

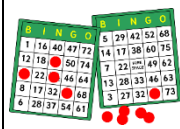


Casa Cabrini Ground Floor Lifestyle Program – July 2025, Theme: “Winter Warmers”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Mobile Library</u> 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bocce	2 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Indoor golf 1.30-3.00 Singing group	3 9.00 Church 10.30 Craft: Paper flowers 1.30-3.00 Day Spa	4 9.00 Church 10.30 Floor games/Social group 1.30-3.00 Bingo 
7 <u>World Chocolate Day</u> <u>Naidoc Week 6th – 13th</u> 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 “Willi Wonka” Afternoon Tea Party (NH)	8 <u>Mobile Library</u> 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Shopping/coffee outing Floor games	9 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Indoor golf 1.30-3.00 Singing group	10 9.00 Church 10.30 Bocce 1.30-3.00 Chestnut roasting & concert: Pep playing the accordion (NH)	11 9.00 Church 10.30 Floor games/social group 1.30-3.00 Bingo
14 <u>Bastille Day</u> 9.00 Church 10.30 Exercise session with physio 1.30-3.00 French themed afternoon tea	15 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Painting for “Christmas in July” Shopping/coffee outing 	16 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Indoor golf 1.30-3.00 Singing group	17 9.00 Church 10.30 Craft: Christmas in July 1.30-3.00 Day spa	18 9.00 Church 10.30 Floor games/social group 1.30-3.00 Bingo 
21 9.00 Church 10.30 Exercise session with physio 1.00-3.30 Bingo	22 9.00 Church 10.30 Maxi tombola 1.00-3.00 Maxi tombola	23 9.00 Church 10.30 Physical activities: Quoits-balloon ball/basketball 1.30-3.00 Singing group	24 9.00 Church 10.30 Bocce 1.30-3.00 Christmas in July	25 9.00 Church 10.30 Bingo 1.30-3.00 Happy Hour

<p>28</p> <p>9.00 Church</p> <p>10.30 Exercise session with physio</p> <p>1.30-3.00 Birthday Celebration</p> 	<p>29 <u>Mobile Library</u></p> <p>9.00 Church</p> <p>10.30 Exercise session with Physio</p> <p>1.00-3.00 Cooking: pancakes</p>	<p>30 <u>International Friendship Day</u></p> <p>9.00 Church</p> <p>10.30 Physical activities: Quoits-balloon ball/basketball</p> <p>1.30-3.00 Singing group/Reminiscing about friends</p>	<p>31</p> <p>9.00 Church</p> <p>10.30 Bocce</p> <p>Lunch outing to Herdsman Tavern</p> <p>1.30-3.00 Pamper session</p>	
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Casa Cabrini Ground Floor Lifestyle Program

<p><u>Tombola (Bingo)</u></p> <p>Cognitive activity popular with most of our consumers.</p> <p><u>Happy hour</u></p> <p>Special event in which residents come together to have drinks, snacks, music and games.</p>	<p><u>Shopping outing</u></p> <p>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></p> <p>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>Reminiscing</u></p> <p>Lifestyle team members use photos or objects to provide opportunities for residents to reminisce about their past lives.</p>	<p>Please note:</p> <p>Program is subject to change.</p>
<p><u>Sensory Session</u></p> <p>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></p> <p>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></p> <p>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 – July 2025, Theme: “Winter Warmers”



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>Mobile Library</u> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth’s Beauty Salon	2 9.00 Church 10.30 Sensory 1.30-3.00 Craft	3 9.00 Church 10.30 Walking group/Floor games/ Movie 1.30-3.00 Bingo	4 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa	5 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation
6 <u>Naidoc Week 6th -13th</u> 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	7 <u>World Chocolate Day</u> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 “Willi Wonka” afternoon tea party (NH)	8 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth’s Beauty Salon Shopping/coffee outing	9 9.00 Church 10.30 Sensory 1.30-3.00 Craft	10 9.00 Church 10.30 Walking group/floor games/movie 1.30-3.00 Chestnut roasting & concert: Pep playing accordion	11 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa	12 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation
13 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	14 <u>Bastille Day</u> 9.00 Church 10.30 Exercise with Physio 1.30-3.00 French themed afternoon tea	15 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth’s Beauty Salon	16 9.00 Church 10.30 Sensory 1.30-3.00 Craft	17 9.00 Church 10.30 Walking group 1.30-3.00 Scenic drive	18 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa	19 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation
20 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	21 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo	22 9.00 Church 10.30 Maxi Bingo 1.30-3.00 Maxi Bingo Individual support /sensory	23 9.00 Church 10.30 Sensory 1.30-3.00 Craft	24 9.00 Church 10.30 Walking group/floor games 1.30-3.00 Christmas in July (Activity Rm)	25 9.00 Church 10.30 Bocce 1.30-3.00 Happy Hour	26 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation

