

AUGUST 2021 - THE MANOR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
						1.30 Bingo
2	3	4	5	6	7	8
9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Exercises			1.30 Bingo
		10.00 Music Therapy				
10.30 Trivia	10.30 YOUTUBE Concert	10.30 Trivia	10.30 Café day with Deb Relf			
1.30 Ladies Group	2.00 Knitting & Crochet	12.00 Luncheon outing	1.00 Bus Trip			
Men's group	2.30 Suburb Activities	2.00 Bingo				
9	10	11	12	13	14	15
9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Exercises		1.30 Bingo
	1:1/ Outside walks	10.00 Music Therapy	1:1/ Outside walks			
10.30 Trivia	10.30 Craft	10.00 Trivia	10.30 Cooking	10.30 Songs with Steph		
1.30 Ladies Group	12.30 Team meeting	11.15 Church	1.00 Bus Trip	2.00 Ten Pin Bowling		
Men's group	2.00 Knitting & Crochet	2.00 Bingo				
16	17	18	19	20	21	22
9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Exercises		1.30 Bingo
	1:1 /Outside walks	10.00 Music Therapy	1:1/ Outside walks			
10.30 Trivia	10.30 Residents Meeting/Morning Tea	10.30 Trivia	10.30 Jewellery Making with Stephanie	10.30 Craft / Poetry reading		
1.30 Ladies Group & Men's Group	2.00 Knitting/Crochet	11.15 Church	1.00 Bus Trip	2.00 Happy hour		
	2.30 Suburbs Activities	2.00 Bingo				
23	24	25	26	27	28	29
9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Exercises	9.30 Exercises		1.30 Bingo
1.30 Women's group	2.00 Mexican Arm Chair Travel	10.00 Music Therapy	10.30 Mexican Cooking	10.30 Sing a Long with Stephanie		
1.30 Men's group		10.30 Mexican Trivia	1.00 Bus Trip	2:00 Mexican Fiesta		



BEAUTY & DAY SPA

Tuesday & Wednesday

8.30-4.30pm

Every 2nd Thursday

HAIRDRESSER

GYM HOURS

Wednesday & Thurs

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

Activities subject to change