

Weekly Activity Program

30 Jan - 5 Feb 2023



Monthly, regular and upcoming events.

3 Feb	CHINESE NEW YEAR	1.30-3pm	10 Feb	Exercises	1.30-3pm
	THE YEAR OF THE RABBIT			With Peter Bel Air	
9 Feb	WORLD PIZZA DAY		15 Feb	SHOPPING DIRECT to you	

Therapeutic Objectives	Monday 02/Jan	Tuesday 03/Jan	Wednesday 04/Jan	Thursday 05/Jan	Friday 06/Jan	Saturday 07/Jan	Sunday 08/Jan	
<p>AMS Physical Stimulation Activities</p> <p>1. To improve/minimise loss of physical function including balance, coordination & mobility. 2. To maintain/improve flexibility strength & endurance.</p> <p>AMS Cognitive Stimulation Activities</p> <p>To improve/minimise loss of cognitive functioning including memory, sequencing, concentration, orientation, planning, reasoning and decision making.</p>	<p>10.00 NEWS In Windsor Lounge WALKING CROUP</p>	<p>10.00 NEWS In Windsor Lounge WALKING CROUP</p>	<p>10.00 NEWS In Windsor Lounge WALKING CROUP</p>	<p>10.00 NEWS In Windsor Lounge WALKING CROUP</p>	<p>10.00 NEWS In Windsor Lounge WALKING CROUP</p>			
	<p>10.30 MORNING TEA</p>	<p>10.30 MORNING TEA</p>	<p>10.30 MORNING TEA</p>	<p>10.30 MORNING TEA</p>	<p>10.30 MORNING TEA</p>	<p>10.30 MORNING TEA</p>	<p>10.30 MORNING TEA</p>	<p>10.30 MORNING TEA</p>
	<p>10.30 PIANOLA In Lewis LOunge</p>	<p>10.30 SUNSHINE THERAPY In The Lewis Courtyard</p>	<p>10.30 ARM CHAIR TRAVEL In the Windsor Lounge</p>	<p>10.30 CHURCH SERVICE CATHOLIC</p>	<p>10.30 QUIZES / WORD GAMES In the Windsor Lounge</p>			
	<p>10.30 MOVIE In the Lewis Lounge</p>	<p>10.30 MUSIC SING A LONG In The Windsor Lounge</p>	<p>10.30 EXERCISES In The Windsor Lounge</p>	<p>10.30 With Veronica In the Windsor Lounge</p>	<p>10.30 OLD CLASIC MOVIE In The Lewis Lounge</p>	<p>TV/ RESIDENTS CHOICE In the Windsor Lounge</p>	<p>TV/ RESIDENTS CHOICE In the Windsor Lounge</p>	
	<p>11.00 DOCUMENTARY In Windsor Lounge</p>	<p>11.00 EXERCISES In Windsor Lounge</p>	<p>11.00 MUSIC/ Residents choice In Windsor Lounge</p>	<p>11.00 MUSIC/ Residents choice In Windsor Lounge</p>	<p>11.00 EXERCISES In Windsor Lounge</p>	<p>11.00 COMEDY SHOW In the Raleigh Dining room</p>	<p>11.00 HYMNS In the Raleigh Dining room</p>	
	<p>11.00 SUNSHINE THERAPY Lewis Courtyard</p>	<p>11.00 SUNSHINE THERAPY Lewis Courtyard</p>	<p>11.00 SUNSHINE THERAPY Lewis Courtyard</p>	<p>11.00 SUNSHINE THERAPY Lewis Courtyard</p>	<p>11.00 SUNSHINE THERAPY Lewis Courtyard</p>	<p>11.00 SUNSHINE THERAPY Lewis Courtyard</p>	<p>11.00 SUNSHINE THERAPY Lewis Courtyard</p>	

11.30-12.30PM Join the Lifestyle Team daily in one of the Dining Rooms for "The Dining Experience"

<p>AMS Activities of Special Interest</p> <p>1. To maintain past hobbies and interests. 2. To facilitate expression of cultural identity and practices.</p> <p>OBJECTIVE Physical Stimulation Activities</p> <p>Maintain quality of life and engage in meaningful activities to promote wellbeing and independence</p>	<p>1.30 FLOOR GAMES In Windsor LOunge</p>	<p>1.30 TV/ RESIDENTS CHOICE In Windsor LOunge</p>	<p>1.30 TV/ RESIDENTS CHOICE In Windsor LOunge</p>	<p>1.30 GARDENING CLUB In The Lewis Courtyard</p>	<p>1.30 HAPPY HOUR In Windsor LOunge</p>	<p>1.30 MOVIE In The Lewis Courtyard</p>	<p>1.30 PIANOLA/CONCERT In The Lewis Courtyard</p>
	<p>1.30 RELAXING MUSIC In Raleigh Dining Room</p>	<p>1.30 COMEDY SHOW In the Lewis Lounge</p>	<p>1.30 RELAXING MUSIC In Raleigh Dining Room</p>	<p>1.30 ART In Raleigh Dining Room</p>	<p>1.30 CHINESE NEW YEAR</p>	<p>2.30 TV/ RESIDENTS CHOICE In the Windsor Lounge</p>	<p>2.30 BOARDGAMES In the Windsor Dining</p>
	<p>2.30 AFTERNOON TEA</p>	<p>2.30 AFTERNOON TEA</p>	<p>2.30 AFTERNOON TEA</p>	<p>2.30 AFTERNOON TEA</p>	<p>2.30 AFTERNOON TEA</p>	<p>2.30 AFTERNOON TEA</p>	<p>2.30 AFTERNOON TEA</p>
	<p>2.30 QUIZES/ WORD GAMES In the Windsor Lounge</p>	<p>2.30 CROSSWORD In the Windsor Lounge</p>	<p>2.30 BINGO In the Windsor Lounge</p>	<p>2.30 MUSIC/ CONCERT In the Windsor Lounge</p>	<p>2.30 RELAXING MUSIC In the Raleigh Ding Room</p>	<p>2.30 INDIVIDUAL SOCIAL SUPPORT</p>	<p>2.30 INDIVIDUAL SOCIAL SUPPORT</p>
	<p>3.00 TV/ RESIDENTS CHOICE In the Windsor Lounge</p>	<p>3.00 BOARD GAMES In the Windsor Lounge</p>	<p>3.00 KN ITTING with NAT In The Lewis Courtyard</p>	<p>3.00 FOOD PREP In the Windsor Lounge</p>	<p>3.00 MENS CROUP In The Lewis Courtyard</p>	<p>3.00 TV/ RESIDENTS CHOICE In the Windsor Lounge</p>	<p>3.00 TV/ RESIDENTS CHOICE In the Windsor Lounge</p>
<p>4.00 INDIVIDUAL SOCIAL SUPPORT</p>	<p>4.00 INDIVIDUAL SOCIAL SUPPORT</p>	<p>4.00 INDIVIDUAL SOCIAL SUPPORT</p>	<p>4.00 INDIVIDUAL SOCIAL SUPPORT</p>	<p>4.00 INDIVIDUAL SOCIAL SUPPORT</p>	<p>4.00 INDIVIDUAL SOCIAL SUPPORT</p>	<p>4.00 INDIVIDUAL SOCIAL SUPPORT</p>	

Sometimes events can be changed due to circumstances beyond our control. Special events can occur at short notice and you will get a special invitation delivered to your door.