy Hour









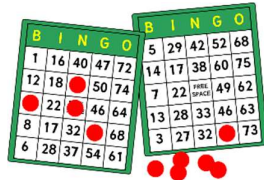






<p><u>Tombola (Bingo)</u> Cognitive session popular with most of our consumers.</p> <p><u>Il Bar dell'Angolo</u> Social and recreational activity where consumers have opportunity to play pool/cards while having a social drink, promoting opportunity for reminiscing.</p>	<p><u>Shopping outing</u> Residents are invited to attend the outing to the local shopping centre. Different residents are invited each week.</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>Let's Move to music</u> Consumers either dance or do gentle exercises to music.</p> <p><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.</p> <p><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.</p> <p>Please note: Program is subject to change.</p>
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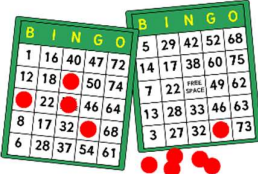

Physiotherapy Program

<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 – February 2025

House's Lifestyle Program – February 2025, Theme: “Romance& Culture 2025”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p> 	<p>4 9.00 Church 10.30 Bingo 1.30-3.00 Cocktail hour</p> 	<p>5 9.00 Church 10.30 Falls prevention 1.30-3.00 Indoor bocce</p> 	<p>6 9.00 Church 10.30 Outing to WSC-Members only</p> 	<p>7 9.00 Church 10.30 Chair yoga 1.30-3.00 Craft for Valentine's Day</p> 
<p>10 9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p> 	<p>11 Mobile Library 9.00 Church 10.30 Bingo 1.30-3.00 Shopping/coffee outing</p> 	<p>12 Shopping Trolley 9.00 Church 10.30 Falls prevention 1.30-3.00 Table games</p> 	<p>13 9.00 Church 10.30 Bingo 1.30-3.00 Card Club</p> 	<p>14 Valentine's Day 9.00 Church 10.30 Valentine Day morning/ Reminiscing 1.30-3.00 Chair yoga</p> 
<p>17 9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p> 	<p>18 Library 9.00 Church 10.30 Bingo 1.30-3.00 Craft for Carnevale</p> 	<p>19 Shopping Trolley 9.00 Church 10.30 Falls prevention 1.30-3.00 Craft: Masks for Carnevale Party</p> 	<p>20 9.00 Church 10.30 Bingo Beach picnic at Pinnaroo Point</p> 	<p>21 International Mother Language Day 9.00 Church 10.30 Chair yoga 1.30-3.00 Birthday celebration</p> 

<p>24 9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p> 	<p>25 9.00 Church 10.30 Bingo 1.30-3.00 Shopping/coffee outing</p> 	<p>26 9.00 Church 10.30 Falls prevention 1.30-3.00 Celebrating Carnevale (CCG)</p> 	<p>27 9.00 Church 10.30 Bingo 1.30-3.00 Card Club</p> 	<p>28 9.00 Church 10.30 Chair yoga 1.30-3.00 Happy Hour</p> 
<h3 style="text-align: center;">House's Lifestyle Program -February 2025</h3>				
<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 Church services Mass is celebrated every day at 9.00am for any resident who wishes to attend</p>







John Re Lifestyle Program – February 2025, Theme: “Romance & Culture”.


