








ACTIVITIES – MARCH 2025

	MANOR	LODGE
SAT 1st	10:30 Reminiscing books 1:15 Music Singalong in your wing	10:30 Bingo 1:15 Music Singalong in your wing
SUN 2nd	9:30 Church Live Stream 10:30 Bingo 1:15 Cards, dominos & scrabble	9:30 Church Live Stream 10:30 Salvation Army Band 1:15 Cards, dominos & scrabble
MON 3rd	10:00 Movement Group – <i>downstairs</i> 10:45 Indoor Golf Tournament 10:45 Reminiscing - <i>downstairs</i> 11:00 Chapel Service – <i>downstairs</i> 1:30 Ladies Coffee Club – <i>upstairs</i> 1:30 Men's Speech Group - <i>downstairs</i> 3:30 Brainy Bunch (word puzzles) – <i>upstairs</i>	10:00 Movement Group 10:45 Trivia 1:30 
TUES 4th	10:00 Movement Group - <i>downstairs</i> 10:45 Cooking: Liz's Crepes - <i>upstairs</i> 11:00 Walking Group 1:30 Jesmond Public School visit - <i>upstairs</i> 1:30 Active Games - <i>downstairs</i> 3:30 Colouring Club – <i>upstairs</i>	10:00 Movement Group 10:45 Music Therapy Singalong 11:00 Walking Group 1:30 Jesmond Public School visit in Manor
WED 5th	10:00 Movement Group – <i>downstairs</i> 10:00 Delta Dogs Visit 10:45 Shopping Trip Outing 10:45 Trivia with the students- <i>upstairs</i> 1:30 'Foster and Allen – Spirit of Island' concert on the tv in your wing	10:00 Movement Group 10:00 Shopping Trip Outing 10:00 Delta Dogs Visit 11:00 Church Service 1:30 'Foster and Allen – Spirit of Island' concert on the tv in your wing 1:30 Men's Speech Group
THURS 6th	 10:00 Movement Group – <i>downstairs</i> <i>then at 10:45</i> MAROBA GOES GREEN Concert & Luncheon	10:00 Movement Group <i>then at 10:45</i> MAROBA GOES GREEN Concert & Luncheon <i>in the Manor</i>  
FRI 7th	9:30 Bus Trip to 'Food & Friendship' 10:00 Movement Group - <i>downstairs</i> 10:45  – <i>upstairs</i> 1:30 Gardening Club – <i>meet upstairs</i> 1:30 Armchair Travel - <i>downstairs</i> 3:30 Music Therapy – <i>upstairs</i>	09:30 Bus Trip to 'Food & Friendship' 10:00 Movement Group 10:30 Maroba Homemakers Club 10:45 Sport - Shuffleboard 1:30 Cooking - Crepes
SAT 8th	10:30 Reminiscing books 1:15 Music Singalong in your wing	10:30 Bingo 1:15 Music Singalong in your wing
SUN 9th	9:30 Church Live Stream 10:30 Bingo 1:15 Cards, dominos & scrabble	9:30 Church Live Stream 10:30 Shuffleboard 1:15 Cards, dominos & scrabble



