



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 9.00 Church 10.30 Floor games/Social group 1.30-3.00 Bingo</p> 
<p>4 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>5 <u>Mobile Library</u> 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Shopping/coffee outing Floor games</p>	<p>6 9.00 Church 10.30 Concert: Claire (NH) 1.30-3.00 Bocce</p> 	<p>7 Aged Care Employee Day 9.00 Church 10.30 Bocce 1.30-3.00 Family Feud Game</p>	<p>8 9.00 Church 10.30 Floor games/social group 1.30-3.00 Bingo</p>
<p>11 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Bingo</p> 	<p>12 9.00 Church 10.30 Exercise session with physio 1.30-3.00 Cooking: Making crepes</p> 	<p>13 9.00 Church 10.30 Physical activities: Quoits-balloon ball/Indoor golf 1.30-3.00 Singing group</p>	<p>14 9.00 Church 10.30 Bocce 1.30-3.00 Pamper Session</p> 	<p>15 9.00 Church 10.30 Floor games/social group 1.30-3.00 Bingo</p> 
<p>18 9.00 Church 10.30 Exercise session with physio 1.00-3.30 Bingo</p>	<p>19 9.00 Church 10.30 Exercise session with physio 1.00-3.00 Shopping/coffee outing Bocce</p>	<p>20 9.00 Church 10.30 Physical activities: Quoits-balloon ball/basketball 1.30-3.00 Bocce</p> 	<p>21 Senior Citizen's Day 9.00 Church 10.30 Bocce Lunch outing to “Pasta in the Valley” (invitation only) 1.30-3.00 Senior's Party</p>	<p>22 9.00 Church 10.30 Floor games/social group 1.30-3.00 Bingo</p>

<p>25</p> <p>9.00 Church</p> <p>10.30 Exercise session with physio</p> <p>1.30-3.00 Birthday Celebration</p> 	<p>26 <u>Mobile Library</u></p> <p>9.00 Church</p> <p>10.30 Exercise session with Physio</p> <p>1.00-3.00 Cooking: Muffins</p>	<p>27</p> <p>9.00 Church</p> <p>10.30 Physical activities: Quoits-balloon ball/basketball</p> <p>1.30-3.00 Shuffleboard</p>	<p>28</p> <p>9.00 Church</p> <p>10.30 Bocce</p> <p>1.30-3.00 Pamper Session</p>	<p>29</p> <p>9.00 Church</p> <p>10.30 Concert: Paul Robinson</p> <p>1.30-3.00 Happy Hour</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 – August 2025, Theme: “Winter Warmers”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation					1 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa 	2 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation
3 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	4 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo 	5 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon Shopping/coffee outing	6 9.00 Church 10.30 Concert: Claire 1.30-3.00 Music & dance 	7 Aged Care Employee Day 9.00 Church 10.30 Walking group/bowling 1.30-3.00 Bingo	8 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa 	9 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation
10 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	11 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Bingo 	12 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon	13 9.00 Church 10.30 Sensory: Baking time 1.30-3.00 Movie matinée 	14 9.00 Church 10.30 Walking group/floor games 1.30-3.00 Bingo Scenic drive	15 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa 	16 Elvis' Anniversary 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation
17 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation	18 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Cooking: Prawn tempura	19 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon Shopping/coffee outing	20 9.00 Church 10.30 Music appreciation 1.30-3.00 Quiz time 	21 Senior Citizen's Day 9.00 Church 10.30 Walking group/floor games Lunch at Pasta in the Valley (invitation only) 1.30-3.00 Senior Citizen's Party	22 9.00 Church 10.30 Bocce 1.30-3.00 Day Spa 	23 Daffodil Day 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation