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>10.00 Morning Tea 10.30-11.30 Indoor games/balloon pass 1.00-2.00 Sensory: Hand massage</p>
<p>2</p> <p>10:00 Morning Tea 10:30-11:30 Balloon games 1:00-2:00 Day Spa</p>	<p>3</p> <p>10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Movie matinée</p>	<p>4</p> <p>10.00 -10.30 Morning Tea 10.45-11.45 Ball games 1.30-3.00 Day Spa</p>	<p>5</p> <p>10.00 10.30 Morning Tea 10.45-11.45 Outdoor quoits 1.30-3.00 Home duties: Folding linen</p>	<p>6</p> <p>10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Reading for relaxation</p>	<p>7</p> <p>10.00-10.30 Morning Tea 10.45-11.45 Badminton Balloon 1.30-3.00 Hungry Hippo Ball Game</p>	<p>8</p> <p>10:00 Morning Tea 10:30-11:30 Hand ball 1:00-2:00 Floor games</p>
<p>9</p> <p>10.00 Morning tea 10.30-11.30 Craft & art 1.00-2.00 Cognitive games</p>	<p>10</p> <p>10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Movie matinée</p>	<p>11</p> <p>10.00-10.30 Morning tea 10.45-11.45 Flower arranging 1.30-3.00 Walking group</p>	<p>12</p> <p>10.00-10.30 Morning tea 10.30 Outdoor soccer 1.30-3.00 Cooking banana pancakes</p>	<p>13</p> <p>10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Movie Matinee/Scenic drive</p>	<p>14 Valentine's Day</p> <p>10.00 Morning Tea 10.45-11.45 Valentine Morning Tea 1.30-3.00 Fishing hearts game</p>	<p>15</p> <p>10.00 Morning Tea 10.30-11.30 Seated soccer 1.00-2.00 Hand massage</p>
<p>16</p> <p>10.00 Morning tea 10.30-11.30 Balloon ball exercises 1.00-2.00 Day Spa</p>	<p>17</p> <p>10.00-10.30 Morning tea 10.45-11.45 Seated volleyball/Balloon games 1.30-3.00 Movie matinée</p>	<p>18</p> <p>10.00-10.30 Morning Tea 10.45-11.45 Gardening club 1.30-3.00 Music & dance session</p>	<p>19</p> <p>10.00-10.30 Morning tea 10.30 Balloon ball game 1.30-3.00 Cooking banana pancakes</p>	<p>20</p> <p>10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Reminiscing: Festive occasions</p>	<p>21 International Mother Language Day</p> <p>10.00-10.30 Morning Tea 10.45-11.45 Bowling 1.30-3.00 Birthday celebrations</p>	<p>22</p> <p>10:00 Morning Tea 10:30-11:30 Hand ball 1:00-2:00 Sensory: Touch</p>

23 10.00- Morning tea 10.30-11.30 Craft & art 1.30-2.00 Cognitive games	24 10.00-10.30 Morning tea 10.45-11.45 Seated volleyball/Balloon games 1.30-3.00 Movie matinée	25 10.00-10.30 Morning Tea 10.45-11.45 Bean bag toss 1.30-3.00 Day Spa	26 10.00-10.30 Morning tea 10.30 Balloon ball game 1.30-3.00 Carnevale celebration (CC Grounds)	27 10.00-10.30 Morning tea 10.45-11-45 Physical activities 1.30-3.00 Scenic Drive	28 10.00-10.30 Morning Tea 10.45-11.45 Bean bag toss 1.30-3.00 Happy Hour	29 10:00 Morning Tea 10:30-11:30 Hand ball 1:00-2:00 Sensory:
Lifestyle program description						
<u>Moving to Music</u> A variety of physical activities eg social dancing, walks, large balloon, coits, exercises. <u>Home duties</u> A selection of activities consumers used to perform when living at home eg sweeping, dusting, folding laundry.	<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.	<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.	<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.	<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	<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>Church services</u> Mass is celebrated every day at 9.00am for any resident who wishes to attend

John Re Lifestyle Program- February 2025







Connie's Wing Lifestyle Program – February 2025, Theme: “Romance & Culture”


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie Matinee
2 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session	3 10.00 Morning Tea 10.30 Moving to music 1.30-3.00 Social Club	4 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties	5 10.00 Morning Tea 10.30 Floor games 1.30-3.00 <i>Sensory activity: Listening to sounds/music</i>	6 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Table games	7 10.00 Morning Tea 10.30 Day spa 1.30-3.00 Balloon/noodle game	8 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee
9 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session	10 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Day Spa	11 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties	12 10.00 Morning tea 10.30 Bowling 1.30-3.00 <i>Sensory activity: Touch- textiles</i>	13 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 <i>Scenic drive</i>	14 Valentine's Day 10.00 Morning tea 10.30 Valentine Day morning tea/Reminiscing 1.30-3.00 Craft for Carnevale	15 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee
16 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session	17 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Day Spa	18 10.00 morning tea 10.30 Bingo 1.30-3.00 Home duties	19 10.00 Morning tea 10.30 Floor games 1.30-3.00 <i>Sensory activity: Sight</i>	20 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Reminiscing: “The Good Old Days”	21 International Mother Language Day 10.00 Morning tea 10.30 Cultural activity: Exploring different languages 1.30-3.00 Birthday Celebration	22 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee

