

# WELLBEING SOCIAL SUPPORT PROGRAM

## HILLVIEW HOUSE - JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p><b>1:30pm Movie of the Day</b> TV Channel 616 – Hillview 1 Please see weekly Wellbeing Social Support Program for details</p>	<p><b>1</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Coffee Club: Nail Care</p>	<p><b>2</b></p> <p>Holy Communion Room Visits 9:30-10:00am WOW exercises 10:30am Movement &amp; Music 10:30am Church Service 1:00pm Bus Outing 1:30 Resident &amp; Rel's Meeting</p>	<p><b>3</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Bingo</p>	<p><b>4</b></p> <p>Frank, the dachshund Visits 9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:30pm Bus Outing 2:00pm Sing-along</p>	<p><b>5</b></p> <p>8:45am Newspaper delivery 9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:00am Lucky Dog Card Game 2:00pm Happy Hour</p>	<p><b>6</b></p> <p>Room Visits: Spiritual Care 10:00am Music &amp; Morning Tea: Australian Ballet 10:00am Bingo 1:30pm Movie Matinee: My Fair Lady</p>
<p><b>7</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Nail Care</p>	<p><b>8</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm CONCERT: Phoebe Haselden - Violin</p>	<p><b>9</b></p> <p>Holy Communion Room Visits 9:30-10:00am WOW exercises 10:30am Movement &amp; Music 1:00pm Bus Outing 1:30 Resident &amp; Chef Meeting 2:30pm Special Afternoon Tea</p>	<p><b>10</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Bingo</p>	<p><b>11</b></p> <p>Frank, the dachshund Visits 9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 2:00pm Happy Hour</p>	<p><b>12</b></p> <p>8:45am Newspaper delivery 9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:00am Cooking 2:00pm Art &amp; Craft 2:00pm Brain Games/Quizzes</p>	<p><b>13</b></p> <p>Room Visits: Spiritual Care 10:00am Music &amp; Morning Tea: André Rieu Live in Vienna 10:00am Bingo 1:30pm Movie Matinee: Steel Magnolias</p>
<p><b>14</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Coffee Club: Poetry 2:00pm Men's Group</p>	<p><b>15</b></p> <p>9:30-10:00am WOW exercises 10:30am Prayer Service 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Bingo</p>	<p><b>16</b></p> <p>Holy Communion Room Visits 9:30-10:00am WOW exercises 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Winter Gardening 2:00pm Meditation/Relaxation</p>	<p><b>17</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm CONCERT: Mark Annetta - Piano</p>	<p><b>18</b></p> <p>Frank, the dachshund Visits 9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 2:00pm Happy Hour</p>	<p><b>19</b></p> <p>8:45am Newspaper delivery 9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:00am Nail Care 2:00pm Art &amp; Craft</p>	<p><b>20</b></p> <p>Room Visits: Spiritual Care 10:00am Music &amp; Morning Tea: The Best of Bandstand 10:00am Bingo 1:30pm Movie Matinee: Hachi – A Dog's Tale</p>
<p><b>21</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2pm Coffee Club: Let's Dance 2:00pm Men's Group</p>	<p><b>22</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Nail Care</p>	<p><b>23</b></p> <p>Holy Communion Room Visits 9:30-10:00am WOW exercises 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm CONCERT: Pete &amp; Ajala</p>	<p><b>24</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Bingo</p>	<p><b>25</b></p> <p>Frank, the dachshund Visits 9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00-1:30pm School Visit 2:00pm Happy Hour</p>	<p><b>26</b></p> <p>8:45am Newspaper delivery 9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:00am Cooking 2:00pm Art &amp; Craft 2:00pm Brain Games/Quizzes</p>	<p><b>27</b></p> <p>Room Visits: Spiritual Care 10:00am Music &amp; Morning Tea: Jumpin' &amp; Jiving (Jazz) 10:00am Bingo 1:30pm Movie Matinee: Bridge of Spies</p>
<p><b>28</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Coffee Club: Poetry 2:00pm Men's Group</p>	<p><b>29</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Bingo</p>	<p><b>30</b></p> <p>Holy Communion Room Visits 10:30am Movement &amp; Music 10:30am Ponies of the Forest 1:00pm Bus Outing 2:00pm Brian Games 2:00pm Meditation/Relaxation</p>	<p><b>31</b></p> <p>9:30-10:00am WOW exercises (<b>Work Out for Winter</b>) 10:30am Movement &amp; Music 1:00pm Bus Outing 2:00pm Sing-along with Lonny on the piano</p>			<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>