

Hairdresser  
Visits  
Every Tuesday

























# March Activities Calendar



Podiatrist Visit

Wed 13th



				<p><b>Friday 1<sup>st</sup></b> <b>AUTUMN BEGINS</b> <b>World Day of Prayer</b> 9.30 am Exercises 10 am Morning Tea 10.30 am Craft 12 noon Lunch 1:30 pm Fr Rick 2.00 pm Musical Afternoon 4.00 pm Happy Hour </p>	<p><b>Saturday – 2<sup>nd</sup></b> 9.30 am Exercises with Beth 1:45pm Fitness Fun Group/ Guided Outside Walk <b>Historical Movie</b> </p>	<p><b>Sunday – 3<sup>rd</sup></b> Exercises “Ted &amp; Jean” 11 am “Songs of Praise” 1:45pm Fitness Fun Group/ Guided Outside Walk <b>Historical Movie</b> </p>
<p><b>Monday – 4<sup>th</sup></b> 9.30 am Exercises/Relaxation/ Hands On 10.30am Indoor Bowls 12 noon Lunch 1.30 pm Baking Afternoon </p>	<p><b>Tuesday – 5<sup>th</sup></b> <b>Shrove Tuesday</b> 9.30 am Exercises/Rev Val 10.30 am Art with Janice/ Colour Club/ Card Bingo  12 noon Lunch 1.30pm Guided Outside Walk/Documentary</p>	<p><b>Wednesday – 6<sup>th</sup></b> 9.30 am Exercises 10 am Morning Tea 10:30 am KITE 12 noon Lunch 1:45pm Bus Drive </p>	<p><b>Thursday – 7<sup>th</sup></b> 9.30 am Exercises 10 am Morning Tea 10.30am Bingo 1.30 pm Guided walk outside 2.00 pm Presbyterian Ladies</p>	<p><b>Friday – 8<sup>th</sup></b> <b>International Women’s Day</b> 9.30 am Exercises 10 am Morning Tea 10:30 am Quiz/Trivia morning 12 noon Lunch 1:30pm Fr Rick 2.00 pm Musical Afternoon 5.00 pm Dinner in Activities Area</p>	<p><b>Saturday – 9<sup>th</sup></b> 9.30 am Exercises with Beth 1:45pm Fitness Fun Group/Guided Outside Walk <b>Western Movie</b> </p>	<p><b>Sunday – 10<sup>th</sup></b> Exercises “Ted &amp; Jean” 11 am “Songs of Praise” 1.45 pm Fitness Fun Group/Guided Outside Walk <b>Western Movie</b> </p>
<p><b>Monday – 11<sup>th</sup></b> 9.30 am Exercises/Relaxation 10 am Morning Tea 10:30 am Indoor Bowls/Berrigan PS 12 noon Lunch 1:30 pm Guided Walk/Comedy Series</p>	<p><b>Tuesday – 12<sup>th</sup></b> 9.30 am Exercises 10 am Morning Tea 10:30 am Art with Janice/ Colour Club/Card Bingo 12 noon Lunch <b>1.30pm Movie @ Library</b> <b>“Bombshell”</b></p>	<p><b>Wednesday – 13<sup>th</sup></b> 9.30 am Exercises 10 am Poetry with Beth 10.30am Quiz/Trivia 12 noon Lunch 1.45 pm Bus Drive </p>	<p><b>Thursday – 14<sup>th</sup></b> <b>NRL BEGINS</b> 9.30 am Exercises 10.00 am Morning tea 10.30 am Bingo 1.30pm Reminiscing Afternoon</p>	<p><b>Friday – 15<sup>th</sup></b> 9.30 am Exercises 10 am Morning Tea 10.30 am Card Bingo 12 noon Lunch 1:30 pm Fr Rick 2.00 pm Musical Afternoon 4.00 pm Happy Hour </p>	<p><b>Saturday – 16<sup>th</sup></b> 9:30 am Exercises with Beth 1:45pm Fitness Fun Group/Guided Outside Walk <b>Adventure Movie</b> </p>	<p><b>Sunday – 17<sup>th</sup></b> <b>GRAND PRIX MELBOURNE</b> <b>Happy St Patricks Day!</b> Exercises “Ted &amp; Jean” 11 am “Songs of Praise” 1:45pm Fitness Fun Group Outside Walk <b>Adventure Movie</b> </p>
