

## Nursing Home Lifestyle Program – March 2026, Theme: “Autumn”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-1.45 Individual Visits	<b>2</b>  <b>LABOUR DAY PUBLIC HOLIDAY</b>	<b>3</b> 9.30 -10.15 Individual visits 10.30-11.30 Bingo 1.15-3.00 <b>Celebrating February birthdays</b>	<b>4</b> 9.30-10.15 Individual visits 10.30-11.30 Physical games 11.30-12.00 <b>Physio</b> Session 1.15-3.00 Beth’s Beauty Salon	<b>5</b> 9.30-10.15 Individual visits 10.30-11.30 Reminiscing 1.30-2.00 Physio 1.15-3.00 Paint & sip	<b>6</b> 9.30-10.15 Individual visits 10.30-11.30 Cognitive activity 1.15-3.00 Craft	<b>7</b> 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-1.45 Bingo
<b>8</b> <b>International Women’s Day</b> 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-1.45 Individual Visits	<b>9</b> 9.30-10.15 Individual visits 10.30-11.30 Matching games 1.15-3.00 <b>Women’s Day Afternoon Tea</b>	<b>10</b> <b>Mobile Library</b> 9.30 -10.15 Individual visits 10.30-11.30 Men’s Group 1.15-3.00 Bingo	<b>11</b> 9.30-10.15 Individual visits 10.30-11.30 Physical games 11.30-12.00 <b>Physio</b> Session 1.15-3.00 Cognitive activity: Puzzles	<b>12</b> 9.30-10.15 Individual visits 10.30-11.30 Reminiscing 1.30-2.00 Physio 1.30-3.00 <b>Scenic Drive</b> 1.15-3.00 Activities with wool	<b>13</b> 9.30-10.15 Individual visits 10.30-11.30 Flower arranging 1.15-3.00 Movie Matinée	<b>14</b> 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-1.45 Bingo
<b>15</b> 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-1.45 Individual Visits	<b>16</b> 9.30-10.15 Individual visits 10.30-11.30 Matching games 1.15-3.00 St Patrick’s Day Craft	<b>17</b> <b>St Patrick’s Day</b> 9.30-10.15 Individual visits 10.30-11.30 Men’s group 1.30-2.30 <b>Concert: Peter Williams</b>	<b>18</b> 9.30-10.15 Individual visits 10.30-11.30 Physical games 11.30-12.00 <b>Physio</b> Session 1.15-3.00 Beth’s Beauty Salon	<b>19</b> <b>St Joseph’s Day</b> 9.30-10.15 Individual visits 10.30-11.30 Reminiscing 1.30-2.00 Physio 1.15-3.00 <b>Refreshments at CC Grounds (St Joseph)</b>	<b>20</b> 9.30-10.15 Individual visits 10.30-11.30 <b>Concert: Paul Robinson</b> 1.15-3.00 Scattagories	<b>21</b> <b>Harmony Day</b> 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-1.45 Bingo
<b>22</b> 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-1.45 Individual Visits	<b>23</b> 9.30-10.15 Individual visits 10.30-11.30 Matching games 1.15-3.00 Craft: Decorating bags for walkers	<b>24</b> 9.30- 10.15 Individual visits 10.30-11.30 Group games 1.15-3.00 Bingo	<b>25</b> 9.30-10.15 Individual visits 10.30-11.30 Physical games <b>Tai Chi on the lawn</b> 11.30-12.00 <b>Physio</b> Session 1.15-3:00 Cognitive activity: Quiz	<b>26</b> 9.30-10.15 Individual visits 10.30-11.30 Reminiscing: 1.30-2.00 Physio 1.15-3.00 Flower arranging	<b>27</b> 9.30-10.15 Individual visits 10.30-11.30 Aroma Therapy 2.00 -3.00 <b>Concert: Space2Sing</b>	<b>28</b> 10.15-11.30 Group games (Activity Rm) 12.00 Meal assist 12.45-1.45 Bingo
<b>29</b> 10.15-11.30 Indoor games (Activity Rm) 12.00 Meal assist 12.45-1.45 Individual Visits	<b>30</b> 9.30-10.15 Individual visits 10.30-11.30 Matching games 1.15-3.00 Craft: Creating suncatchers	<b>31</b> 9.30- 10.15 Individual visits 10.30-11.30 Group games 1.15-3.00 Bingo				