ACTIVITIES – MARCH 2025






	MANOR	LODGE
MON 10th	10:00 Movement Group - <i>downstairs</i> 10:45 Music Therapy: Wartime Songs – <i>upstairs</i> 10:45 Reminiscing - <i>downstairs</i> 11:00 Chapel Service - <i>downstairs</i> 1:30 Ladies Art Therapy Painting – <i>upstairs</i> 1:30 Men's Speech Group - <i>downstairs</i> 3:30 Brainy Bunch (word puzzles) – <i>upstairs</i>	10:00 Movement Group 10:45 Trivia 1:30
TUES 11th	10:00 Movement Group - <i>downstairs</i> 10:45 'Lemon Drops' Concert <i>in Lodge</i> 11:00 Walking Group 1:30 Jesmond Public School visit in Lodge 1:30 Trivia - <i>downstairs</i> 3:30 Colouring Club – <i>upstairs</i>	10:00 Movement Group 10:45 'Lemon Drops' Concert 11:00 Walking Group 1:00 Bible Study Group 1:30 Jesmond Public School visit
WED 12th	10:00 Movement Group – <i>downstairs</i> 10:00 Scenic Bus Trip 10:45 Trivia with the students- <i>upstairs</i> 1:30 - <i>upstairs</i> 1:30 Music Singalong - <i>downstairs</i> 3:30 Music Therapy – <i>upstairs</i>	10:00 Movement Group 10:15 Scenic Bus Trip 11:00 Church Service 1:30 Craft 1:30 Men's Speech Group
THUR 13th	10:00 Movement Group - <i>downstairs</i> 10:45 Morning Tea for Jo Patterson - <i>upstairs</i> 1:30 Art Therapy - <i>upstairs</i> 1:30 Trivia - <i>downstairs</i>	10:00 Movement Group 10:45 Morning Tea for Jo Patterson <i>in the Manor</i> 1:30
FRI 14th	10:00 Movement Group – <i>downstairs</i> 10:15 Scenic Bus Trip 10:45 MAROBA GRAND PRIX - <i>upstairs</i> 1:30 Shuffleboard Comp: Manor Vs Lodge 3:30 Music Therapy – <i>upstairs</i>	10:00 Movement Group 10:15 Scenic Bus Trip 10:30 Maroba Homemakers Club 10:45 MAROBA GRAND PRIX <i>in the Manor</i> 1:30 Shuffleboard Comp: Manor Vs Lodge
SAT 15th	10:30 Reminiscing books 1:15 Music Singalong in your wing	10:30 Bingo 1:15 Music Singalong in your wing
SUN 16th	9:30 Live stream Church Service 10:30 Bingo 1:15 Cards, dominos & scrabble	9:30 Church Live Stream 10:30 Shuffleboard 1:15 Cards, dominos & scrabble



ACTIVITIES – MARCH 2025

	MANOR	LODGE
MON 17th	10:00 Movement Group - <i>downstairs</i> 10:45 St Patrick's Day Games 11:00 Chapel Service - <i>downstairs</i> 12:00 Cultural luncheon – by invitation <i>held in Braye Park</i> 1:30 Ladies Coffee Club – <i>upstairs</i> 1:30 Men's Speech Group - <i>downstairs</i> 3:30 Brainy Bunch (word puzzles) – <i>upstairs</i>	10:00 Movement Group 10:45 St Patrick's Day Games 12:00 Cultural luncheon – by invitation <i>Irish Food (held in Braye Park)</i> 1:30 B I N G O
TUES 18th	10:00 Movement Group – <i>please note, this activity will only run for 20 minutes today</i> 10:30 Residents Fire Training - <i>upstairs</i> 11:00 Walking Group - <i>downstairs</i> 1:30 Jesmond Public School visit - <i>upstairs</i> 1:30 Active Games - <i>downstairs</i> 3:30 Colouring Club – <i>upstairs</i>	10:00 Residents Fire Training <i>(no movement group today)</i> 10:45 Music Therapy – country music 11:00 Walking Group 1:30 Jesmond Public School visit in Manor 1:30 Viewing of “Swan Lake” ballet
WED 19th	10:00 Movement Group – <i>downstairs</i> 10:00 Scenic Bus Trip 10:00 Delta Dogs Visit 10:45 Trivia with the students- <i>upstairs</i> 1:30 B I N G O - <i>upstairs</i> 1:30 Music Singalong - <i>downstairs</i> 3:30 Music Therapy – <i>upstairs</i>	10:00 Movement Group – <i>downstairs</i> 10:00 Scenic Bus Trip 10:00 Delta Dogs Visit 11:00 Church Service 1:30 Craft 1:30 Men's Speech Group
THUR 20th	INTERNATIONAL DAY OF HAPPINESS! 10:00 Movement Group - <i>downstairs</i> 10:45 Riverwaters Country Folk band - <i>upstairs</i> 1:30 Poetry Reading - <i>upstairs</i> 1:30 Trivia - <i>downstairs</i>	INTERNATIONAL DAY OF HAPPINESS! 10:00 Movement Group 10:45 History Talk –93 rd Anniversary of the Sydney Harbour Bridge 1:30 B I N G O
FRI 21st	09:30 Bus Trip to ‘Food & Friendship’ 10:00 Movement Group - <i>downstairs</i> 10:45 B I N G O - <i>upstairs</i> 1:30 Party for Delma's 100 th Birthday - <i>upstairs</i> 3:30 Music Therapy - <i>upstairs</i>	09:30 Bus Trip to ‘Food & Friendship’ 10:00 Movement Group 10:30 Maroba Homemakers Club 10:45 Carpet Bowls 1:30 Trivia
SAT 22nd	10:30 Reminiscing books 1:15 Music Singalong in your wing	10:30 Bingo 1:15 Music Singalong in your wing
SUN 23rd	9:30 Live stream Church Service 10:30 Bingo 1:15 Cards, dominos & scrabble	9:30 Church live stream 10:30 Shuffleboard 1:15 Cards, dominos & scrabble