<p>24 9.00 Church 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo & documentation</p>	<p>25 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Birthday celebration</p>	<p>26 Mobile Library 9.00 Church 10.30 Exercise with Physio 1.30-3.00 Beth's Beauty Salon</p>	<p>27 9.00 Church 10.30 Sensory: Making hot chocolate 1.30-3.00 Music/singing session</p>	<p>28 9.00 Church 10.30 Walking group/floor games 1.30-3.00 Bingo</p>	<p>29 9.00 Church 10.30 Concert: Paul Robinson (NH) 1.30-3.00 Happy Hour</p>	<p>30 9.00.00 Church 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual support & documentation</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. <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 <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. <u>Activities Room</u> 1.00 Bocce Group (selected residents only <u>Training Room</u> 10.30 Falls Prevention Group</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. <u>Sensory</u> Lifestyle team members spend time with those people who are socially isolated or displaying behaviours of concern providing sensory stimulation.</p>	<p><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.</p>	<p><u>Physio Exercises</u> 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

Casa Cabrini Level 2 Lifestyle Program –August 2025, Theme: “Winter Warmers”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 9.00 Church 10.30 Bocce 1.30-3.00 Bingo</p> 
<p>4 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>5 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Memory game Shopping/coffee Outing</p> 	<p>6 9.30 Church 10.30 Concert: Claire 1.30-3.00 Day spa</p> 	<p>7 Aged Care Employee Day 9.00 Church 10.30 Seated Volleyball Outing to Wanneroo Senior's Club 1.30-3.00 Art & Craft: Winter theme</p> 	<p>8 9.00 Church 10.30 Bocce 1.30-3.00 Bingo</p> 
<p>11 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>12 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Scrambling game</p> 	<p>13 9.00 Church 10.30 Family Feud Game 1.30-3.00 Day Spa</p> 	<p>14 9.00 Church 10.30 Floor games 1.30-3.00 Pamper Plus</p> 	<p>15 9.00 Church 10.30 Bocce 1.30-3.00 Bingo</p> 
<p>18 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Bingo</p> 	<p>19 9.00 Church 10.30 Exercise session with Physio 1.30-3.00 Card games Shopping/coffee Outing</p> 	<p>20 9.00 Church 10.30 Physical activities 1.30-3.00 Day Spa</p> 	<p>21 Senior Citizen's Day 9.00 Church 10.30 Floor games Lunch outing to “Pasta in the Valley” 1.30-3.00 Senior Citizen's Party</p> 	<p>22 9.00 Church 10.30 Bocce 1.30-3.00 Bingo</p> 

25

9.00 Church

10.30 Exercise session with Physio

1.30-3.00 **Birthday Celebration**



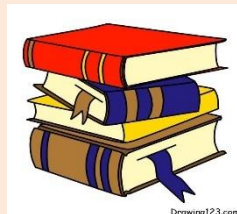
26

Mobile Library

9.00 Church

10.30 Exercise session with Physio

1.30-3.00 Father's Day craft



27

9.00 Church

10.30 Lawn bowls (weather permitting)

1.30-3.00 Day Spa



28

9.00 Church

10.30 Seated Volleyball

1.30-3.00 Pamper Plus



29

9.00 Church

10.30 **Concert: Paul Robinson (NH)**

1.30-3.00 **Happy Hour**



Tombola (Bingo)

Cognitive session popular with most of our consumers.

Il Bar dell'Angolo

Social and recreational activity where consumers have opportunity to play pool/cards while having a social drink, promoting opportunity for reminiscing.