## Casa Cabrini Ground Floor Lifestyle Program – March 2026, Theme: “Autumn”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>LABOUR DAY PUBLIC HOLIDAY</b>	<b>3</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games 1.15-3.00 <b>Celebrating February Birthdays</b>	<b>4</b> 9.30-10.00 Individual visits 10.30 -11.30 Physical activity session 1.15-3.00 Bocce	<b>5</b> 9.30-10.00 Individual visits 11.00-11.30 <b>Physio</b> session 10.30-11.30 Cognitive games 1.15-3.00 Day Spa/pamper session	<b>6</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games/social group 1.15-3.00 Bingo
<b>9</b> 9.30-10.00 Individual visits 10.30-11.30 Seated exercises 1.15-2.15 <b>International Women’s Day Afternoon Tea (NH)</b>	<b>10</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games 1.15-3.00 Craft: St Patrick’s Day/ <b>Shopping outing</b>	<b>11</b> 9.30-10.00 Individual visits 10.30 -11.30 Physical activity session 1.15-3.00 Easter craft	<b>12</b> 9.30-10.00 Individual visits 11.00-11.30 <b>Physio</b> session 10.30-11.30 Cognitive games (lounge area) 1.15-3.00 Day Spa/pamper session	<b>13</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games/social group 1.15-3.00 Bingo
<b>16</b> 9.30-10.00 Individual visits 10.30-11.30 Seated exercises 1.15-3.00 Bingo	<b>17</b> <b>Mobile Library St Patrick’s Day</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games 1.30-2.30 <b>Concert: Peter Williams (NH)</b>	<b>18</b> 9.30-10.00 Individual visits 10.30-11.30 Physical activity session 1.15-3.00 Shuffleboard	<b>19</b> <b>St Joseph’s Day</b> 9.30-10.00 Individual visits 11.00-11.30 <b>Physio</b> session 10.30-11.30 Cognitive games (lounge area) 1.15-3.00 <b>Refreshments at CC Grounds (St Joseph)</b>	<b>20</b> 9.30-10.00 Individual visits 10.30-11.30 <b>Concert: Paul Robinson (NH)</b> 1.15-3.00 Bingo
<b>23</b> 9.30-10.00 Individual visits 10.30-11.30 Seated exercises 1.15-3.00 Bingo	<b>24</b> 9.30-10.00 Individual visits 10.30- 11.30 Floor games 1.15-3.00 Baking biscuits/ <b>Shopping outing</b>	<b>25</b> 9.30-10.00 Individual visits 10.30-11.30 <b>Seated Tai Chi on the lawn (CC)</b> 1.15-3.00 Easter craft	<b>26</b> 9.30-10.00 Individual visits 11.00-11.30 <b>Physio</b> session 10.30-11.30 Cognitive games (lounge area) 11.30-2.30 <b>Lunch at the Carine (invite only)</b> 1.15-3.00 Day Spa/pamper session	<b>27</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games/social group 2.00 -3.00 <b>Concert: Space2Sing (NH)</b>
<b>30</b> 9.30-10.00 Individual visits 10.30-11.30 Seated exercises 1.15-3.00 Bingo	<b>31</b> 9.30-10.00 Individual visits 10.30- 11.30 Floor games 1.15-3.00 Bocce			

