

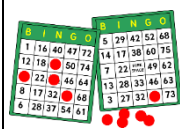



Casa Cabrini Ground Floor Lifestyle Program – June 2025, Theme: “Chestnuts & Polenta”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WA DAY Public Holiday Italian National Day	3 <u>Mobile Library</u> 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Biscuit decorating <u>Shopping/coffee outing/</u>	4 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Indoor golf 12.00 Italian National Day lunch 1.30-3.00 Individual support	5 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa	6 9.00 Church 10.30 Floor games/Social group 1.30-3.00 Bingo 
9 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo	10 <u>Mobile Library</u> 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bocce	11 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Indoor golf 1.30-3.00 Choir practice	12 9.00 Church 10.30 Paul Robinson Concert 1.30-3.00 Day spa	13 9.00 Church 10.30 Floor games/social group 1.30-3.00 Bingo
16 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bingo	17 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Making pancakes <u>Shopping/coffee outing</u> 	18 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Indoor golf 1.30-3.00 Choir practice	19 9.00 Church 10.30 Maxi Bingo (Activity Rm) 1.30-3.00 Day spa	20 9.00 Church 10.30 Floor games/social group 1.30-3.00 Bingo 
23 9.00 Church 10.30 Exercise session with physio 1.00-3.30 Movie Matinée (Activity Rm)	24 9.00 Church 10.30 Exercise session with Physio 1.00-3.00 Movie matinée (Activity Rm) Floor games	25 9.00 Church 10.30 Physical activities: Quoits-balloon ball/basketball 1.30-3.00 Choir practice	26 9.00 Church 10.30 Bocce <u>Lunch outing to Pinelli Winery</u> (invitation only) 1.30-3.00 Day Spa	27 <u>World Music Day</u> 9.00 Church 10.30 Space2Sing Concert 1.30-3.00 Happy Hour

30 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Birthday Celebration 				
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Casa Cabrini Ground Floor Lifestyle Program

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




Casa Cabrini Level 1 Lifestyle Program – June 2025, Theme: “Chestnuts & Polenta”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	2 WA Day Public Holiday Italian National Day	3 <u>Mobile Library</u> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon <u>Shopping/coffee outing</u>	4 9.00 Church 10.30 12.00 Celebrating Italian Day (CC Grounds) 1.30-3.00 Individual visits	5 9.00 Church 10.30 Walking group 1.30-3.00 Bingo	6 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa	7 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation
8 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	9 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo	10 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon	11 9.00 Church 10.30 Craft: Making flags 1.30-3.00 Music & dance session	12 9.00 Church 10.30 Paul Robinson Concert 1.30-3.00 Bingo	13 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa	14 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation
15 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	16 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo	17 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon <u>Shopping/coffee outing</u>	18 9.00 Church 10.30 Baking 1.30-3.00 Day Spa	19 9.00 Church 10.30 Walking group/ Maxi bingo (Activity Rm) 1.30-3.00 Bingo/ <u>Scenic drive</u>	20 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa	21 <u>World Elder Abuse Awareness Day</u> 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation
22 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	23 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo	24 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon Movie matinée (Activity Rm)	25 9.00 Church 10.30 Taste time 1.30-3.00 Social club	26 9.00 Church 10.30 Walking group 1.30-3.00 Bingo <u>Lunch outing to Pinelli Winery (invitation only)</u>	27 <u>World Music Day</u> 9.00 Church 10.30 Concert: Space2Sing 1.30-3.00 Happy Hour	28 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation

29 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	30 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Birthday celebration					
<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