Shopping outing

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

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











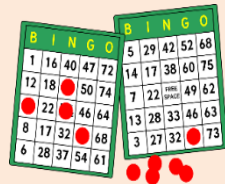

1.00 Bocce Group (selected residents only)

Falls Prevention with physiotherapy assistant

Advanced Falls Prevention Group (selected residents only)

Casa Cabrini Level 2 Lifestyle Program

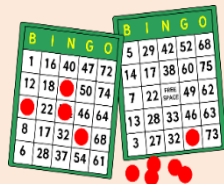
House's Lifestyle Program – August 2025, Theme: “Winter Warmers”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>9.00 Church 10.30 Chair Yoga 1.30-3.00 Card club & cognitive games</p> 
<p>4</p> <p>9.00 Church 10.30 Music Social Club 1.30-3.00 Pamper Plus</p> 	<p>5</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Art & craft: “A Winter Landscape”</p> 	<p>6</p> <p>9.00 Church 10.30 Concert: Claire (NH) 1.30-3.00 Floor games</p> 	<p>7 Aged Care Employee Day</p> <p>9.00 Church 10.30 Outing to Wanneroo Senior's Club</p> 	<p>8</p> <p>9.00 Church 10.30 Chair Yoga 1.30-3.00 Card club & cognitive games</p> 
<p>11</p> <p>9.00 Church 10.30 Music Social Club 1.30-3.00 Pamper Plus</p> 	<p>12</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Shopping outing</p> 	<p>13</p> <p>9.00 Church 10.30 Falls prevention 1.30-3.00 Cooking: Muffins</p> 	<p>14</p> <p>9.00 Church 10.30 Bingo 1.30-3.00 Craft: Father's Day</p> 	<p>15</p> <p>9.00 Church 10.30 Chair Yoga 1.30-3.00 Card club & cognitive games</p> 

18
9.00 Church
10.30 Music Social Club
1.30-3.00 Pamper Plus



19
9.00 Church
10.30 Bingo
1.00-3.30 Craft: Birthday cards



20
9.00 Church
10.30 Falls prevention
1.30-3.00 Cooking: Crepes



21 **Senior Citizen's Day**
9.00 Church
10.30 Lunch Outing to "Pasta in the Valley" (invitation only)
1.30-3.00 Senior's Party at CC



22
9.00 Church
10.30 Chair Yoga
1.30-3.00 Card club & cognitive games



25
9.00 Church
10.30 Music Social Club
1.30-3.00 Birthday celebration



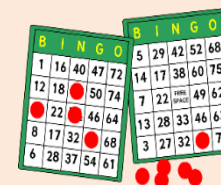
26 **Mobile Library**
9.00 Church
10.30 Bingo
1.00-3.30 Shopping/coffee



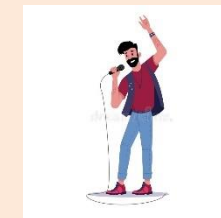
27
9.00 Church
10.30 Falls prevention
1.30-3.00 Bocce



28
9.00 Church
10.30 Bingo
1.30-3.00 Painting session



29
9.00 Church
10.30 Concert: Paul Robinson (NH)
1.30-3.00 Happy Hour



House's Lifestyle Program

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.

Social Club

Social Club is an activity in which residents come together to enjoy conversation, morning tea or a game of cards etc.

Active games with Physiotherapy assistants. Bocce Group (selected residents only).

CCG

Casa Cabrini Ground

Church services

Mass is celebrated every day at 9.00am for any resident who wishes to attend

CCG

Casa Cabrini Ground

Please Note: Program is subject to change

Tombola (Bingo)

Cognitive session popular with most of our consumers.
lance

Day Spa

Pampering session in which residents have manicures etc.

Scenic Drive

Residents from all areas are invited to go on drive.

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

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.

