

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	2
					A time for family and friends NEW YEARS DAY	A time for family and friends Joan E Birthday
3	4	5	6	7	8	9
1.30 – Art’s & Craft’s	1.30 – Bingo & Whiteboard Games Catholic Church Cheryl’s Birthday	1.30 – Trivia 11:30 – Multi Denomination Church	1.30 – Reminiscence and Sensory. Music with Instruments	1.30 – Cinema Day at the Movies	A time for family and friends	A time for family and friends
10	11	12	13	14	15	16
1.30 – Art’s & Craft’s	1.30 – Bingo & Whiteboard Games Catholic Church Noeline’s Birthday	1.30 - Trivia	1.30 – Reminiscence and Sensory. Music with Instruments	1.30 – Cinema Day at the Movies Sylvia’s Birthday	A time for family and friends	A time for family and friends
17	18	19	20	21	22	23
1.30 – Art’s & Craft’s	1.30 – Bingo & Whiteboard Games Catholic Church Margaret’s Birthday	1.30 – Trivia 11:30 - Multi Denomination Church	1.30 – Reminiscence and Sensory. Music with Instruments	1.30 – Cinema Day at the Movies	A time for family and friends	A time for family and friends
24	25	26	27	28	29	30
1.30 – Art’s & Craft’s	1.30 – Bingo & Whiteboard Games Catholic Church	1.30 – Trivia AUSTRALIA DAY	1.30 – Reminiscence and Sensory. Music with Instruments	1.30 – Cinema Day at the Movies	A time for family and friends	A time for family and friends

Regular Activities at Caladenia

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dine with Others – 12.00	Dine with others – 12.00	Dine with others – 12.00	Dine with Others – 12.00	Dine with Others – 12.00 Chair based exercises	A time for family and friends	

Dine with Others – We encourage our residents to enjoy their meals together and we encourage conversation at meal times

Chair based exercises – To help our residents keep muscle strength and mobility we run weekly seated exercise classes.

DVD Movies and discussion after movies

Music, Painting, Jigsaws, Word Games, Cards, High Lunch in D Lounge area Monthly, Bingo, Trivial Questions, relaxation therapy involving Hand massage, Hair Beauty, Sensory stimulation involving smell with the use of spices and herbs

Both Group and individual Activities are conducted on a Daily basis. Some Residents choose not to participate in either. Their choice is respected but Activity Staff still have a conversation with these Residents in their rooms.

Meal Times
Breakfast 8.00 am
Morning Tea 10.00 am
Lunch 12.00 am
Afternoon Tea 3.00 pm
Dinner 5.00 pm

Family and Friends are welcome to join in with any of our planned activities. At present due to COVID-19 please check current visitor guidelines before entering our facility.