23 9.00 Church 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 1.00-2.00 Sensory session	24 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Movie matinee	25 10.00 Morning tea 10.30 Bingo 1.30-3.00 Home duties	26 10.00 Morning tea 10.30 Bowling 1.30-3.00 Carnevale celebration (CCG) 	27 10.00 Morning tea 10.30 Day spa 1.30-3.00 Scenic Drive	28 10.00 Morning tea 10.30 Balloon Ball exercise 1.30-3.00 Happy Hour	29 10.00 Morning tea 10.30-11.30 Music melodies 1.00-2.00 Movie matinee
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)		
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>Church services</u> Mass is celebrated every day at 9.00am for any resident who wishes to attend	<u>Cultural Activities</u> Consumers are provided with opportunity to engage in activities from their heritage and share stories of their homelands.

Connie's Wing Lifestyle Program – February 2025

Nursing Home Lifestyle Program – February 2025, Theme: “Romance & Culture”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 10.15 Table games 1.00-2.00 Bingo	2 10.15 Fishing game 1.00-2.00 Individual Visits
3 10. 30 Moving to music 1.30-3.00 Bingo	4 10.30 Bowling 1.30-3.00 Bingo	5 10.30 Sensory: Touch 1.30-3.00 Movie matinee/individuals	6 10.30 Balloon toss 1.30-3.00 Beth's beauty salon	7 10.30 Reminiscing: My home 1.30-3.00 Craft: Window ornaments	8 10.15 Moving to music 1.00-2.00 Bingo	9 10.15 Cooking 1.00-2.00 Individual visits
10 10.30 Moving to music 1.30- 3.00 Bingo	11 10.30 Men's Group 1.30-3.00 Co Operative games	12 10.30 Sensory: Flower arranging 1.30-3.00 Movie matinee/individuals	13 10.30 Drumming to music 1.30-3.00 Beth's beauty salon/ <i>Scenic drive</i>	14 <i>Valentine's Day</i> 10.30 <i>Valentine's Day morning tea/games</i> 1.30-3.00 Craft for Carnevale	15 10.15 Bocce 1.00-2.00 Bingo	16 10.15 Gardening 1.00-2.00 Individual Visits
17 10.30 Moving to music 1.30-3.00 Bingo	18 10.30 Bocce 1.30-3.00 Indoor games	19 10.30 Sensory activity: Smell 1.30-3.00 Movie afternoon/individuals	20 10.30 Ring Toss <i>Beach picnic at Pinnaroo Point</i> 1.30-3:00 Beth's beauty salon	21 <i>International Mother Language Day</i> 10.30 Reminiscing: Melodies from yesteryear 1.30-3.00 <i>Birthday Celebration</i> 	22 10.15 Moving to music 1.00-2.00 Bingo	23 10.15 Cooking 1.00-2.00 Individual Visits

24 10.30 Moving to music 1.30-3.00 Bingo	25 10.30 Gardening 1.30-3.00 Bingo	26 10.30 Sensory activity: 1.30-3.00 Carnevale celebration (CCG) 	27 10.30 Drumming to music 1.30-3:00 Beth's beauty salon (Scenic Drive)	28 10.30 Reminiscing: Travels around the world 1.30-3.00 Happy Hour	29 10.15 Bowling 1.00-2.00 Bingo	
CCGs Casa Cabrini Grounds	Training Room 10.30 Falls Prevention Group	Activities Room 1.00 Bocce Group (selected residents only)	Physio Gym 1.30 Advanced Falls Prevention Group (selected residents only)			
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.	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.	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.	At The Day Spa People will be invited to have a manicure or pedicure with quality products in a tranquil, calm setting. Sensory activity Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation.	Social dancing Residents attending have opportunity to socialise and participate in singing, exercise and dance.	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.	Church Mass service takes place every day at 9.00am for any resident wishing to attend.

Nursing Home Lifestyle Program – February 2025, Theme: Romance & Culture