



# WELLBEING SOCIAL SUPPORT PROGRAM

## HILLVIEW HOUSE - SEPTEMBER 2025

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   | Sunday  |
|---|--|---|---|---|--|---|
| <b>1</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:30am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Bingo      | <b>2</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Coffee Club: Quiz       | <b>3</b><br>Holy Communion Room Visits<br>10:30am Church Service<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Resident & Relative's Meeting                   | <b>4</b><br>Frank, the dachshund visit<br>8:45am Room Visits<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Bingo | <b>5</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00-1:30pm School Visit<br>2:00pm Happy Hour  | <b>6</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:00am Coffee Club: Reminiscing – Father's Day<br>2:00pm Nail Care | <i>Father's Day</i> <b>7</b><br>Room Visits: Spiritual Care & Father's Day Chocolates<br>10:00 Music & Morning Tea: André Rieu Greatest Moments<br>1:30pm Movie Matinee: Something's Gotta Give |
| <b>8</b><br>8:45am Room Visits<br>9:30-10:30am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm CONCERT: Kathy Hutchinson       | <b>9</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Bingo                   | <b>10</b><br>Holy Communion Room Visits<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Carpet Bowls                               | <b>RU OK? DAY 11</b><br>8:45am Room Visits<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br><br>1:30pm CONCERT: Umina Beach Public School       | <b>12</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00-1:30pm School Visit<br>2:00pm Happy Hour | <b>13</b><br>9:30-10:00am Walking Group<br>10:30am Nail Care<br><br>2:00pm Coffee Club: Art & Craft – card making  | <b>14</b><br>Room Visits: Spiritual Care<br>10:00am Music & Morning Tea: Australian Ballet<br>10:00am Bingo<br>1:30pm Movie Matinee: Sommersby  |
| <b>15</b><br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Men's Group<br>2:00pm Coffee Club: Poetry            | <b>16</b><br>8:45am Room Visits<br>10:30am Prayer Service<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Bingo   | <b>17</b><br>8:45am Room Visits<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Coffee Club: Art & Craft – card making             | <b>18</b><br>8:45am Room Visits<br>10:30am Catholic Mass<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Sing-along                              | <b>19</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00-1:30pm School Visit<br>2:00pm Happy Hour | <b>20</b><br>9:30-10:00am Walking Group<br>10:00am Cooking<br><br>2:00pm Milk Bar  | <b>21</b><br>Room Visits: Spiritual Care<br>10:00am Music & Morning Tea: Lee Kernaghan<br>10:00am Bingo<br>1:30pm Movie Matinee: A Beautiful Mind   |
| <b>22</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Nail Care | <b>23</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00 Coffee Club: Reminiscing | <b>24</b><br>Holy Communion Room Visits<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>1:30 Chef/Resident Meeting<br>2:30pm Carpet Bowls | <b>25</b><br>8:45am Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm CONCERT: The Gals           | <b>26</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>2:00pm Happy Hour                             | <b>27</b><br>9:30-10:00am Walking Group<br>10:30am Men's Group<br><br>2:00pm Nail Care   | <b>28</b><br>Room Visits: Spiritual Care<br>10:00am Music & Morning Tea: Highwaymen Live<br>10:00am Bingo<br>1:30pm Movie Matinee: The Wedding Planner  |
| <b>29</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Bingo     | <b>30</b><br>8:45am Room Visits & Newspaper Delivery<br>9:30-10:00am Walking Group<br>10:30am Movement & Music<br>1:00pm Bus Outing<br>2:00pm Coffee Club            | <b>Ask RU OK? ANY DAY</b><br>Monday through Sunday, January to December   |   | <i>Happy Father's Day!</i>  | DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE   | <br><b>1:30pm Movie of the Day</b><br>TV Channel 616 – Hillview 1<br>Please see weekly Wellbeing Social Support Program for details   |