

# Lifestyle Activities

## 1-7 September



Time	Location	Activity	Notes
Monday 1 September – Royal Adelaide Show Week			
10am- 11.15am	Hub	Tots & Dots	
11am-12pm	St Clare	Library Book Club	
2 pm-3.30	Hub	Show Activity Tasting SA	
Tuesday 2 September			
9.45am - 11.15 am	St Clare	Art Group with Meredith	\$5.00
10am- 11am	Chester	Let's Chat	
2pm-3pm	Riddle North	Tea Towel Travel	New
Wednesday 3 September			
10.30am – 11am	Riddle North	Uniting Church Service	
1.30pm -3.30pm	Hub	Royal Alwyndor Exhibition Show Day	
Thursday 4 September			
10am-11am	Café area	Walking Group with Garden Talk	
2pm – 3pm	Riddle North	Gimmie 5 Game	
Friday 5 September			
10am-11am	Wisteria	Seated Exercises	
1.30pm – 3.30pm	Hub	Sideshow Games & Balloon artist	
Saturday 6 September			
10am-11am	Wisteria	Cooking Demonstration	
2pm-3pm	Hub	Bingo	\$2.50
Sunday 7 September			
10am-11am	All Areas	Father's Day Gift Delivery	
2pm – 3pm	Hub	Beers and Brews A/Tea.	



# Lifestyle Activities

## 8-14 September

Time	Location	Activity	Notes
Monday 8 September			
10am - 11.15am	Hub	Tots & Dots	
2pm-3pm	St Clare	Word Games	
Tuesday 9 September			
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
10am – 11am	All Areas	Sensory visits	
2pm-3pm	Riddle South	Shuffleboard	
Wednesday 10 September			
10.30am- 11am	Hub	Anglican Church Service	
10.30 – 11am	Riddle North	Catholic Mass	
2pm – 3.15pm	Riddle North	Solve the Mystery	
2pm – 3pm	St Clare	Poetry group	
Thursday 11 September			
10am-11am	Café area	Walking Group with Garden Talk	
2pm - 3pm	Hub	Frankies Concert	\$5.00
Friday 12 September			
10am - 11am	Wisteria	Seated Tai Chi	
10am – 11am	St Clare	Lifestyle visits	
2pm- 3.30pm	Hub	Documentary on Big Screen 'Night on Earth'	
Saturday 13 September			
10am - 11am	Wisteria	Knit and Natter	
10am	All Areas	Shopping Trolley	
2pm - 3pm	Hub	Singalong with Ollie and Dean	
Sunday 14 September			
10am - 11am	Hub	Café Club	\$2.00
2pm - 3pm	Hub	Bingo	\$2.50

# Lifestyle Activities

## 15-21 September

Time	Location	Activity	Notes
Monday 15 September			
10am - 11am	Hub	Tots at Dots	
2pm-3pm	Riddle North	Paint & Cuppa	
Tuesday 16 September			
9.45am-11.15am	St Clare	Art Group with Meredith	\$5.00
10am-11am	All Areas	Sensory visits	
2pm-3pm	Riddle South	Quiz / Word games	
Wednesday 17 September			
10.30am-11am	Hub	Uniting Church Service	
2pm-3.15pm	Riddle North	Table games	
Thursday 18 September			
10am - 11.10am	Garden/Cafe	Walking group with garden talk	
2pm – 3.15pm	Hub	AFL Footy tips Presentation	
Friday 19 September			
9.45am – 10.45am	Wisteria	Seated Exercises	
10am -11am	Wisteria kitchen	Food Prep with Linda	
2pm - 3pm	Hub	Ten Pin Bowling	
Saturday 20 September			
10am – 11am	Wisteria	Cooking Demonstration	
2pm – 3pm	Hub	Bingo	\$2.50
Sunday 21 September			
10am - 11am	Wisteria	Seated Exercises	
2pm - 3pm	Cafe	High Tea	\$2.50



World Gratitude day 21<sup>st</sup> September

# Lifestyle Activities

## 22-28 September

Time	Location	Activity	Notes
Monday 22 September			
10am – 11am	Hub	Tots at Dots	
2pm - 3pm	St Clare	Art / Craft	
2pm-3pm	Cheater	Lifestyle Visits	
Tuesday 23 September			
9.45 am – 11.15 am	St Clare	Art Group with Meredith	\$5.00
10am-11am	Wisteria	Pamper morning	
2pm -3pm	Riddle	Shuffleboard	
Wednesday 24 September			
10.30am – 11pm	Hub	Church of Christ Church Service	
2pm – 3.15pm	Hub	Sing Australia Concert	\$5.00
Thursday 25 September			
10am – 11am	Garden	Walking group with garden talk	
	<b>SPECIAL</b>	<b>LUNCH</b>	
2pm - 3pm	Men's Shed	Men's project Afternoon	
Friday 26 September			
10am - 11am	Wisteria	Seated Tai Chi	
10am-11am	Cheater	Table Games	
1.45pm - 3pm	Hub	Gold Class Movie 'The Art of Racing In The Rain'	\$5.00
Saturday 27 September			
10am - 11am	Wisteria	Knit and Natter	
10am	All Areas	Shopping Trolley	
2pm - 3pm	Hub	Singalong with Ollie and Dean	
Sunday 28 September			
10am-11am	Cafe	Café Club	\$2.00
2pm-3pm	Hub	Bingo	\$2.50

# Lifestyle Activities

## 29 September

Monday 29 September			
10am – 11 am	Hub	Price is Right Game	
2pm-3pm	Riddle South	Birthday Afternoon Tea	

Tuesday 30 September			
9.45 am – 11.15 am	St Clare	Art Group	
10am – 11am	Cheater	Let’s Chat	
2pm-3pm	Riddle South Outside area	Spring Afternoon Tea	

