


























Example Lifestyle & Wellbeing Program

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LIFESTYLE & WELLBEING PROGRAM	<p>MOTHER'S DAY 10TH MAY</p> 					<p>1 Morning Walks May Day No Bake Cooking Anglican Church Service Gardening Bean Bag Toss</p>	<p>2</p> <p>Music Appreciation Movie Afternoon Exercise DVD</p> 
	<p>3</p> <p>Exercise DVD Afternoon Movie</p> 	<p>4</p> <p>Teralba Bowling Club M/T</p>  <p>Big Bobs Afternoon Tea Room Visits</p>	<p>5 Morning Walks Brain Tango Book Club Carpet Bowls with Volunteers</p> 	<p>6 Housie</p>  <p>Memory Magic Reminiscence Afternoon Tea Room Visits</p>	<p>7 Scenic Bus Drive</p>  <p>LIBRARY Exercise DVD Movie Morning Radio Blue Skies Reminiscence</p>	<p>8 Morning Walks Mother's Day Celebrations Anglican Church Joel the Magician in Pilgrim Lounge Happy Hour</p>	<p>9</p> <p>Music Appreciation Movie Afternoon Exercise DVD</p> 
	<p>10</p> 	<p>11</p> <p>Teralba Bowling Club M/T</p>  <p>International Migratory Bird Day Quiz & Trivia</p>	<p>12 Morning Walks Concert in DTC Alan Walsh</p>  <p>Ten Pin Bowling International Nurses Day Quiz</p>	<p>13 Housie</p>  <p>Exercise Program Cannes Film Festival Quiz & Trivia & More Afternoon Tea</p>	<p>14</p> <p>Morning Walks Concert in DTC Mandalina's Whiteboard Quiz Happy Hour iPad Tuition</p>	<p>15 Morning Walks Mel & Princess Anglican Church Service Afternoon Movie Music Relaxation Table Games</p>	<p>16</p> <p>Music Appreciation Movie Afternoon Exercise DVD</p> 
	<p>17</p> <p>Exercise DVD Afternoon Movie</p> 	<p>18</p> <p>Lowlands Bowling Club M/T Cooks Hill</p>  <p>Find-A-Word iPad Tuition</p>	<p>19</p> <p>Morning Walks Roller Cricket Exercise Program Fives Quiz Afternoon Tea Newspaper Group</p>	<p>20 Sit Dancing DVD Concert in DTC Missin Bits Housie PM</p> 	<p>21 Scenic Bus Drive</p>  <p>LIBRARY HOY Afternoon Tea Room Visits</p>	<p>22 Morning Walks Cinco De Mayo Armchair Travel To South America Anglican Church Service Afternoon Movie</p>	<p>23</p> <p>Music Appreciation Movie Afternoon Exercise DVD</p> 
	<p>24</p> <p>Exercise DVD Afternoon Movie</p>	<p>25 Exercise DVD Scenic Bus Drive</p>  <p>Musical Bingo Afternoon Tea Book Club</p>	<p>26</p> <p>Morning Walks Podiatrist Visits No Bake Cooking Poetry & More Afternoon Tea iPad Tuition</p>	<p>27 Housie</p>  <p>Bean Bag Toss Game Afternoon Tea Room Visits</p>	<p>28 Morning Walks Macquarie Church M/T Concert in DTC Waratah Warblers LWO Education Marg & Friends in the Therapy Room</p>	<p>29 Morning Walks Ball Games Name That Tune Anglican Church Service Card Making B'day Celebrations</p>	<p>30</p> <p>Music Appreciation Movie Afternoon Exercise DVD</p> 
	<p>31</p> <p>Exercise DVD Afternoon Movie</p>						