Casa Cabrini Level 2 Lifestyle Program –June 2025, Theme: “Chestnuts & Polenta”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>WA DAY Public Holiday</p> <p>Italian National Day</p>	<p>3 <u>Mobile Library</u></p> <p>9.00 Church 10.30 Bocce 1.30-3.00 Shopping/coffee Outing/</p>	<p>4</p> <p>9.30 Church 10.30 Floor games 12.00 Italian National Day Lunch Celebration (CC Grounds) 1.30 Individual support</p>	<p>5</p> <p>9.00 Church 10.30 Floor activities 1.30-3.00 Outing to Wanneroo Seniors Club/ Pamper plus</p>	<p>6</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Movie afternoon</p>
<p>9</p> <p>9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p>	<p>10 <u>Mobile Library</u></p> <p>9.00 Church 10.30 Bocce 1.30-3.00 Memory game</p>	<p>11</p> <p>9.30 Church 10.30 Floor games 1.30-3.00 Day spa</p>	<p>12</p> <p>9.00 Church 10.30 Concert: Paul Robinson 1.30-3.00 Pamper plus session</p>	<p>13</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Sing a-long session</p> 
<p>16</p> <p>9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>17</p> <p>9.00 Church 10.30 Bocce 1.30-3.00 Shopping/coffee outing</p>	<p>18</p> <p>9.00 Church 10.30 Floor games 1.30-3.00 Day spa</p>	<p>19</p> <p>9.00 Church 10.30 Cooking: Cheesecake Maxi bingo (Activity Rm) 1.30-3.00 High Tea/eating cheesecake</p>	<p>20</p> <p>9.00 Church 10.30 Seated dancing 1.30-3.00 Bingo</p>
<p>23</p> <p>9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p>	<p>24</p> <p>9.00 Church 10.30 Bocce 1.30-3.00 Scrambled word game/ Movie matinée (Activity Rm)</p>	<p>25</p> <p>9.00 Church 10.30 Floor games 1.30-3.00 Day spa</p>	<p>26</p> <p>9.00 Church 10.30 Physical activities Lunch outing to Pinelli Winery (invitation only) 1.30-3.00 Pamper session</p>	<p>27 <u>World Music Day</u></p> <p>9.00 Church 10.30 Concert: Space2Sing (NH) 1.30-3.00 Happy Hour</p> 

29
9.00 Church
10.30 Exercise session with Physio
1.30-3.00 **Birthday Celebration**



30
9.00 Church
10.30 Bocce
1.30-3.00 Card
games



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.

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

Exercise with Physiotherapy assistant

Simple exercises to encourage residents to be more active.

Active Games with Physiotherapy assistant









1.00 Bocce Group (selected residents only)




Falls Prevention with physiotherapy assistant

Advanced Falls Prevention Group (selected residents only)

Casa Cabrini Level 2 Lifestyle Program

House's Lifestyle Program – June 2025, Theme: “Chestnuts & Polenta”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p style="text-align: center;">WA Day Public Holiday</p> <p style="text-align: center;">Italian Republic Day</p>	<p>3 <u>Mobile Library</u></p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Craft for National Italian Day</p>	<p>4</p> <p>9.00 Church 10.30 Falls prevention 12.00 Italian National Day Celebration Lunch (CC Grounds) 1.30-3.00 Individual support</p>	<p>5</p> <p>9.00 Church 10.30 Outing to WSC-Members only</p>	<p>6</p> <p>9.00 Church 10.30 Chair yoga 1.30-3.00 Craft: Winter collage</p> 
<p>9</p> <p>9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p> 	<p>10</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Shopping/coffee outing</p> 	<p>11</p> <p>9.00 Church 10.30 Falls prevention 1.30-3.00 Bocce</p>	<p>12</p> <p>9.00 Church 10.30 Concert: Paul Robinson 1.30-3.00 Card Club</p> 	<p>13</p> <p>9.00 Church 10.30 Chair yoga 1.30-3.00 Making fruit salad</p>
<p>16</p> <p>9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa</p> 	<p>17</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Cooking with Amalia</p> 	<p>18</p> <p>9.00 Church 10.30 Falls prevention 1.30-3.00 Making pancakes</p> 	<p>19</p> <p>9.00 Church 10.30 Maxi Bingo 1.30-3.00 Line dancing</p> 	<p>20</p> <p>9.00 Church 10.30 Chair yoga 1.30-3.00 Reminiscing: Summer holidays</p>

<p>23 9.00 Church 10.30 Music Social Club 1.30-3.00 Day Spa/Movie matinée (Activity Rm)</p> 	<p>24 9.00 Church 10.30 Bingo 1.00-3.30 Movie Matinée Shopping/coffee outing</p>	<p>25 9.00 Church 10.30 Falls prevention 1.30-3.00 Floor games</p>	<p>26 9.00 Church 10.30 Lunch outing to Pinelli Winery (invitation only)</p>	<p>27 World Music Day 9.00 Church 10.30 Space2Sing concert (NH) 1.30-3.00 Happy Hour</p> 
<p>30 9.00 Church 10.30 Music Social Club 1.30-3.00 Birthday celebration</p> 				
<h3>House's Lifestyle Program</h3>				
<p>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.</p>	<p>Social Club Social Club is an activity in which residents come together to enjoy conversation, morning tea or a game of cards etc.</p>	<p>Active games with Physiotherapy assistants. Bocce Group (selected residents only.</p>	<p>CCG Casa Cabrini Ground Church services Mass is celebrated every day at 9.00am for any resident who wishes to attend</p>	<p>CCG Casa Cabrini Ground Please Note: Program is subject to change</p>
<p>Tombola (Bingo) Cognitive session popular with most of our consumers. lance</p>	<p>Day Spa Pampering session in which residents have manicures etc. Scenic Drive Residents from all areas are invited to go on drive.</p>	<p>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</p>	<p>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.</p>	

