














Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Multi Dominical Church 13:00 in D- Lounge. Trivia - 13:30 	Bunnings – 11:00 Singer Noel – 13:30	Malcolm Morton's Birthday  Lolly Trolley / Happy Hour – 13:30 to 14:00	A time for family and friends	A time for family and friends
6	7	8	9	10	11	12
Allan Laurens Birthday White Board Games Crafts Bingo 	White Board Games Crafts Bingo Catholic Church – Held in residents' bedroom	Trivia – 13:30 	1:1 with Activities Therapist	Lolly Trolley / Happy Hour – 13:30 to 14:00 	A time for family and friends	A time for family and friends
13	14	15	16	17	18	19
White Board Games Crafts Bingo Labour Day	White Board Games Crafts Bingo Catholic Church – Held in residents' bedroom	Multi Dominical Church 13:00 in D- Lounge. Trivia – 13:30 	Singer Noel – 13:30 	Lolly Trolley / Happy Hour – 13:30 to 14:00 	A time for family and friends	A time for family and friends
20	21	22	23	24	25	26
White Board Games Crafts Bingo	White Board Games Crafts Bingo Catholic Church – Held in residents' bedroom	Trivia – 13:30 	1:1 with Activities Therapist	Lolly Trolley / Happy Hour – 13:30 to 14:00 	A time for family and friends	A time for family and friends
27	28	29	30	31		
Wilma Keaths Birthday White Board Games Crafts Bingo 	White Board Games Crafts Bingo Catholic Church – Held in residents' bedroom	Multi Dominical Church 13:00 in D- Lounge. Trivia - 13:30 	1:1 with Activities Therapist	Lolly Trolley / Happy Hour – 13:30 to 14:00 		*Activities are subject to change*

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, 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.