27 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	28 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Birthday celebration	29 International Friendship Day 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon Reminiscing: "Friendships"	30 9.00 Church 10.30 Sensory 1.30-3.00 Craft	31 9.00 Church 10.30 Walking group 1.30-3.00 Bingo		
<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 – July 2025, Theme: “Winter Warmers”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Mobile Library</u> 9.00 Church 10.30 Bocce 1.30-3.00 Baking biscuits 	2 9.30 Church 10.30 Floor games 1.30 Art & craft	3 9.00 Church 10.30 Making Rockey Road 1.30-3.00 <u>Outing to Wanneroo Seniors Club/ Pamper plus</u>	4 9.00 Church 10.30 Seated dancing 1.30-3.00 Bingo
7 <u>Naidoc week 6th -13th</u> <u>World Chocolate Day</u> 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 “Willi Wonka” themed tea party (NH) 	8 9.00 Church 10.30 Bocce 1.30-3.00 Memory game <u>Shopping/coffee Outing</u>	9 9.30 Church 10.30 Floor games 1.30-3.00 Day spa	10 9.00 Church 10.30 Floor games 1.30-3.00 <u>Chestnut Roasting & concert: Pep playing accordion (NH)</u> 	11 9.00 Church 10.30 Card games 1.30-3.00 Bingo
14 <u>Bastille Day</u> 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 <u>French themed afternoon tea</u> 	15 9.00 Church 10.30 Bocce 1.30-3.00 “Scrambling” game <u>Shopping/coffee outing</u>	16 9.00 Church 10.30 Floor games 1.30-3.00 Art & craft 	17 9.00 Church 10.30 Volleyball 1.30-3.00 Pamper plus	18 9.00 Church 10.30 Fishing game 1.30-3.00 Bingo
21 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo	22 9.00 Church 10.30 <u>Maxi bingo</u> 1.30-3.00 <u>Maxi bingo</u> 	23 9.00 Church 10.30 Floor games 1.30-3.00 Day spa	24 9.00 Church 10.30 Physical activities 1.30-3.00 <u>Christmas in July (activity Rm)</u> 	25 9.00 Church 10.30 Bingo 1.30-3.00 <u>Happy Hour</u>





<p>28</p> <p>9.00 Church</p> <p>10.30 Exercise session with Physio</p> <p>1.30-3.00 Birthday Celebration</p> 	<p>29 Mobile Library</p> <p>9.00 Church</p> <p>10.30 Bocce</p> <p>1.30-3.00 Card games</p> 	<p>30 International Friendship Day</p> <p>9.00 Church</p> <p>10.30 Floor games</p> <p>1.30-3.00 Art & craft</p> <p>Reminiscing: “My special friends”</p>	<p>31</p> <p>9.00 Church</p> <p>10.30 Physical activities</p> <p>Lunch outing to Herdsman Tavern (invitation only)</p> <p>1.30-3.00 Cooking</p>	
<p><u>Tombola (Bingo)</u></p> <p>Cognitive session popular with most of our consumers.</p> <p><u>Il Bar dell'Angolo</u></p> <p>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></p> <p>Residents are invited to attend the outing to the local shopping centre. Different residents are invited each week.</p>	<p><u>Let's Move to music</u></p> <p>Consumers either dance or do gentle exercises to music.</p> <p><u>Individuals</u></p> <p>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></p> <p>A social event in which residents come together to enjoy food, drink, music, games etc.</p> <p><u>Men's Group/Social Club</u></p> <p>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></p> <p>Cognitive activities including “find the missing word” quizzes etc.</p> <p>Please note: Program is subject to change.</p>