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






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 10:00 Morning Tea 10:30-11:30 Balloon games 12.00 Meal assist 1:00-2:00 Day Spa & (documentation)					1 10.00-10.30 Morning Tea 10.45-11.45 Bowling 1.30-3.00 Matching card game	2 10.00 Morning Tea 10.30-11.30 Indoor games/balloon pass 12.00 Meal assist 1.00-2.00 Sensory: Hand massage & (documentation)
3 10:00 Morning Tea 10:30-11:30 Balloon games 12.00 Meal assist 1:00-2:00 Day Spa & (documentation)	4 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Individual activity time	5 10.00 -10.30 Morning Tea 10.45-11.45 Indoor games 1.30-3.00 Day Spa	6 10.00 10.30 Morning Tea 10.30 Concert: Claire (NH) 1.30-3.00 Home duties: Cleaning & dusting	7 Aged Care Employee Day 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Reading for relaxation	8 10.00-10.30 Morning Tea 10.45-11.45 Seated water polo 1.30-3.00 Individual support	9 10:00 Morning Tea 10:30-11:30 Hand ball 12.00 Meal assist 1:00-2:00 Floor games & (documentation)
10 10.00 Morning tea 10.30-11.30 Hand ball 12.00 Meal assist 1.00-2.00 Cognitive games & (documentation)	11 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Individual activity time	12 10.00-10.30 Morning tea 10.45-11.45 Walking group 1.30-3.00 Day Spa	13 10.00-10.30 Morning tea 10.45-11.45 Floor games 1.30-3.00 Home duties: Folding linen	14 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Movie/music Scenic Drive	15 10.00-10.30 Morning Tea 10.45-11.45 Ball Toss Game 1.30-3.00	16 Elvis' Anniversary 10.00 Morning Tea 10.30-11.30 Seated soccer 12.00 Meal assist 1.00-2.00 Hand massage & (documentation)
17 10.00 Morning tea 10.30-11.30 12.00 Meal assist 1.00-2.00 Cognitive games & (documentation)	18 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.30-3.00 Individual activity time	19 10.00-10.30 Morning Tea 10.45-11.45 Indoor games 1.30-3.00 Day Spa	20 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Sensory activity:	21 Senior Citizen's Day 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.30-3.00 Senior Citizen's Party	22 10.00-10.30 Morning Tea 10.45-11.45 Seated basketball 1.30-3.00 Painting	23 Daffodil Day 10:00 Morning Tea 10:30-11:30 Hand ball 12.00 Meal assist 1:00-2:00 Sensory: Touch & (documentation)

24 10.00- Morning tea 10.30-11.30 Craft & art 12.00 Meal assist 1.30-2.00 Cognitive games & (documentation)	25 10.00-10.30 Morning tea 10.45-11.45 Seated volleyball/Balloon games 1.30-3.00 Birthday celebrations	26 10.00-10.30 Morning Tea 10.45-11.45 Indoor games 1.30-3.00 Day Spa	7 10.00-10.30 Morning tea 10.45-11.45 Floor games 1.30-3.00 Home duties: Polishing cutlery	28 10.00-10.30 Morning tea 10.45-11-45 Physical activities 1.30-3.00 Reading for relaxation	29 10.00-10.30 Morning Tea 10.30 Concert: Paul Robinson (NH) 1.30-3.00 Happy Hour	30 10:00 Morning Tea 10:30-11:30Hand ball 12.00 Meal assist 1:00-2:00 Sensory: Touch & (documentation)
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> Documentation of activity which took place and residents attending	

John Re Lifestyle Program

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




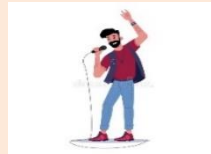
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)					1 10.00 Morning Tea 10.30 Day spa 1.30-3.00 Balloon ball & gentle exercise 	2 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support (includes documentation time)
3 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	4 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Day Spa 	5 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties 	6 10.00 Morning Tea 10.30 Concert: Claire 1.30-3.00 Table games 	7 Aged Care Employee Day 10.00 Morning tea 10.30 Floor games 1.30-3.00 Sensory Activity: Music/singing 	8 10.00 Morning Tea 10.30 Day spa 1.30-3.00 Cognitive activity: Puzzles 	9 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support
10 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	11 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Day Spa 	12 10.00 Morning Tea 10.30 Bingo 1.30-3.00 Home duties 	13 10.00 Morning tea 10.30 Balloon ball exercises 1.30-3.00 Craft: Father's Day 	14 10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Sensory Activity: Painting/colouring time Scenic Drive	15 10.00 Morning tea 10.30 Day spa 1.30-3.00 Craft: Father's Day 	16 Elvis' Anniversary 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support
17 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)	18 10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Day Spa 	19 10.00 morning tea 10.30 Bingo 1.30-3.00 Home duties 	20 10.00 Morning tea 10.30 Moving to music 1.30-3.00 Sensory Activity: Creating with different fabrics	21 Senior Citizen's Day Party 10.00 Morning tea 10.30 Floor games 1.30-3.00 Senior Citizen's Party 	22 10.00 Morning Tea 10.30 Day Spa 1.30-3.00 Balloon Ball & gentle exercises	23 Daffodil Day 10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support