## Casa Cabrini Level 1 Lifestyle Program – March 2026, Theme: “Autumn”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10.30 -11.30 Table/floor games (Activity Rm) 12.00-12.45 Meal assist 12.45-1.45 Bingo	<b>2</b>  <b>LABOUR DAY PUBLIC HOLIDAY</b>	<b>3</b> 9.30-10.00 Individual visits 10.30-11.30 Physical games 1.15-3.00 <b>Celebrating February Birthdays</b>	<b>4</b> 9.30-10.00 Individual visits 10.30- 11.30 Walking group 1.15-3.00 Movie matinée	<b>5</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games/walking group 1.15-3.00 Bingo	<b>6</b> 9.30-10.00 Individual visits 10.30-11.30 Bocce 1.15-3.00 Day Spa	<b>7</b> 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-1.45 Individual support
<b>8 International Women’s Day</b> 10.30 -11.30 Table/floor games (Activity Rm) 12.00-12.45 Meal assist 12.45-1.45 Bingo	<b>9</b> 9.30-10.00 Individual visits 10.30 - 11.30 Floor games 11.00-11.30 Exercise with <b>Physio</b> 1.15-3.00 <b>Women’s Day Afternoon Tea (NH)</b>	<b>10</b> 9.30-10.00 Individual visits 10.30-11.30 Physical games 1.15-3.00 Paint & sip	<b>11</b> 9.30-10.00 Individual visits 10.30-11.30 Ball games 1.15-3.00 Music appreciation	<b>12</b> 9.30-10.00 Individual visits rooms 10.30-11.30 Floor games/walking group 1.15-3.00 Bingo/ <b>Scenic drive</b>	<b>13</b> 9.30-10.00 Individual visits 10.30-11.30 Bocce 1.15-3.00 Day Spa	<b>14</b> 10.15-11.15 Bocce (Activity Rm) 12.00-12.45 Meal assist 12.45-1.45 Individual support
<b>15</b> 10.15-11.45 Table/floor games (Activity Rm) 12.00 Meal assist 12.45-1.45 Bingo	<b>16</b> 9.30-10.00 Individual visits 10.30 - 11.30 Floor Games 11.00-11.30 Exercise with <b>Physio</b> 1.15-3.00 Bingo	<b>17 Mobile Library St Patrick’s Day</b> 9.30-10.00 Individual visits 10.30-11.30 Physical games 1.30-2.30 <b>Concert: Peter Williams (NH)</b>	<b>18</b> 9.30-10.00 Individual visits 10.30-11.30 Wrapping Easter Eggs (lounge area) 1.15-3.00 Easter movie	<b>19 St Joseph’s Day</b> 9.30-10.00 Individual visits 10.30-11.30 Walking group/floor games 1.15-3.00 <b>Refreshments at CC Grounds (St Joseph)</b>	<b>20</b> 9.30-10.00 Individual visits 10.30-11.30 <b>Concert: Paul Robinson (NH)</b> 1.15-3.00 Day Spa	<b>21 Harmony Day</b> 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-1.45 Individual support
<b>22</b> 10.15-11.45 Table/floor games (Activity Rm) 12.00-12.45 Meal assist 12.45-1.45 Bingo	<b>23</b> 9.30-10.00 Individual visits 10.30 - 11.30 Floor games 11.00-11.30 Exercise with <b>Physio</b> 1.15-3.00 Bingo	<b>24</b> 9.30-10.00 Individual visits 10.30- 11.30 Physical games 1.15-3.00 Flower arranging	<b>25</b> 9.30-10.00 Individual visits 10.30-11.30 Garden walk <b>Seated Tai Chi on the lawn (CC)</b> 1.15-3.00 Art session	<b>26</b> 9.30-10.00 Individual visits 10.30-11.30 Walking group/floor games 11.30-2.30 <b>Lunch at the Carine (invite only)</b> 1.15-3.00 Bingo	<b>27</b> 9.30-10.00 Individual visits 10.30-11.30 Bocce 2.00-3.00 <b>Concert: Space2Sing</b>	<b>28</b> 10.15-11.45 Bocce (Activity Rm) 12.00 Meal assist 12.45-1.45 Individual support
<b>29</b> 10.15-11.45 Table/floor games (Activity Rm) 12.00-12.45 Meal assist 12.45-1.45 Bingo	<b>30</b> 9.30-10.00 Individual visits 10.30 - 11.30 Floor games 11.00-11.30 Exercise with <b>Physio</b> 1.15-3.00 Bingo	<b>31</b> 9.30-10.00 Individual visits 10.30 - 11.30 Physical games 1.15-3.00 Knitting/crochet session				