<p><b>Monday – 18<sup>th</sup></b> 9.30 am Exercises/Relaxation/Hands On 10 am Morning Tea 10:30 am Indoor Bowls 12 noon Lunch 1:30 pm Baking Afternoon </p>	<p><b>Tuesday – 19<sup>th</sup></b> 9.30 am Exercises/Rev Val 10:30 am Art with Janice/ Colour Club/Card Bingo 12 Noon Lunch 1.30 pm Guided Outside Walk/ Documentary</p>	<p><b>Wednesday – 20<sup>th</sup></b> 9.30 am Exercises 10am Morning Tea with Staff 10.30 am KITE  12 noon Lunch 1.45 pm Bus Drive</p>	<p><b>Thursday – 21<sup>st</sup></b> <b>AFL BEGINS</b> 9.30 am Exercises 10 am Morning Tea 10.45 am Berrigan Club Outing 12 noon Lunch 2.00 pm Presbyterian Ladies</p>	<p><b>Friday – 22<sup>nd</sup></b> 9.30 am Exercises 10 am Morning Tea 10:30 am 12 Word Challenge/Quiz <b>11.30am Men’s Pub Run</b> 12.00 pm Lunch 1:30 pm Fr Rick 2.00 pm Musical Afternoon 5.00 pm Dinner in Activities</p>	<p><b>Saturday – 23<sup>rd</sup></b> 9:30 am Exercises with Beth 1:45 pm Fitness Fun Group/Guided Outside Walk <b>Romance Movie</b> </p>	<p><b>Sunday – 24<sup>th</sup></b> Exercises “Ted &amp; Jean” 9.30 am Exercises “Ted &amp; Jean” 11 am “Songs of Praise” 1.45 pm Fitness Fun Group/Guided Outside Walk <b>Romance Movie</b> </p>
<p><b>Monday – 25<sup>th</sup></b> 9.30 am Exercises/Relaxation 10.30 am Indoor Bowls/Berrigan PS 12 noon Lunch 1:30 pm Guided Walk Outside/Documentary</p>	<p><b>Tuesday 26<sup>th</sup></b> 9.30 am Exercises 10:30 am Art With Janice/Colour Club/Card Bingo 12 Noon Lunch 1.30 pm Guided Outside Walk/ Documentary <b>Movie “Red Dog True Blue”</b> <b>Activities</b></p>	<p><b>Wednesday – 27<sup>th</sup></b> 9.30 am Exercises 10am Morning Tea 10.30 am Denise &amp; Monica Sing-a-Long 12 noon Lunch  1.45 pm Bus Drive</p>	<p><b>Thursday 28<sup>th</sup></b> 9.30 am Exercises 10.am Morning Tea &amp; <b>Residents &amp; Relatives</b> <b>Meeting</b> 10.30 am Bingo 12 noon Lunch <b>Pamper Afternoon</b></p>	<p><b>Friday 29<sup>th</sup></b> 9.30 am Exercises 10 am Morning Tea 10:30 am 12 Word Challenge/Quiz 12.00 pm Lunch 1:30 pm Fr Rick 2.00 pm Musical A/noon 4.00 Happy Hour </p>	<p><b>Saturday 30<sup>th</sup></b> 9:30 am Exercises with Beth 1:45 pm Fitness Fun Group/Guided Outside Walk <b>Drama Movie</b> </p>	<p><b>Sunday 31<sup>st</sup></b> 9.30 am Exercises “Ted &amp; Jean” 11 am “Songs of Praise” 1.45 pm Fitness Fun Group/ Guided Outside Walk <b>Drama Movie</b> </p>