John Re Lifestyle Program – June 2025, Theme: “Chestnuts & Polenta”


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Morning Tea 10:30-11:30 Balloon games 12.00 Meal assist 1:00-2:00 Day Spa & (documentation)	2 Italian Republic Day WA Day Public Holiday	3 10.00 -10.30 Morning Tea 10.45-11.45 Walking group 1.30-3.00 Day Spa	4 10.00 10.30 Morning Tea 10.45-11.45 12.00 Celebrating Italian National Day (CC Grounds) 1.30-3.00 Sensory activity: Hand massage	5 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Reminiscing: Reminiscing card game	6 10.00-10.30 Morning Tea 10.45-11.45 Bowling 1.30-3.00 Matching card games	7 10.00 Morning Tea 10.30-11.30 Indoor games/balloon pass 12.00 Meal assist 1.00-2.00 Sensory: Hand massage & (documentation)
8 10:00 Morning Tea 10:30-11:30 Balloon games 12.00 Meal assist 1:00-2:00 Day Spa & (documentation)	9 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Individual support	10 10.00 -10.30 Morning Tea 10.45-11.45 Indoor games 1.30-3.00 Day Spa	11 10.00 10.30 Morning Tea 10.45-11.45 1.30-3.00 Sensory activity & Home duties-cleaning	12 10.00-10.30 Morning tea 10.30 Concert: Paul Robinson (NH) 1.30-3.00 Reading for relaxation	13 10.00-10.30 Morning Tea 10.45-11.45 Seated water polo 1.30-3.00 Card games	14 10:00 Morning Tea 10:30-11:30 Hand ball 12.00 Meal assist 1:00-2:00 Floor games & (documentation)
15 10.00 Morning tea 10.30-11.30 Hand ball 12.00 Meal assist 1.00-2.00 Cognitive games & (documentation)	16 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Individual support	17 10.00-10.30 Morning tea 10.45-11.45 Walking group 1.30-3.00 Day Spa	18 10.00-10.30 Morning tea 10.30 Outdoor activities 1.30-3.00 Cake making	19 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Reminiscing Scenic Drive	20 10.00-10.30 Morning Tea 10.45-11.45 Bean bag toss 1.30-3.00 Rock painting	21 <u>World Elder Abuse Awareness Day</u> 10.00 Morning Tea 10.30-11.30 Seated soccer 12.00 Meal assist 1.00-2.00 Hand massage & (documentation)
22 10.00 Morning tea 10.30-11.30 12.00 Meal assist 1.00-2.00 Cognitive games & (documentation)	23 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Individual support	24 10.00-10.30 Morning Tea 10.45-11.45 Indoor games 1.30-3.00 Day Spa Movie Matinée	25 10.00-10.30 Morning tea 10.30 Outdoor activities 1.30-3.00 Home duties-folding linen	26 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Reading for relaxation	27 <u>World Music Day</u> 10.00-10.30 Morning Tea 10.30 Concert: Space2Sing 1.30-3.00 Happy Hour	28 10:00 Morning Tea 10:30-11:30 Hand ball 12.00 Meal assist 1:00-2:00 Sensory: Touch & (documentation)

29 10.00- Morning tea 10.30-11.30 Craft & art 12.00 Meal assist 1.30-2.00 Cognitive games & (documentation)	30 10.00-10.30 Morning tea 10.45-11.45 Seated volleyball/Balloon games 1.30-3.00 Birthday celebrations					
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>Church services</u> Mass is celebrated every day at 9.00am for any resident who wishes to attend <u>Documentation</u> Lifestyle member documentation of activity which took place and residents attending	

John Re Lifestyle Program

Connie's Wing Lifestyle Program – June 2025, Theme: “Chestnuts & Polenta”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	2 WA Day Public Holiday Italian National Day	3 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties	4 10.00 Morning Tea 10.30 Floor games Celebrating Italian National Day (CCG) 1.30-3.00 Individual support	5 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Cognitive games	6 10.00 Morning Tea 10.30 Day spa 1.30-3.00 Movie matinée/individual support	7 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support (includes documentation time)
8 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	9 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Day Spa	10 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties	11 10.00 Morning Tea 10.30 Floor games 1.30-3.00 Individual support	12 10.00 Morning tea 10.30 Paul Robinson concert NH 1.30-3.00 Old time melodies	13 10.00 Morning Tea 10.30 Day spa 1.30-3.00 Balloon ball exercises	14 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support
15 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	16 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Day Spa	17 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties	18 10.00 Morning tea 10.30 1.30-3.00 Balloon ball exercises 1.30-3.00 Individual support	19 10.00 Morning tea 10.30 Moving to Music/ maxi bingo (Activity Rm) 1.30-3.00 Sensory: Touch Scenic Drive	20 10.00 Morning tea 10.30 Day spa 1.30-3.00 Table games	21 <u>World Elder Abuse Awareness Day</u> 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support
22 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	23 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Day Spa	24 10.00 morning tea 10.30 Bingo 1.30-3.00 Home duties Movie Matinée (Activity Rm)	25 10.00 Morning tea 10.30 Floor games 1.30-3.00 Sensory: Sight	26 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Reminiscing: My family	27 <u>World Music Day</u> 10.00 Morning Tea 10.30 Space2Sing concert (NH) 1.30-3.00 Happy Hour	28 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support

29 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	30 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Birthday celebration 					
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

Nursing Home Lifestyle Program – June 2025, Theme: “Chestnuts & Polenta”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	2 Italian Republic Day WA Day Public Holiday	3 <u>Mobile Library</u> 10.30 Men's group 1.30-3.00 Bingo	4 10.30 Physical games 12.00 Celebrating Italian Republic Day (CCG) 1.30 Individual visits	5 10.30 Reminiscing: 1960's 1.30-3.00 Craft: paper flowers	6 10.30 Sensory: Touch 1.30-3.00 Movie matinée: “Sound of Music”	7 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)
8 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	9 10.30 Moving to music 1.30-3.00 Bingo	10 10.30 Men's group 1.30-3.00 Bingo	11 10.30 Physical games 1.30-3.00 Beth's beauty salon Scenic drive	12 10.30 Paul Robinson concert 1.30-3.00 Craft: Window decorations	13 10.30 Sensory: Sight 1.30-3.00 Movie matinée: “Father of the Bride”	14 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)
15 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	16 10.30 Moving to music 1.30-3.00 Bingo	17 10.30 Men's group 1.30-3.00 Bingo	18 10.30 Physical games 1.30-3.00 Beth's beauty salon	19 10.30 Reminiscing: Maxi bingo (Activity Rm) 1.30-3.00 Painting Scenic drive	20 10.30 Sensory: Smell 1.30-3.00 Movie matinée: “Elvis in concert”	21 <u>World Elder Abuse Awareness Day</u> 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)
22 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	23 10.30 Moving to music 1.30-3.00 Bingo/ Movie Matinée (Activity Rm)	24 10.30 Men's group 1.30-3.00 Bingo/ Movie matinée (activity room)	25 10.30 Physical games 1.30-3.00 Beth's Beauty Salon Scenic drive	26 10.30 Reminiscing: 1980's Lunch outing to Pinelli winery 1.30-3.00 Craft: Disco balls	27 <u>World Music Day</u> 10.30 Space2Sing concert 1.30-3.00 Happy Hour 	28 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)

<p>29 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)</p>	<p>30 10.30 Moving to music 1.30-3.00 Birthday celebration</p> 					
<p><u>CCGs</u> Casa Cabrini Grounds</p>	<p><u>Training Room</u> 10.30 Falls Prevention Group</p>	<p><u>Activities Room</u> 1.00 Bocce Group (selected residents only)</p>	<p><u>Physio Gym</u> 1.30 Advanced Falls Prevention Group (selected residents only)</p>			
<p><u>Tombola (Bingo)</u> Cognitive session popular with most of our consumers.</p> <p><u>Reminiscing</u> Lifestyle team members spend time with people in a group situation or individually providing an opportunity to stroll down memory lane.</p>	<p><u>Let's Move</u> Dancing to suitable music using props eg large balloon</p> <p><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.</p>	<p><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.</p>	<p><u>At The Day Spa</u> People will be invited to have a manicure or pedicure with quality products in a tranquil, calm setting.</p> <p><u>Sensory activity</u> Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation.</p>	<p><u>Social dancing</u> Residents attending have opportunity to socialise and participate in singing, exercise and dance.</p>	<p><u>Church</u> Mass service takes place every day at 9.00am for any resident wishing to attend.</p>	

Nursing Home Lifestyle Program