



# MAR 2025 WELL-BEING & SOCIAL SUPPORT CALENDAR -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	Additional activities:-				1	2
10:30 Coffee club 10:30 In-Room Word game Distributed 11:00 Exercises to Music 1:30 Knitting & Craft 1:30 Quoits 2:30 Movie 3:00 Hydration trolley	Seasonal Gardening Library visit:- Monthly Community visits:- By appointment Catholic church visit- Fortnightly ( Tue) Aromatherapy :- Wednesdays Hairdresser - Wednesdays & Thursdays Walk & Talk ( By appointment) Pain Clinic with physio (Fridays)			DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	10:30 Coffee club 11:00 Exercises to Music 1:30 Bingo 2:30 Movie 3:00 Walk and talk	10:30 Coffee club 11:00 Songs of Worship 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk
3	4	5	6	7	8	9
10:30 Coffee club 10:30 In-Room Word game Distributed 11:00 Exercises to Music 1:30 Knitting & Craft 1:30 Quoits 2:30 Movie 3:00 Hydration trolley	10:30 Coffee club 11:00 Carpet bowls 1:30 Bus trip 1:30 Bingo 2:30 Movie 3:00 Walk and talk	10:30 Coffee club 11:00 Quiz 11:00 Excercises to music 1:30 Jewellery making 1:30 Basket ball 3:00 Aromatherapy Spa 3:00 Board games & puzzles	10:30 Coffee club 11:00 Excercises to music 1:30 Live music entertainment 2:00 Happy Hour 2:30 Movie- Travel DVD	10:30 Coffee club 11:00 Excercises to music 1:30 Carpet bowls 1:30 Pain Clinic 2:30 Anglican online service 2:30 Movie 3:00 Ice cream trolley	10:30 Coffee club 11:00 Excercises to music 1:30 Bingo 2:30 Movie 3:00 Walk and talk	10:30 Coffee club 11:00 Songs of Worship 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk
10	11	12	13	14	15	16
10:30 Coffee club 10:30 In-Room Word game Distributed 11:00 Exercises to Music 1:30 Knitting & Craft 1:30 Quoits 2:30 Movie 3:00 Hydration trolley	10:30 Coffee club 11:00 Library Visit 11:00 Carpet bowls 1:30 Bus trip 1:30 Bingo 2:30 Movie 3:00 Walk and talk	10:30 Coffee club 11:00 Quiz 11:00 Excercises to music 1:30 Jewellery making 1:30 Basket ball 3:00 Aromatherapy Spa 3:00 Board games & puzzles	10:00 Bus trip 10:30 Coffee club 11:00 Excercises to music 1:30 Live music entertainment 2:00 Happy Hour 2:30 Movie- Travel DVD	10:30 Coffee club 11:00 Excercises to music 1:30 Carpet bowls 1:30 Pain Clinic 2:30 Anglican online service 2:30 Movie 3:00 Ice cream trolley	10:30 Coffee club 11:00 Excercises to music 1:30 Bingo 2:30 Movie 3:00 Walk and talk	10:30 Coffee club 11:00 Songs of Worship 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk
17	18	19	20	21	22	23
10:30 Coffee club 10:30 In-Room Word game Distributed 11:00 Exercises to Music 	10:30 Coffee club 11:00 Carpet bowls 1:30 Bus trip 1:30 Bingo 2:30 Movie 3:00 Walk and talk	10:30 Coffee club 11:00 Quiz 11:00 Excercises to music 1:30 Jewellery making 1:30 Basket ball 3:00 Aromatherapy Spa 3:00 Board games & puzzles	10:00 Bus trip 10:30 Coffee club 11:00 Excercises to music 1:30 Live music entertainment 2:00 Happy Hour 2:30 Movie- Travel DVD	10:30 Coffee club 10:30 Coffee club 1:30 Carpet bowls 1:30 Pain Clinic 2:30 Anglican online service 2:30 Movie 3:00 Ice cream trolley	10:30 Coffee club 10:30 Coffee club 1:30 Bingo 2:30 Movie 3:00 Walk and talk	10:30 Coffee club 11:00 Songs of Worship 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk
24	25	26	27	28	29	30
10:30 Coffee club 10:30 In-Room Word game Distributed 11:00 Exercises to Music 1:30 Knitting & Craft 1:30 Quoits 2:30 Movie 3:00 Hydration trolley	10:30 Coffee club 11:00 Carpet bowls 1:30 Bus trip 1:30 Bingo 2:30 Movie 3:00 Walk and talk	10:30 Coffee club 11:00 Quiz 11:00 Excercises to music 1:30 Jewellery making 1:30 Basket ball 3:00 Aromatherapy Spa 3:00 Board games & puzzles	10:00 Bus trip 10:30 Coffee club 11:00 Excercises to music 1:30 Live music entertainment 2:00 Happy Hour & Birthdays of the month 2:30 Movie- Travel DVD	10:30 Coffee club 10:30 Coffee club 1:30 Carpet bowls 1:30 Pain Clinic 2:30 Anglican online service 2:30 Movie 3:00 Ice cream trolley	10:30 Coffee club 10:30 Coffee club 1:30 Bingo 2:30 Movie 3:00 Walk and talk	10:30 Coffee club 11:00 Songs of Worship 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk