



THOMPSON
HEALTH CARE

WELLBEING SOCIAL SUPPORT PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 11.00 MONDAY MORNING GET TOGETHER 1:30 CARPET BOWLS HAPPY HOUR MONTHLY BIRTHDAY CELEBRATIONS	WE WOULD LIKE TO ACKNOWLEDGE THE GADIGAL PEOPLE OF THE EORA NATION, THE TRADITIONAL CUSTODIANS OF THIS LAND, AND PAY OUR RESPECTS TO ELDERS BOTH PAST AND PRESENT.	DAILY 9.00-10.30AM NEWSPAPER / MAIL DELIVERY ROOM VISITS COFFEE CLUB 3.45-4.45 HAPPY HOUR	Shrove Tuesday 	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	1 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	2 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
3 9.00 HAIRDRESSING 11.00 RESIDENT /DON MEETING 1:30 CARPET BOWLS 	4 10.00 PET THERAPY 11.00 YOGA 1.30 SHROVE TUESDAY PANCAKE MAKING	5 10.30 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.30 DOCUMENTARY	6 11:00 COOKING (D) 11:00 EXERCISE 1:30 CONCERT ROLL WITH IT TRIO	7 10:30 BUS TRIP 11.00 FLORAL ART  1:30 POETRY READING	8 11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	9 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
10 11.00 MONDAY MORNING GET TOGETHER 1:30 ART AND CRAFT	11 9.00 HAIRDRESSING 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 TRIVIA / WORD GAMES 	12 10.30 BALANCE AND STRENGTH 11.00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY	13 11:00 SINGALONG (D) 11:00 EXERCISE STEPHEN 1:30 CONCERT - HUGH CONCERT	14 10:30 BUS TRIP 11:00 EXERCISE  1:30 BALLOON TENNIS	15 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	16 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
17 11.00 MONDAY MORNING GET TOGETHER ST PATRICKS DAY 1.30 KEFF CONCERT 	18 9.00 HAIRDRESSING 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 ANGLICAN SERVICE WITH PITTWATER ANGLICAN	19 10.30 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.30 DOCUMENTARY	20 11.00 COOKING (D) 11.00 EXERCISE STEPHEN 1:30 REMINISCING 	21 10:30 BUS TRIP 10:45 LOVE IN ACTION CHURCH SERVICE (D) 1:30 AGELESS MOVES 	22 11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	23 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
24 11.00 MONDAY MORNING GET TOGETHER 1:30 CARPET BOWLS 	25 9.00 HAIRDRESSING 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 POETRY READING 	26 10.30 BALANCE AND STRENGTH 10.45 CATHOLIC SERVICE 1.30 BUS TRIP 1.30 DOCUMENTARY	27 11.00 SINGALONG (D) 11.00 EXERCISE STEPHEN 1:30 CONCERT ROSS HAMILTON	28 10:30 BUS TRIP 11:00 FLORAL ART  1:00 MUSIC THERAPY (D) 1:30 DRUMMING	29 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	30 11.00 SONGS OF PRAISE  1.30 DANCE POINT STUDIO PERFORMANCE