Physiotherapy Program

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


House's Lifestyle Program – July 2025, Theme: “Winter Warmers”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Mobile Library</u> 9.00 Church 10.30 Joint activity with CCG (exercise session) 1.30-3.00 Joint activity with CCG (Bingo)	2 9.00 Church 10.30 Falls prevention 1.30-3.00 Bocce	3 9.00 Church 10.30 Outing to WSC -Members only	4 9.00 Church 10.30 Joint activity with CCG 1.30-3.00 Joint activity with CCG
7 <u>Naidoc Week 6th -13th</u> World Chocolate Day 9.00 Church 10.30 Joint activity with CCG (Exercise) 1.30-3.00 “Willie Wonka” themed afternoon tea party (NH) 	8 9.00 Church 10.30 Joint activity with CCG (bingo) 1.30-3.00 Joint activity with CCG Shopping outing 	9 9.00 Church 10.30 Falls prevention 1.30-3.00 Floor games	10 9.00 Church 10.30 Joint activity with CCG 1.30-3.00 Chestnut Roasting & concert: Pep playing accordion 	11 9.00 Church 10.30 Joint activity with CCG 1.30-3.00 Joint activity with CCG
14 <u>Bastille Day</u> 9.00 Church 10.30 Joint activity with CCG (Exercise) 1.30-3.00 French themed afternoon Tea (CC G) 	15 9.00 Church 10.30 Joint activity with CCG 1.30-3.00 Joint activity with CCG Shopping outing	16 9.00 Church 10.30 Falls prevention 1.30-3.00 Painting for Christmas in July	17 9.00 Church 10.30 Bingo 1.30-3.00 Craft for Christmas in July	18 9.00 Church 10.30-11.30 Joint activity with CCG (Bingo) 1.30-3.00 Joint activity with CC G

<p>21 9.00 Church 10.30 Joint activity with CCG (Exercise) 1.30-3.00 Joint activity with CC G (bingo)</p>	<p>22 9.00 Church 10.30 Maxi bingo 1.00-3.30 Maxi bingo</p> 	<p>23 9.00 Church 10.30 Falls prevention 1.30-3.00 Craft for Christmas in July</p>	<p>24 9.00 Church 10.30 Bingo 1.30-3.00 Christmas in July Activity Rm)</p>	<p>25 9.00 Church 10.30 Indoor games 1.30-3.00 Happy Hour</p>
<p>28 9.00 Church 10.30 Music Social Club 1.30-3.00 Birthday celebration</p> 	<p>29 9.00 Church 10.30 Bingo 1.00-3.30 Shopping/coffee outing to Dianella Plaza</p>	<p>30 International Friendship Day 9.00 Church 10.30 Falls prevention 1.30-3.00 Reminiscing afternoon tea "My Friends"</p>	<p>31 9.00 Church 10.30 Lunch outing to Herdsman Tavern</p>	
<h3>House's Lifestyle Program</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>CCG Casa Cabrini Ground <u>Church services</u> 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><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>	

Connie's Wing Lifestyle Program – July 2025, Theme: “ Winter Warmers”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties	2 10.00 Morning Tea 10.30 Floor games 1.30-3.00 Individual support	3 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Movie matinée	4 10.00 Morning Tea 10.30 Day spa 1.30-3.00 Floor games	5 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support (includes documentation time)
6 <u>Naidoc Week</u> 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	7 <u>World Chocolate Day</u> 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 “Willi Wonka” afternoon tea party (NH)	8 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties	9 10.00 Morning Tea 10.30 Floor games 1.30-3.00 Individual support	10 10.00 Morning tea 10.30 Moving to music 1.30-3.00 Chestnut roasting & concert: Pep playing the accordion (NH)	11 10.00 Morning Tea 10.30 Day spa 1.30-3.00 Bowling	12 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support
13 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	14 <u>Bastille Day</u> 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 French themed afternoon tea	15 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties	16 10.00 Morning tea 10.30 Balloon ball exercises 1.30-3.00 Individual support	17 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Sensory: Hearing Scenic Drive	18 10.00 Morning tea 10.30 Day spa 1.30-3.00 Table games	19 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support
20 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	21 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Day Spa	22 10.00 morning tea 10.30 Bingo 1.30-3.00 Home duties	23 10.00 Morning tea 10.30 Floor games 1.30-3.00 Individual support	24 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Christmas in July (Activity Rm)	25 10.00 Morning Tea 10.30 Day Spa 1.30-3.00 Happy Hour	26 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support

27 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	28 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Birthday celebration 	29 International Friendship Day 10.00 morning tea 10.30 Bingo 1.30-3.00 Reminiscing "Friends"	30 10.00 Morning tea 10.30 Floor games 1.30-3.00 Individual support	31 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Walk to park		
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

John Re Lifestyle Program – July 2025, Theme: “Winter Warmers”


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10.00 -10.30 Morning Tea 10.45-11.45 Walking group 1.30-3.00 Day Spa	2 10.00 10.30 Morning Tea 10.45-11.45 Painting 1.30-3.00 Home duties: Washing & drying dishes	3 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Reading for relaxation	4 10.00-10.30 Morning Tea 10.45-11.45 Bowling 1.30-3.00 Matching card game	5 10.00 Morning Tea 10.30-11.30 Indoor games/balloon pass 12.00 Meal assist 1.00-2.00 Sensory: Hand massage & (documentation)
6 <u>Naidoc Week 6th – 13th</u> 10:00 Morning Tea 10:30-11:30 Balloon games 12.00 Meal assist 1:00-2:00 Day Spa & (documentation)	7 <u>World Chocolate Day</u> 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Individual support/ “Willi Wonka” Afternoon Tea Party (NH)	8 10.00 -10.30 Morning Tea 10.45-11.45 Indoor games 1.30-3.00 Day Spa	9 10.00 10.30 Morning Tea 10.45-11.45 Balloon ball game 1.30-3.00 Home duties: Folding linen	10 10.00-10.30 Morning tea 10.45-11.45 Reminiscing: “My childhood” 1.30-3.00 Chestnut Roasting & concert: Pep playing accordion	11 10.00-10.30 Morning Tea 10.45-11.45 Seated water polo 1.30-3.00 Craft for Christmas in July	12 10:00 Morning Tea 10:30-11:30 Hand ball 12.00 Meal assist 1:00-2:00 Floor games & (documentation)
13 10.00 Morning tea 10.30-11.30 Hand ball 12.00 Meal assist 1.00-2.00 Cognitive games & (documentation)	14 <u>Bastille Day</u> 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 French Themed Afternoon Tea	15 10.00-10.30 Morning tea 10.45-11.45 Walking group 1.30-3.00 Day Spa	16 10.00-10.30 Morning tea 10.30 Outdoor activities 1.30-3.00 Home duties: Making bed	17 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Music to relax Scenic Drive	18 10.00-10.30 Morning Tea 10.45-11.45 Bean bag toss 1.30-3.00 Rock painting	19 10.00 Morning Tea 10.30-11.30 Seated soccer 12.00 Meal assist 1.00-2.00 Hand massage & (documentation)
20 10.00 Morning tea 10.30-11.30 12.00 Meal assist 1.00-2.00 Cognitive games & (documentation)	21 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Individual support	22 10.00-10.30 Morning Tea 10.45-11.45 Indoor games 1.30-3.00 Day Spa	23 10.00-10.30 Morning tea 10.30 Outdoor activities 1.30-3.00 Sensory activity: Sweeping & dusting	24 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Christmas in July (Activity Rm)	25 10.00-10.30 Morning Tea 10.45-11.45 Seated basketball 1.30-3.00 Happy Hour	26 10:00 Morning Tea 10:30-11:30 Hand ball 12.00 Meal assist 1:00-2:00 Sensory: Touch & (documentation)