## Casa Cabrini Level 2 Lifestyle Program – March 2026, Theme: “Autumn”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>LABOUR DAY PUBLIC HOLIDAY</b>	<b>3</b> 9.30-10.00 Individual visits 10.30-11.30 Balloon ball exercise 11.00-11.30 Exercise session with <b>Physio</b> 1.15-3.00 <b>Celebrating February birthdays</b>	<b>4</b> 9.30-10.00 Individual visits 10.30-11.30 Physical games 1.15-3.00 Craft: St Patrick’s Day	<b>5</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games <b>Outing to Wanneroo Seniors Club</b> 1.15-3.00 Pamper plus	<b>6</b> 9.30-10.00 Individual visits 10.30-11.30 Bocce 1.15-3.00 Bingo
<b>9</b> 9.30-10.00 Individual visits 10.30-11.30 Cultural Club 1.15-3.00 <b>International Women’s Day Afternoon Tea (NH)</b>	<b>10</b> <b>Mobile Library</b> 9.30-10.00 Individual visits 10.30-11.30 Balloon ball exercise 11.00-11.30 Exercise session with <b>Physio</b> 11.00-11.30 <i>Prep for resident’s shopping outing</i> 1.15-3.00 <b>Shopping outing</b>	<b>11</b> 9.30-10.00 Individual visits 10.30-11.30 Bocce 1.15-3.00 Craft: St Patrick’s Day	<b>12</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games 1.15-3.00 Cooking: Blueberry muffins	<b>13</b> 9.30-10.00 Individual visits 10.30-11.30 Bocce 1.15-3.00 Bingo
<b>16</b> 9.30-10.00 Individual visits 10.30-11.30 Seated dancing 1.15-3.00 Bingo	<b>17</b> <b>St Patrick’s Day Mobile Library</b> 9.30-10.00 Individual visits 10.30-11.30 Balloon ball game 11.00-11.30 Exercise session with <b>Physio</b> 1.30-2.30 <b>Concert: Peter Williams (NH)</b>	<b>18</b> 9.30-10.00 Individual visits 10.00-11.30 Bocce 1.15-3.00 Dice game	<b>19</b> <b>St Joseph’s Day</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games 1.15-3.00 <b>Refreshments at CC Grounds (St Joseph)</b>	<b>20</b> 9.30-10.00 Individual visits 10.30-11.30 <b>Concert: Paul Robinson (NH)</b> 1.15-3.00 Bingo
<b>23</b> 9.30-10.00 Individual visits 10.30-11.30 Cultural Club 1.15-3.00 Bingo	<b>24</b> 9.30-10.00 Individual visits 10.30-11.30 Balloon ball game 11.00-11.30 Exercise session with <b>Physio</b> 11.00-11.30 <i>Prep for resident’s shopping outing</i> 1.15-3.00 <b>Shopping outing</b>	<b>25</b> 9.30-10.00 Individual visits 10.30-11.30 Bocce/ <b>Seated Tai Chi on the lawn (CC)</b> 1.15-3.00 Family Feud	<b>26</b> 9.30-10.00 Individual visits 10.30-11.30 Floor games 11.30-2.30 <b>Lunch outing to the Carine (invite only)</b> 1.15-3.00 Paint & Sip	<b>27</b> 9.30-10.00 Individual visits 10.30-11.30 Bingo 2.00-3.00 Concert: <b>Space2Sing (NH)</b>
<b>30</b> 9.30-10.00 Individual visits 10.30-11.30 Seated dancing 1.15-3.00 Bingo	<b>31</b> 9.30-10.00 Individual visits 10.30-11.30 Balloon ball game 11.00-11.30 Exercise session with <b>Physio</b> 1.15-3.00 Quiz time			

## House's Lifestyle Program – March 2026, Theme: “Autumn”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>LABOUR DAY PUBLIC HOLIDAY</b>	3 9.30-10.00 Individual visits 10.30-11.30 Bingo 1.15-3.00 <b>Celebrating February Birthdays</b>	4 9.30-10.00 Individual visits 10.30-11.30 Falls Prevention <b>Physio</b> 10.30-11.30 Individuals 1.15-3.00 Craft: International Women's Day	5 9.30-10.00 Individual visits 10.30-2.30 <b>Outing to Wanneroo Senior's Club</b>	6 9.30-10.00 Individual visits 10.30-11.30 Seated dancing 1.15-3.00 Craft: International Women's Day
9 9.30-10.00 Individual visits 10.30-11.30 Music Social Club 1.15-3.00 <b>International Women's Day Afternoon Tea (NH)</b>	10 <b>Mobile Library</b> 9.30-10.00 Individual visits 10.30-11.30 Bingo 1.15-3.00 <b>Shopping outing</b>	11 9.30-10.00 Individual visits 10.30-11.30 Falls Prevention <b>Physio</b> 10.30-11.30 Individuals 1.15-3.00 Craft: St Patrick's Day	12 9.30-10.00 Individual visits 10.30-11.30 Bingo 1.15-3.00 Cultural Club	13 9.30-10.00 Individual visits 10.30-11.30 Seated dancing 1.15-3.00 Paint & Sip
