

AUGUST 2021 – THE LODGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
						Church
2	3	4	5	6	7	8
9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Walking groups			
10.00 1 On 1 /Outside walks		10.30 Church				
10.30 Chatter Box	10.30 Art Groups		9.30 Bus Trip	Public Holiday		Church
1.30 Women's group	1.30 Bingo	12.00	2.30 Café Day with Deb Relf	No Activities		
Men's group	2.30 Suburb Activities	2.00 Happy Hour				
9	10	11	12	13	14	15
9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Walking Groups	9.30 Exercises		
10.00 1 On 1 /Outside walks	10.00 1 on 1/ Outside walks	10.30 Church	1: 1/ Outside walks	10.30 Chatterbox		
10.30 Trivia	10.30 Bingo	2.00 Jewellery Making with Stephanie	9.30 Bus Trip	10.30 1:1 / Outside walks	10.30 Bingo	Church
1.30 Women's /Men's group	2.00 Sing along with Stephanie		2.00 Ten Pin Bowling	2.00 Knitting/Crochet Group/ Games		
16	17	18	19	20	21	22
9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Walking Groups	9.30 Exercises		
10.00 1:1 /Outside walks	10.00 Anglican Church		9.30 Bus Trip			
10.30 Trivia	10.30 Art Group	10.30 Church		10.30 Chatterbox	10.30 Bingo	Church
1.30 Women's/Men's Group	1.30 Residents Meeting 2.30 Shuffleboard	2.00 Happy Hour	2.00 Celebrity Heads	2.00 Knitting/Crochet And Games		
23	24	25	26	27	28	29
9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Walking Groups	9.30 Exercises		
1.30 Chatter Box	10.30 Bingo	10.30 Church	9.30 Bus Trip	10.30 Chatter Box	10.30	Church
1.30 Women's/Men's group	1.30 Poetry Reading with Stephanie	2.00 Movie Day Chocolate	2.00 Mexican Cooking	2:00 Bingo	Bingo	

BEAUTY & DAY SPA

Tuesday & Wednesday 8.30-4.30pm

Every 2nd Thursday

TV, Netflix, Magazines, Cards, Dominos and other games available. Please ask for assistance

Activities subject to change

HAIRDRESSER

GYM HOURS

Wednesday & Thurs