<p>24</p> <p>10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-2.00 Sensory session (includes documentation time)</p>	<p>25</p> <p>10.00 Morning Tea 10.30 Moving to Music 1.30-3.00 Birthday celebration</p> 	<p>26</p> <p>10.00 morning tea 10.30 Bingo 1.30-3.00 Home duties</p> 	<p>27</p> <p>10.00 Morning tea 10.30 Moving to Music 1.30-3.00 Cognitive games</p> 	<p>28</p> <p>10.00 Morning tea 10.30 Floor games 1.30-3.00 Sensory Activity: Flower arranging</p> 	<p>29</p> <p>10.00 Morning Tea 10.30 Concert: Paul Robinson 1.30-3.00 Happy Hour</p> 	<p>30</p> <p>10.00 Morning tea 10.30-11.30 Music melodies 12.00 Meal assist 12.45-1.30 Individual support</p>
<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>		
<p>Lifestyle program description</p>						
<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>

Connie's Wing Lifestyle Program

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)					1 10.30 Sensory: Touch 1.30-3.00 Home duties & movie 	2 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)
3 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	4 10.30 Moving to music 1.30-3.00 Matching games 	5 10.30 Men's group 1.30-3.00 Bingo 	6 10.30 Concert: Claire 1.30-3.00 Beth's Beauty Salon 	7 Aged Care Employee Day 10.30 Reminiscing: 1920's era "All that Jazz" 1.30-3.00 Craft: rock painting	8 10.30 Sensory: Sight 1.30-3.00 Home duties & movie 	9 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)
10 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	11 10.30 Bingo 1.30-3.00 Moving to music 	12 10.30 Men's group 1.30-3.00 Bingo 	13 10.30 Physical games 1.30-3.00 Beth's Beauty Salon 	14 10.30 Reminiscing: 1930's 1.30-3.00 Craft: Sun catchers Scenic drive 	15 10.30 Sensory: Smell 1.30-3.00 Home duties & movie 	16 Elvis' Anniversary 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)
17 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)	18 10.30 Moving to music 1.30-3.00 Matching games 	19 10.30 Men's group 1.30-3.00 Bingo 	20 10.30 Physical games 1.30-3.00 Beth's Beauty Salon 	21 Senior Citizen's Day 10.30 Reminiscing: 1940's 1.30-3.00 Senior's Party  National Senior Citizens Day	22 10.30 Sensory: Taste 1.30-3.00 Home duties & movie 	23 Daffodil Day 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)

<p>24 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-2.00 Individual Visits (includes documentation time)</p>	<p>25 10.30 Moving to music 1.30-3.00 Birthday celebration</p> 	<p>26 <u>Mobile Library</u> 10.30 Men's group 1.30-3.00 Bingo</p> 	<p>27 10.30 Physical games 1.30-3:00 Beth's Beauty Salon</p> 	<p>28 10.30 Reminiscing: 1950's – Rock n Roll era 1.30-3.00 Craft: Paper flowers</p>	<p>29 10.30 Concert: Paul Robinson 1.30-3.00 Happy Hour</p> 	<p>30 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-2.00 Bingo (includes documentation time)</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