16 9.30-10.00 Individual visits 10.30-11.30 Music Social Club 1.15-3.00 Pamper Plus	17 <b>St Patrick's Day</b> 9.30-10.00 Individual visits 10.30-11.30 Bingo 1.30-2.30 <b>Concert: Peter Williams (NH)</b>	18 9.30-10.00 Individual visits 10.30-11.30 Falls Prevention <b>Physio</b> 10.30-11.30 Individuals 1.15-3.00 Bocce	19 <b>St Joseph's Day</b> 9.30-10.00 Individual visits 10.30-11.30 Bingo 1.15-3.00 <b>Refreshments at CC Grounds (St Joseph)</b>	20 9.30-10.00 Individual visits 10.30-11.30 <b>Concert: Paul Robinson (NH)</b> 1.15-3.00 Cultural Club
23 9.30-10.00 Individual visits 10.30-11.30 Music Social Club 1.15-3.00 Pamper Plus	24 9.30-10.00 Individual visits 10.30-11.30 Bingo 1.15-3.00 <b>Shopping outing</b>	25 9.30-10.00 Individual visits 10.30-11.30 Falls Prevention <b>Physio</b> 10.30-11.30 Individuals/ <b>Seated Tai Chi on the lawn (CC)</b> 1.15-3.00 Craft	26 9.30-10.00 Individual visits 11.30-2.30 <b>Lunch outing to the Carine (invite only)</b>	27 9.30-10.00 Individual visits 10.30-11.30 Chair Yoga 2.00-3.00 <b>Concert: Space2Sing (NH)</b>
31 9.30-10.00 Individual visits 10.30-11.30 Music Social Club 1.15-3.00 Pamper Plus				

## John Re Lifestyle Program – March 2026, Theme: “Autumn”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>10:00 Morning Tea 10:30-11:30 Balloon games 12:00 Meal assist 12:45-1:45 Day Spa</p>	<p>2</p> <p style="text-align: center;"><b>LABOUR DAY PUBLIC HOLIDAY</b></p>	<p>3</p> <p>9.30-10.00 Individual visits 10.00 -10.30 Morning Tea 10.45-11.45 Indoor games 1.15-3.00 <b>Celebrating February birthdays</b> 2.30-3.00 Exercises with <b>Physio</b> held in Connies Wing</p>	<p>4</p> <p>9.30-10.00 Individual visits 10.00 10.30 Morning Tea 10.45-11.45 Physical activity/outdoor activity 1.15-3.00 Home duties: Folding linen</p>	<p>5</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Physical activities 1.15-3.00 Reading for relaxation</p>	<p>6</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.45-11.45 Seated water polo 1.15-3.00 Painting for St Patrick’s Day</p>	<p>7</p> <p>10.00 Morning Tea 10.30-11.30 Indoor games/balloon pass 12.00 Meal assist 12:45-1:45 Sensory: Hand massage</p>
<p>8 <b>International Women’s Day</b></p> <p>10:00 Morning Tea 10:30-11:30 Balloon games 12.00 Meal assist 12:45-1:45 Day Spa</p>	<p>9</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.15-3.00 <b>Women’s Day Afternoon Tea (NH)</b></p>	<p>10</p> <p>9.30-10.00 Individual visits 10.00 -10.30 Morning Tea 10.45-11.45 Indoor games 1.15-3.00 Sorting by shape activity 2.30-3.00 Exercises with <b>Physio</b> held in Connies Wing</p>	<p>11</p> <p>9.30-10.00 Individual visits 10.00 10.30 Morning Tea 10.45-11.45 Physical activity/outdoor activity 1.15-3.00 Home duties: Sorting cutlery</p>	<p>12</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Physical activities 1.15-3.00 Reading for relaxation /<b>Scenic drive</b></p>	<p>13</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.45-11.45 Seated water polo 1.15-3.00 Matching card games</p>	<p>14</p> <p>10:00 Morning Tea 10:30-11:30 Hand ball 12.00 Meal assist 12:45-1:45 Day Spa</p>
