

Lifestyle Activities

1-4 August

Time	Location	Activity	Notes
Friday 1 August			
10am-11am	Wisteria	Seated Tai Chi	
2pm – 3pm	Hub	Movie - Nonnas	
Saturday 2 August			
10am-11am	Riddle North	Knit and Natter	
10.00am	All Areas	Shopping Trolley	
2pm – 3.15pm	Hub	Singalong with Ollie and Dean	
Sunday 3 August			
10am-11am	Hub	Café Club	\$2.00
2pm – 3pm	Hub	Bingo	\$2.50



Celebrated on
7th August

Lifestyle Activities

4-10 August

Time	Location	Activity	Notes
Monday 4 August			
10am - 11.15am	Hub	Tots at Dots	
11am - 12.00pm	St Clare	Book Discussion Group by Brighton Library	
2pm – 3.15pm	Wisteria	Craft	
2pm – 3pm	Cheater	Quiz	
Tuesday 5 August			
9.45am-11.15am	St Clare	Art group with Meredith	5.00
9.30am- 4.00pm		EYE Clinic Diabetes Management Focus	
2pm-3pm	Riddle	Shuffle Board	
Wednesday 6 August			
10.30am- 11am	Riddle North	Uniting Church Service	
2pm – 3.15pm	Riddle South	Gimme 5 and other games	
Thursday 7 August			
10am-11am	Café area	Walking Group with Garden Talk	
2pm - 3pm	Riddle North	Men's Group (Special Project)	Viv
Friday 8 August			
10am - 11am	Wisteria	Seated Tai Chi	
10am-11am	St Clare	Table Games	
2pm – 3pm	Hub	Memorabilia Experience History of The Royal Show	\$5.00
Saturday 9 August			
10am - 11am	Wisteria	Cooking Demonstration	
2pm - 3pm	Hub	Bingo	\$2.50
Sunday 10 August			
10am - 11am	Wisteria	Seated Exercise	
2pm – 3:15pm	Hub	Quiz and things	

Lifestyle Activities

11-17 August

Time	Location	Activity	Notes
Monday 11 August			
10am - 11am	Hub	Tots at Dots	
2pm-3pm	Cheater	Brain Teasers	
2pm – 3pm	Riddle North	Brain Teasers	
Tuesday 12 August			
9.45 -11.15	St Clare	Art Group with Meredith	\$5.00
9.30am	Riddle South	Hearing Clinic	
2pm-3pm	Hub	Laurel Piano Concert	\$5.00
Wednesday 13 August			
10.30am-11am	Hub	Anglican Church Service	
2pm-3pm	Hub	Solve the Mystery	
Thursday 14 August			
10am - 11am	Garden/Cafe	Walking group with garden talk	
2pm – 3.15pm	St Clare	Lifestyle Visits	
Friday 15 August			
10am - 11am	Wisteria	Seated Tai Chi	
12pm-1.30pm	Hub	Food Focus Meeting and Tasting	
3pm - 4pm	Cheater	Paint & Cuppa	
Saturday 16 August			
10am – 11am	Riddle North	Knit and Natter	
10am	All Areas	Shopping Trolley	
2pm – 3.15pm	Hub	Singalong with Ollie and Dean	
Sunday 17 August			
10am - 11am	Hub	Café Club	\$2.00
2pm - 3pm	Hub	Bingo	\$2.50

Lifestyle Activities

18-24 August

Time	Location	Activity	Notes
Monday 18 August			
10am – 11am	Hub	Tots at Dots	
2pm - 3pm	Cheater	Fireside chats and Hot Chocolates	
Tuesday 19 August			
9.45am – 11.15 am	St Clare	Art Group with Meredith	\$5.00
10am-11am	All Areas	Sensory visits	
2pm-3pm	Hub	Resident Meeting	
2pm-3pm	Riddle	Lifestyle visits	
Wednesday 20 August			
10.30am – 11pm	Hub	Uniting Church Service	
10.30m – 11.30	Riddle North	Youth Interagen Morning Tea	
2pm – 3.15pm	Riddle	Shuffleboard	
Thursday 21 August			
10am – 11am	Garden/Cafe	Walking group with garden talk	
2pm - 3pm	Hub	Armchair Travel to Egypt.	
Friday 22 August			
10am – 11am	Wisteria	Seated Tai Chi	
2pm - 3pm	Hub	'No Matter What' Concert	\$5.00
Saturday 23 August			
10am - 11am	Wisteria	Cooking Demonstration	
2pm - 3pm	Hub	Bingo	\$2.50
Sunday 24 August			
10am-11am	Cheater	Seated Exercises	
2pm-3pm	Hub	High Tea	\$2.50

Lifestyle Activities

25-30 August

Time	Location	Activity	Notes
Monday 25 August			
10am - 11.15am	Hub	Tots at Dots	
2pm-3pm	Cheater	Brain Teasers	
2pm - 3pm	St Clare	Card Making	\$2.50
Tuesday 26 August			
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
10am-11am	All Areas	Sensory Morning	
		SPECIAL LUNCHEON	
2pm - 3.15pm	Hub	Bocce	
Wednesday 27 August			
10.30am-11am	Hub	Church of Christ Church Service	
2pm-3pm	Hub	Brian Raynor Concert	\$5.00
Thursday 28 August			
10am-11am	Café	Walking group with garden talk	
2pm-3pm	Riddle North	Birthday Afternoon Tea Celebrations	Wear something colourful and also a hat.
Friday 29 August			
10am-11am	Wisteria	Seated Tai Chi	
10am-11am	Cheater	Whiteboard Games	
2pm – 3pm	Hub	Movie – The Appleton Ladies Potato Race	
Saturday 30 August			
10am – 11am	Riddle North	Knit and Natter	
10am	All Areas	Shopping Trolley	
2pm – 3.15pm	Hub	Singalong with Ollie and Dean	