27 10.00- Morning tea 10.30-11.30 Craft & art 12.00 Meal assist 1.30-2.00 Cognitive games & (documentation)	28 10.00-10.30 Morning tea 10.45-11.45 Seated volleyball/Balloon games 1.30-3.00 Birthday celebrations	29 <u>International Friendship Day</u> 10.00-10.30 Morning Tea 10.45-11.45 Indoor games 1.30-3.00 Day Spa Reminiscing: "My friends"	30 10.00-10.30 Morning tea 10.45-11.45 Outdoor activities 1.30-3.00 Home duties: Polishing cutlery	31 10.00-10.30 Morning tea 10.45-11-45 Physical activities 1.30-3.00 Reading for relaxation		
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

Nursing Home Lifestyle Program – July 2025, Theme: “Winter Warmers”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>Mobile Library</u> 10.30 Men's group 1.30-3.00 Bingo	2 10.30 Physical games 1.30 Beth's Beauty Salon	3 10.30 Reminiscing: “My favourite food” 1.30-3.00 Craft: “Willi Wonka” decorations	4 10.30 Sensory: Touch 1.30-3.00 Home duties & movie	5 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)
6 <u>Naidoc Week 6th – 13th</u> 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	7 <u>World Chocolate Day</u> 10.30 Moving to music 1.30-3.00 “Willi Wonka” afternoon tea party (NH)	8 10.30 Men's group 1.30-3.00 Bingo	9 10.30 Physical games 1.30-3.00 Beth's beauty salon	10 10.30 Reminiscing: 1970's music 1.30-3.00 Chestnut roasting and concert: Pep playing the accordion	11 10.30 Sensory: Sight 1.30-3.00 Home duties & movie	12 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)
13 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	14 <u>Bastille Day</u> 10.30 Bingo 1.30-3.00 French themed afternoon tea	15 10.30 Men's group 1.30-3.00 Bingo	16 10.30 Physical games 1.30-3.00 Beth's beauty salon	17 10.30 Reminiscing: “My work” 1.30-3.00 Craft: Mondella stone painting Scenic drive	18 10.30 Sensory: Smell 1.30-3.00 Home duties & movie	19 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)
20 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	21 10.30 Moving to music 1.30-3.00 Bingo/matching games	22 10.30 Maxi bingo 1.30-3.00 Maxi bingo (Activity Rm) Sensory/individual support	23 10.30 Physical games 1.30-3.00 Beth's Beauty Salon	24 10.30 Reminiscing: “School Days” 1.30-3.00 Christmas in July	25 10.30 Sensory: Taste 1.30-3.00 Home duties & movie	26 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)

<p>27</p> <p>10.15-11.30 Indoor games (Activity Rm)</p> <p>12.00 Meal assist</p> <p>12.45-2.00 Individual Visits (includes documentation time)</p>	<p>28</p> <p>10.30 Moving to music</p> <p>1.30-3.00 Birthday celebration</p> 	<p>29 <u>Mobile Library</u></p> <p>International Friendship Day</p> <p>10.30 Men's group</p> <p>1.30-3.00 Reminiscing "Friends"</p>	<p>30</p> <p>10.30 Physical games</p> <p>1.30-3:00 Beth's Beauty Salon</p>	<p>31</p> <p>10.30 Reminiscing: "Music from my Youth"</p> <p>1.30-3.00 Craft: Teacup flowers</p>		
<p><u>CCGs</u></p> <p>Casa Cabrini Grounds</p>	<p><u>Training Room</u></p> <p>10.30 Falls Prevention Group</p>	<p><u>Activities Room</u></p> <p>1.00 Bocce Group (selected residents only)</p>	<p><u>Physio Gym</u></p> <p>1.30 Advanced Falls Prevention Group (selected residents only)</p>			
<p><u>Tombola (Bingo)</u></p> <p>Cognitive session popular with most of our consumers.</p> <p><u>Reminiscing</u></p> <p>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></p> <p>Dancing to suitable music using props eg large balloon</p> <p><u>Art & Craft</u></p> <p>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></p> <p>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></p> <p>People will be invited to have a manicure or pedicure with quality products in a tranquil, calm setting.</p> <p><u>Sensory activity</u></p> <p>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></p> <p>Residents attending have opportunity to socialise and participate in singing, exercise and dance.</p>	<p><u>Church</u></p> <p>Mass service takes place every day at 9.00am for any resident wishing to attend.</p>	

Nursing Home Lifestyle Program