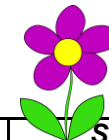


ACTIVITIES FOR HOSTEL SEPTEMBER 2020



wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1		1 10.00 Exerc/Weights 10.00 Shopping 11.00 Game of Pool 2.00 Manicures	2 High Care Activities & Pet Therapy 2.00 Trivia	3 10.00 Exercises 11.00 Golf 2.00 Ladies afternoon	4 10.00 Exercises 11.0 church - Catholic On-Line 2.00 Bingo Afternoon Hairdresser	5 Findawords 2.00 Movie (ask staff)	6 Father's Day 11.30 Songs of Praise Free Beer & Drinks for Father's Day Lunch 2.00 Cowboy Movie (ask staff)
		7 10.00 Exercises 11.00 Darts 2.00 Bingo Afternoon	8 10.00 Exerc/Weights 10.00 Shopping 2.00 Manicures Hairdresser	9 High Care Activities & Piper the dog visiting 2.00 Pancake Afternoon Collect Library Books	10 10.00 Exercises 11.00 Art/Craft 2.00 Mens Afternoon Library Van visits	11 10.00 Exercises 11.00 Church - Anglica On - Line 2.00 Bingo Afternoon	12 Crosswords 2.00 Movie (ask staff)
2		14 10.00 Exercises 11.00 Word Games 2.00 Bingo Afternoon Library books delivered	15 10.00 Exerc/Weights 10.00 Shopping 11.00 Residents' Meeting 2.00 Manicures	16 High Care Activities & Luna the dog visiting 2.00 Making Mini Pavlovas	17 10.00 Exercises 11.00 Ten Pin Bowling 2.00 Word Quizzes	18 10.00 Exercises 11.00 Church Frontline On Line 2.00 Bingo Afternoon Hairdresser	19 Findawords 2.00 Movie (ask staff)
		21 10.00 Exercises 11.00 Quoits 2.00 Bingo Afternoon	22 10.00 Exerc/Weights 10.00 Shopping 11.00 Art/craft 2.00 Manicures Hairdresser	23 Individual Therapy 11.30 Pre-lunch drinks & nibbles 12.30 Sausage Sizzle 2.00 Board Games	24 10.00 Exercises 11.00 Ball Games 2.00 Happy Hour & Birthday Party	25 10.00 Exercises 11.00 Church - Catholi On Line 2.00 Bingo Afternoon	26 Crosswords 2.00 Movie (ask staff)
3		14 10.00 Exercises 11.00 Word Games 2.00 Bingo Afternoon Library books delivered	15 10.00 Exerc/Weights 10.00 Shopping 11.00 Residents' Meeting 2.00 Manicures	16 High Care Activities & Luna the dog visiting 2.00 Making Mini Pavlovas	17 10.00 Exercises 11.00 Ten Pin Bowling 2.00 Word Quizzes	18 10.00 Exercises 11.00 Church Frontline On Line 2.00 Bingo Afternoon Hairdresser	19 Findawords 2.00 Movie (ask staff)
		21 10.00 Exercises 11.00 Quoits 2.00 Bingo Afternoon	22 10.00 Exerc/Weights 10.00 Shopping 11.00 Art/craft 2.00 Manicures Hairdresser	23 Individual Therapy 11.30 Pre-lunch drinks & nibbles 12.30 Sausage Sizzle 2.00 Board Games	24 10.00 Exercises 11.00 Ball Games 2.00 Happy Hour & Birthday Party	25 10.00 Exercises 11.00 Church - Catholi On Line 2.00 Bingo Afternoon	26 Crosswords 2.00 Movie (ask staff)
4		21 10.00 Exercises 11.00 Quoits 2.00 Bingo Afternoon	22 10.00 Exerc/Weights 10.00 Shopping 11.00 Art/craft 2.00 Manicures Hairdresser	23 Individual Therapy 11.30 Pre-lunch drinks & nibbles 12.30 Sausage Sizzle 2.00 Board Games	24 10.00 Exercises 11.00 Ball Games 2.00 Happy Hour & Birthday Party	25 10.00 Exercises 11.00 Church - Catholi On Line 2.00 Bingo Afternoon	26 Crosswords 2.00 Movie (ask staff)
		28 10.00 Exercises 11.00 Art/Craft 2.00 Bingo Afternoon	29 10.00 Exerc/Weights 10.00 Shopping 11.00 Bowls 2.00 Cheese Tasting & Drinks in the Garden	30 High Care Activities Luna the dog visiting 2.00 Trivia			
5		28 10.00 Exercises 11.00 Art/Craft 2.00 Bingo Afternoon	29 10.00 Exerc/Weights 10.00 Shopping 11.00 Bowls 2.00 Cheese Tasting & Drinks in the Garden	30 High Care Activities Luna the dog visiting 2.00 Trivia			

