

Lifestyle Activities

1-6 July

Time	Location	Activity	Notes
Tuesday 1 July			
9.45am - 11.15 am	St Clare	Art Group with Meredith	\$5.00
10.30am-11.30am	Cheater	Lifestyle visits	
2pm-3pm	Cheater	Quiz	
Wednesday 2 July			
10.30am – 11am	Hub	Uniting Church Service	
2pm -3pm	Riddle North	Singalong with Ollie and Dean	
Thursday 3 July			
10am-11am	Café area	Walking Group with Garden Talk	
2pm – 3pm	Hub	Happy Hour	Spirits available \$5
Friday 4 July			
10am-11am	Wisteria	Seated Exercises	
2pm – 3pm	Hub	Bocce	
Saturday 5 July			
10am-11.30am	Day Respite Room	SALA WORKSHOP Project	
10.00am	All Areas	Shopping Trolley	
2pm – 3.15pm	Hub	Singalong with Ollie and Dean	
Sunday 6 July			
10am-11am	Hub	Café Club	\$2.00
2pm – 3pm	Hub	Bingo	\$2.50



NAIDOC WEEK 6TH -13TH

Lifestyle Activities

7-13 July

Time	Location	Activity	Notes
Monday 7 July			
10am - 11.15am	Hub	Movement To Music	
2pm – 3.30pm	Cheater	Cuppa & Paint Art Class	
Tuesday 8 July			
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
10am-11am	Riddle North	Scrabble Challenge	
2pm-3pm	Hub	Didgeridoo Performance and More	\$5.00
Wednesday 9 July			
10.30am- 11am	Hub	Anglican Church Service	
2pm – 3pm	Hub	Kids Performance concert	
Thursday 10 July			
10am-11am	Café area	Walking Group with Garden Talk	
2pm - 3pm	Hub	Celebrating Elvis Concert	\$5.00
Friday 11 July			
10am - 11am	Wisteria	Seated Exercises	
1.45pm –3.15pm	Hub	Disney Movie “ Mary Poppins Returns’	
Saturday 12 July			
10am - 11am	Wisteria	Cooking Demonstration	
2pm - 3pm	Hub	Bingo	\$2.50
Sunday 13 July			
10am - 11am	Cheater	Seated Exercises	
2pm - 3pm	Hub	High Tea	\$2.50

Lifestyle Activities

14-20 July

Time	Location	Activity	Notes
Monday 14 July			
10am - 11am	Hub	Movement to Music	
2pm -3pm	St Clare	SALA WORKSHOP project	
Tuesday 15 July			
9.45am-11.15am	St Clare	Art Group with Meredith	
9.30am	Riddle South	Hearing Clinic	
2pm-3pm	Riddle South	Shuffleboard	
Wednesday 16 July			
10.30am-11am	Hub	Uniting Church Service	
2pm-3.15pm	Hub	Animal Wellbeing program Visit	
Thursday 17 July			
10am - 11.10am	Garden/Cafe	Walking group with garden talk	
2pm – 3.15pm	Hub	Mystery Afternoon	
2pm-3pm	St Clare	Poetry Buffs	
Friday 18 July			
10am - 11am	Wisteria	Seated Exercises	
12pm-1.30pm	Hub	Food Focus Meeting (No Tastings)	
2.30pm-3.45pm	All areas	Lifestyle Visits	
Saturday 19 July			
10am – 11am	Riddle North	Knit and Natter	
10am	All Areas	Shopping Trolley	
2pm – 3.15pm	Hub	Singalong with Ollie and Dean	
Sunday 20 July			
10am - 11am	Hub	Café Club	\$2.00
2pm - 3pm	Hub	Bingo	\$2.50

Lifestyle Activities

21-27 July

Time	Location	Activity	Notes
Monday 21 July			
10am – 11am	Hub	Tots at Dots	
2pm – 3pm	Riddle	Lifestyle visits	
2pm - 3pm	Cheater	Fireside Chats & Hot Chocolates	
Tuesday 22 July			
9.45 am – 11.15 am	St Clare	Art Group with Meredith	\$5.00
10am-11am	All Areas	Sensory Morning	
2pm-3.15pm	Riddle South	Craft	
Wednesday 23 July			
10.30am – 11pm	Hub	Church of Christ Church Service	
2pm – 3.15pm	Hub	Action Movie Afternoon	
Thursday 24 July			
10am – 11am	Garden/Cafe	Walking group with garden talk	
2pm - 3pm	Hub	Fit ball drumming	
Friday 25 July			
10am - 11am	Wisteria	Seated Tai Chi	
2pm - 3pm	Hub	Laurel on Piano	\$5.00
Saturday 26 July			
10am - 11am	Wisteria	Cooking Demonstration	
2pm - 3pm	Hub	Bingo	\$2.50
Sunday 27 July			
10am-11am	Cheater	Seated Exercises	
2pm-3pm	Hub	Whiteboard Games	

Lifestyle Activities

28-31 July

Time	Location	Activity	Notes
Monday 28 July			
10am - 11.15am	Hub	Tots at Dots	
2pm - 3pm	Wisteria	Card Making	\$2.50
2pm -3pm	Cheater	Whiteboard and Quiz games	
Tuesday 29 July			
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
10am – 11am	Cheater	Lifestyle visits	
	NO ACTIVITIES	LIFESTYLE STAFF MEETING	
10.30am-11am	Hub	Baptist Church Service	
10.30 – 11am	Riddle North	Intergen Morning Tea	
2pm-3pm	Hub	Armchair Travel to New York	
Thursday 31 July			
10am - 11.10am	Garden/Cafe	Walking group with garden talk	
2pm – 3.15pm	Riddle North	Men's group	