ACTIVITIES – MARCH 2025

	MANOR	LODGE
MON 24th	10:00 Movement Group - <i>downstairs</i> 10:45 Food Focus Meeting – <i>in the Lodge</i> 10:45 Reminiscing - <i>downstairs</i> 11:00 Chapel Service - <i>downstairs</i> 1:30 Ladies Craft – <i>upstairs</i> 1:30 Men's Speech Group - <i>downstairs</i> 3:30 Brainy Bunch (word puzzles) - <i>upstairs</i>	10:00 Movement Group 10:45 Food Focus meeting 1:30 
TUES 25th	10:00 Movement Group – <i>downstairs</i> 10:45 'Daniel Arvidson' Concert <i>in The Lodge</i> 11:00 Walking Group 1:30 Jesmond Public School visit in Lodge 1:30 Active Games - <i>downstairs</i> 3:30 Colouring Club – <i>upstairs</i>	10:00 Movement Group 10:45 'Daniel Arvidson' Concert 1:30 Jesmond Public School visit
WED 26th	10:00 Movement Group - <i>downstairs</i> 10:45 Trivia with the students - <i>upstairs</i> 11:00 Lunch at Waterboard Bowling Club 1:30  - <i>upstairs</i> 3:30 Music Therapy – <i>upstairs</i>	10:00 Movement Group 11:00 Church Service 11:00 Lunch at Waterboard Bowling Club 1:30 Craft 1:30 Men's Speech Group
THURS 27th	10:00 Movement Group - <i>downstairs</i> 10:45 Music Therapy – Bing & Frank 10:45 Catholic Mass - <i>downstairs</i> 1:30 Cooking – Mini Pavlovas - <i>upstairs</i> 1:30 Trivia - <i>downstairs</i>	10:00 Movement Group 10:45 Cooking - Mini Pavlovas 10:45 Catholic Mass in the manor 1:30 
FRI 28th	09:30 Bus Trip to 'Food & Friendship' 10:00 Movement Group - <i>downstairs</i> 10:45  - <i>upstairs</i> 1:30 Gardening Club – <i>meet upstairs</i> 1:30 Celebration: Joan 20yrs at Maroba - <i>Honeysuckle</i> 3:30 Music Therapy – <i>upstairs</i>	09:30 Bus Trip to 'Food & Friendship' 10:00 Movement Group 10:30 Maroba Homemakes Group 10:45 Ten Pin Bowling 1:30 Trivia
SAT 29th	10:30 Reminiscing books 1:15 Music Singalong in your wing	10:30 Bingo 1:15 Music Singalong in your wing
SUN 30th	9:30 Live stream Church Service 10:30 Bingo 1:15 Cards, dominos & scrabble	9:30 Church live stream 10:30 Shuffleboard 1:15 Cards, dominos & scrabble
MON 31st	10:00 Movement Group - <i>downstairs</i> 10:45 Music Therapy – Favourites - <i>upstairs</i> 11:00 Chapel Service - <i>downstairs</i> 1:30 Men's Speech Group - <i>downstairs</i> 1:30 Ladies Coffee Club – <i>upstairs</i> 3:30 Brainy Bunch (word puzzles) - <i>upstairs</i>	10:00 Movement Group 10:45 Trivia 1:30 

*Please note: Activities are subject to change at any time

*Activities are available on weekends & after-hours in your wing, please see care staff & care support staff

*All residents are invited to activities in both The Manor & The Lodge. Please see a staff member if you need assistance travelling between buildings.