<p>15</p> <p>10.00 Morning tea 10.30-11.30 Hand ball 12.00 Meal assist 12:45-1:45 Music &amp; Dance</p>	<p>16</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.45-11.45 Balloon games 1.15-3.00 Individual activities</p>	<p>17 <b>St Patrick’s Day</b></p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.45-11.45 Indoor games 1.30-2.30 <b>Concert: Peter Williams (NH)</b> 2.30-3.00 Exercises with <b>Physio</b> held in Connies Wing</p>	<p>18</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Outdoor games 1.15-3.00 Home duties: Washing dishes</p>	<p>19 <b>St Joseph’s Day</b></p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.15-3.00 <b>Refreshments at CC Grounds (St Joseph)</b></p>	<p>20</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.30-11.30 <b>Concert: Paul Robinson (NH)</b> 1.15-3.00 Individual visits</p>	<p>21 <b>Harmony Day</b></p> <p>10.00 Morning Tea 10.30-11.30 Seated soccer 12.00 Meal assist 12:45-1:45 Hand massage</p>
<p>22</p> <p>10.00 Morning tea 10.30-11.30 12.00 Meal assist 12:45-1:45 Cognitive games</p>	<p>23</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Balloon games 1.15-3.00 Individual activities</p>	<p>24</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.45-11.45 Indoor games 1.15-3.00 Day Spa 2.30-3.00 Exercises with <b>Physio</b> held in Connies Wing</p>	<p>25</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.45-11.45 Physical activity/outdoor activity 10.30-11.30 <b>Seated Tai Chi on the lawn (CC)</b> 1.15-3.00 Home duties: Making beds</p>	<p>26</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.45-11.45 Physical activities 1.15-3.00 Reading for relaxation</p>	<p>27</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.45-11.45 Ball Toss Game 2.00-3.00 <b>Concert: Space2Sing (NH)</b></p>	<p>28</p> <p>10:00 Morning Tea 10:30-11:30 Hand ball 12.00 Meal assist 12:45-1:45 Sensory: Touch</p>
<p>29</p> <p>10.00 Morning tea 10.30-11.30 12.00 Meal assist 12:45-1:45 Cognitive games</p>	<p>30</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Balloon games 1.15-3.00 Individual activities</p>	<p>31</p> <p>9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.45-11.45 Indoor games 1.15-3.00 Day Spa 2.30-3.00 Exercises with <b>Physio</b> held in Connies Wing</p>				

## Connie's Wing Lifestyle Program – March 2026, Theme: “Autumn”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-1.45 Sensory session	<b>2</b>  <b>LABOUR DAY PUBLIC HOLIDAY</b>	<b>3</b> 9.30-10.00 Individuals 10.00-10.30 Morning Tea 10.30-11.30 Bingo 1.15-3.00 <b>Celebrating February birthdays</b> 2.30-3.00 Exercises with <b>Physio</b>	<b>4</b> 9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.30-11.30 Balloon ball 1.15-3.00 Table games	<b>5</b> 9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Floor games 1.15-3.00 Sensory