



THOMPSON
HEALTH CARE

SEPTEMBER 2024 ACTIVITY CALENDAR-BORONIA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 9.30AM SEATED EXERCISES WITH PHYSIO NIKKI 10AM NAIL CARE 10AM PUZZLE TIME 11AM BINGO 2PM ICE CREAM TROLLEY 2PM DAILY MOVIE ON 521	DUE TO UNFORSEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CHANGE OR CANCELLATION	AINSLEY COLLECTION WEDNESDAY THE 4TH 10.30AM TILL 3PM				1 9.30AM FATHERS DAY 10AM FIRST DAY OF SPRING 11AM MUSIC THERAPY 2PM MAKING SPRING FLOWERS DECORATION 2PM DAILY MOVIE ON 521
2 9.30AM MOVE YOUR FEET EXERCISES WITH NIKKI 10AM FOOTY TIPS 10AM LETTER OF THE DAY 11AM BINGO 2PM ICE CREAM TROLLEY 2PM DAILY MOVIE ON 521	3 9.30AM COFFEE CLUB 10AM NEWS CIRCLE 10.30AM COMMUNION 11AM GARDEN WALKS 2PM BUS TRIP 2PM DAILY MOVIE ON 521	4 9.30AM DAILY CATCH UP 10AM TABLE TOP GAMES 10.30AM DIAMOND DOTS 11.30AM MUSIC THERAPY 2PM BINGO 2PM DAILY MOVIE ON 521	5 10AM BUS TRIP 10AM MUSIC THERAPY 11.30AM GROUP EXERCISE WITH PHYSIO NIKKI 2PM HAPPY HOUR 2PM DAILY MOVIE ON 521	6 9.30AM DAILY HOROSCOPE 10AM MUSICAL WITH INSTRUMENTS 11.30AM PHYSIO EXERCISE 2PM KNIT AND KNATTER WITH JENNI AND ROCHELLE 2PM WATTLE HAPPY HOUR 2PM DAILY MOVIE ON 521	7 9.30AM NEWSPAPER READING 10AM WORD GAMES 11AM ARMCHAIR TRAVEL 2PM BINGO 2PM DAILY MOVIE ON 521	8 9.30AM WORLD PHYSICAL THERAPY DAY 10AM ZUMBA 11AM MUSIC AND MOVES 2PM PAPER PLANES RACE 2PM DAILY MOVIE ON 521
9 9.30AM EXERCISES TO MUSIC WITH PHYSIO NIKKI 10AM NAIL CARE 10AM WORD GAMES 11AM BINGO 2PM MILKSHAKE TROLLEY 2PM DAILY MOVIE ON 521	10 9.30AM NEWS CIRCLE 10AM FLOWER ARRANGING 11AM MUSIC THERAPY 2PM BUS TRIP 2PM DAILY MOVIE ON 521	11 9.30AM DAILY HOROSCOPE 10AM ON THIS DAY IN HISTORY 10.30AM GARDENING GROUPS 2PM BINGO 2PM DAILY MOVIE ON 521	12 10AM BUS TRIP 10AM SOUND OF MUSIC 11.30AM GROUP EXERCISE WITH PHYSIO NIKKI 2PM HAPPY HOUR WITH ROGER 2PM DAILY MOVIE ON 521	13 9.30AM ON THIS DAY 10AM SEATED YOGA 11AM MASS 11.30AM PHYSIO EXERCISE 2PM HAPPY HOUR WATTLE WITH DION 2PM JIGSAW PUZZLES 2PM DAILY MOVIE ON 521	14 MUSIC ALL DAY IN THE VICTORIA PARK LOUNGE	15 MOVIES ALL DAY IN THE VICTORIA PARK LOUNGE
16 9.30AM CHAIR EXERCISES WITH NIKKI PHYSIO 10AM NAIL CARE 10AM ON THIS DAY 11AM BINGO 2PM ICE CREAM TROLLEY 2PM DAILY MOVIE ON 521	17 9.30AM ON THIS DAY 10AM NEWSPAPER READING 10.30AM COMMUNION 11AM CRAFT BOOKMARKS 2PM BUS TRIP 2PM DAILY MOVIE ON 521	18 9.30AM COFFEE CLUB 10AM ANGLICAN CHURCH 10.30AM ST MARYS CHAT 11AM SING A LONG 2PM BINGO 2PM CARD GAMES 2PM DAILY MOVIE ON 521	19 10AM BUS TRIP 10AM FACT OR FICTION 10.30AM DOG BINGO 11.30AM GROUP EXERCISE WITH PHYSIO NIKKI 2PM HAPPY HOUR NRL COMPETITION WINNERS 2PM DAILY MOVIE ON 521	20 9.30AM NEWS CIRCLE 10AM WHAT AM I? 10.30AM CHAIR DANCING 11AM RELAXING TO MUSIC 11.30AM PHYSIO EXERCISE 2PM WATTLE HAPPY HOUR 2PM CARD GAMES 2PM DAILY MOVIE ON 521	21 9.30AM COFFEE CLUB 10AM THEME DAY INFO - INTERNATIONAL PEACE DAY 11AM JEOPARDY TWO TEAM GAME 2PM BINGO 2PM DAILY MOVIE ON 521	22 9.30AM CATCH-UPS 10AM WORLD RHINO DAY 10.30AM HORROSCOPES 11AM MUSIC AND MASSAGE 2PM DIAMOND DOTS ART 2PM DAILY MOVIE ON 521
23 9.30AM GROUP EXERCISES WITH PHYSIO NIKKI 10AM WATTLE BUS TRIP 10AM PUB TRIVIA 11AM BINGO 2PM MILKSHAKE TROLLEY 2PM DAILY MOVIE ON 521	24 9.30AM DAILY HOROSCOPE 10AM LETTER OF THE DAY 10.30AM COMMUNION 11.30AM RESIDENTS MEETING 2PM BUS TRIP 2PM DAILY MOVIE ON 521	25 9.30AM NEWS CIRCLE 10AM ONE ON ONE 10AM WALKING GROUPS 10.30AM BIRTHDAY CELEBRATIONS 2PM PET THERAPY 2PM DAILY MOVIE ON 521	26 10AM BUS TRIP 10AM GENERAL TRIVIA 10.30AM SHAKE LOOSE YOUR MEMORY 11.30AM GROUP EXERCISE WITH PHYSIO NIKKI 2PM HAPPY HOUR WITH DALE	27 9.30AM GENERAL KNOWLEDGE QUIZ 10.30AM SCARF DANCING 11.30AM PHYSIO EXERCISE 2PM KNIT AND KNATTER WITH JENNI AND ROCHELLE 2PM HAPPY HOUR WATTLE 2PM DAILY MOVIE ON 521	28 9.30AM INTERNATIONAL RABBIT DAY 10AM REMINICING- LIFE IN AUSTRALIA IN 1960'S 11AM MAKING BUNNIES 2PM BINGO 2PM DAILY MOVIE ON 521	29 9.30AM NATIONAL COFFEE AND BISCOTTI DAY 10AM THIS DAY IN HISTORY 11AM POT LUCK QUIZZES 2PM ORIGAMI CREATIONS 2PM DAILY MOVIE ON 521