sight: Family photos	<b>6</b> 9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.30-11.30 Day spa 1.15-3.00 Sip & paint	<b>7</b> 10.00 Morning tea 10.30-11.30 Ball games 12.00 Meal assist 12.45-1.45 Individual support
<b>8 International Women's Day</b> 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-1.45 Sensory session	<b>9</b> 9.30-10.00 Individuals 10.00-10.30 Morning Tea 10.30-11.30 Indoor games 1.15-3.00 <b>Women's Day Afternoon Tea (NH)</b>	<b>10 Mobile Library</b> 9.30-10.00 Individuals 10.00-10.30 Morning Tea 10.30-11.30 Bingo 1.15-3.00 Home duties 2.30-3.00 Exercises with <b>Physio</b>	<b>11</b> 9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.30-11.30 Move to music 1.15-3.00 Old Time Melodies Session	<b>12</b> 9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Bowling 1.15-3.00 Cognitive games <b>Scenic drive</b>	<b>13</b> 9.30-10.00 Individual visits 10.00-10.30 Morning Tea 10.30-11.30 Day spa 1.15-3.00 Craft: St Patrick	<b>14</b> 9.30-10.00 Individual visits 10.00 Morning tea 10.30-11.30 Ball games 12.00 Meal assist 12.45-1.45 Individual support
<b>15</b> 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-1.45 Sensory	<b>16</b> 9.30-10.00 Individuals 10.00-10.30 Morning Tea 10.30-11.30 Outdoor social session 1.15- 3.00 Day Spa	<b>17 St Patrick's Day</b> 9.30-10.00 Individuals 10.00 -10.30 Morning Tea 10.30-11.30 Bingo 1.30-2.30 <b>Concert: Peter Williams (NH)</b> 2.30-3.00 Exercises with <b>Physio</b>	<b>18</b> 9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Balloon ball 1.15-3.00 Mix & match puzzles	<b>19 St Joseph's Day</b> 9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Floor games 1.15-3.00 Reminiscing: The story of St Joseph/ <b>Refreshments at CC Grounds (St Joseph)</b>	<b>20</b> 9.30-10.00 Individual visits 10.00-10.30 <b>Concert: Paul Robinson (NH)</b> 10.30-11.30 Day spa 1.15-3.00 Table games	<b>21 Harmony Day</b> 10.00 Morning tea 10.30-11.30 Ball games 12.00 Meal assist 12.45-1.45 Individual support
<b>22</b> 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-1.45 Sensory session	<b>23</b> 9.30-10.00 Individuals 10.00-10.30 Morning Tea 10.30-11.30 Indoor games 1.15-3.00 Day Spa	<b>24</b> 9.30-10.00 Individuals 10.00-10.30 Morning tea 10.30-11.30 Bingo 1.15-3.00 Home duties 2.30-3.00 Exercises with <b>Physio</b>	<b>25</b> 9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Move to music/ <b>Seated Tai Chi on the lawn (CC)</b> 1.15-3.00 Singing session	<b>26</b> 9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Bowling 1.15-3.00 Sensory sounds: International music	<b>27</b> 9.30-10.00 Individual visits 10.00-10.30 Morning tea 10.30-11.30 Day spa 2.00-3.00 <b>Concert: Space2Sing (NH)</b>	<b>28</b> 10.00 Morning tea 10.30-11.30 Ball games 12.00 Meal assist 12.45-1.45 Individual support
<b>29</b> 10.00 Morning tea 10.30-11.30 Therapy Balloon exercises 12.00 Meal assist 12.45-1.45 Sensory session	<b>30</b> 9.30-10.00 Individuals 10.00-10.30 Morning Tea 10.30-11.30 Outdoor social session 1.15-3.00 Day Spa	<b>31</b> 9.30-10.00 Individuals 10.00-10.30 Morning tea 10.30-11.30 Bingo 1.15-3.00 Home duties 2.30-3.00 Exercises with <b>Physio</b>				

