




	MANOR		LODGE	
TUE 1 ST	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Carpet Bowls - <i>upstairs</i> Music Therapy – <i>downstairs</i> Anglican Church Service - <i>downstairs</i>	10:45	Trivia – <i>in the function room</i>
	1:30	 NAIDOC Week Opening Celebration – in the Lodge With a special performance from Rutherford Public School 		
	3:00	Art Therapy – <i>in Lodge function room</i>	3:00	Art Therapy - <i>in the function room</i>
WED 2 ND	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Bingo Shopping Bus Trip	10:45	Church Service Shopping Bus Trip
	1:30	Trivia with Kristen – <i>in chapel</i>	1:30	Music Therapy – <i>in function room</i>
	3:30	Tech Support	3:30	Tech Support – <i>in the Manor</i>
THUR 3 RD	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	BASTILLE DAY LUNCHEON (by invitation) With Karen Smith concert (no invite needed; all are welcome) 10:45am - In the Manor 			
FRI 4 TH	10:00	Movement Group - <i>downstairs</i> Scenic Bus Trip	10:00	Movement Group Scenic Bus Trip
	10:45	Bingo - <i>upstairs</i>	10:45	Craft & Maroba Homemakers
	1:30	Sports Music Therapy - <i>downstairs</i>	1:30	Music Therapy Singalong <i>In the function room</i>
	3:30	Current Affairs & Trivia - <i>upstairs</i>	3:30	Current Affairs & Trivia <i>in the Manor</i>
SAT 5 TH	10:30	Reminiscing books available in library	10:30	Bingo
	1:15	Music Singalong in your suburb	1:15	Music Singalong in your suburb
SUN 6 TH	9:30	Church Live Stream	9:30	Church Live Stream
	10:30	Bingo	10:30	Shuffleboard
	2:00	God's Choir in the Lodge	2:00	God's Choir



NAIDOC WEEK 2025

THE NEXT GENERATION: STRENGTH, VISION & LEGACY



MANOR			LODGE	
MON 7 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Bus Outing to Newcastle NAIDOC Church Hymn sing - <i>downstairs</i>	10:45	Bus Outing to Newcastle NAIDOC Indigenous Craft: Beading & Clay
	1:30	Indigenous Craft: Beading & Clay	1:30	Bingo
	3:30	'The First Inventors' Episode 1	3:30	'The First Inventors' Episode 1
TUE 8 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Talk on 'First Nations Journey' - <i>upstairs</i> Indigenous music therapy - <i>downstairs</i>	10:45	Talk on 'First Nations Journey' <i>In the manor</i>
	1:30	Bush Tucker Damper Making - <i>upstairs</i> Damper Making - <i>downstairs</i>	1:30	Armchair Travel to Uluru & Kakadu
	3:30	'The First Inventors' Episode 2	3:30	'The First Inventors' Episode 2
WED 9 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	NAIDOC Trivia - <i>upstairs</i> Nature Walks	10:45	Church Service Indigenous Music Therapy
	1:30	Bingo - <i>upstairs</i> Indigenous Craft - <i>downstairs</i>	1:30	Bush Tucker Damper Making
	3:30	'The First Inventors' Episode 3	3:30	'The First Inventors' Episode 3
THUR 10 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Bus Outing to Awabakal Art Gallery Craft: Boomerangs & Clay - <i>upstairs</i>	10:45	Bus Outing to Awabakal Art Gallery Nature Walks
	1:30	Armchair Travel to Uluru - <i>upstairs</i> Trivia - <i>downstairs</i>	1:30	Craft: Boomerangs & Clay
	3:00	Prayer Group		
FRI 11 TH	10:00	Movement Group - <i>downstairs</i> Bus Trip to Food & Friendship	10:00	Movement Group Bus Trip to Food & Friendship
	10:45	Yarning with Nyssa - <i>upstairs</i>	10:45	Yarning with Nyssa - <i>in the Manor</i>
	1:30	Finish our Indigenous Craft - <i>upstairs</i> Music Therapy - <i>downstairs</i>	1:30	NAIDOC Trivia
	3:30	'The First Inventors' Episode 4	3:30	'The First Inventors' Episode 4
SAT 12 TH	10:30	Reminiscing Books available in library	10:30	Bingo
	1:15	Music Singalong in your suburb	1:15	Music Singalong in your suburb
SUN 13 TH	9:30	Church Live Stream	9:30	Church Live Stream
	10:30	Bingo	10:30	Shuffleboard
	2:00	God's Choir in the Lodge	2:00	God's Choir

	MANOR		LODGE	
MON 14 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Ten-Pin Bowling - <i>upstairs</i> Church Hymn sing - <i>downstairs</i> Active Games - <i>downstairs</i>	10:45	Bingo
	1:30	Shuffleboard Manor v Lodge One on One Room Visits	1:30	Shuffleboard Manor v Lodge
	3:30	Music Therapy - <i>upstairs</i>	3:30	Music Therapy <i>in the Manor</i>
TUE 15 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Cooking: Pizzas - <i>upstairs</i> Music Therapy in Honeysuckle	10:45	Cooking: Pizzas <i>in the function room</i>
	1:30	Movie: An American in Paris - <i>upstairs</i> Reminiscing - <i>downstairs</i>	1:30	Reminiscing Group
	3:00	Art Therapy – <i>in Lodge function room</i>	3:00	Art Therapy <i>in the function room</i>
WED 16 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Trivia - <i>upstairs</i> Music Therapy in Waratah	10:45	Church Service One on One room visits
	1:30	Bingo - <i>upstairs</i> Scenic Bus Trip	1:30	Movie: An American in Paris <i>in the function room</i>
	3:30	Tech Support	3:30	Tech Support – <i>in the Manor</i>
THUR 17 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Hannah gives a talk on her NZ holiday Outdoor Walks	10:45	Trivia
	1:30	Art & Craft Therapy - <i>upstairs</i> Trivia - <i>downstairs</i>	1:30	Bingo
	3:00	Prayer Group		
FRI 18 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Bingo - <i>upstairs</i>	10:45	Craft & Maroba Homemakers
	1:30	Scenic Bus Trip	1:30	Music Therapy Singalong <i>in the function room</i>
	3:30	Current Affairs & Trivia - <i>upstairs</i>	3:30	Current Affairs & Trivia <i>in the Manor</i>
SAT 19 TH	10:30	Reminiscing Books available in library	10:30	Bingo
	1:15	Music Singalong in your suburb	1:15	Music Singalong in your suburb
SUN 20 TH	9:30	Church Live Stream	9:30	Church Live Stream
	10:30	Bingo	10:30	Shuffleboard
	2:00	God's Choir in the Lodge	2:00	God's Choir

	MANOR		LODGE	
MON 21 ST	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Singalong with Bridget - <i>upstairs</i> Church Hymn sing - <i>downstairs</i> Active Games – <i>downstairs</i>	10:45	Bingo
	12:00	Cultural Luncheon - <i>upstairs</i>	12:00	Cultural Luncheon in the Manor
	1:30	Ladies Coffee Club - <i>upstairs</i> One on One Room Visits	1:30	Armchair Travel to Africa
	3:30	Music Therapy - <i>upstairs</i>	3:30	Music Therapy <i>in the Manor</i>
TUE 22 ND	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Daniel Arvidson Concert - <i>upstairs</i> Joan's 100 th Birthday – <i>in Honeysuckle</i>	10:45	Daniel Arvidson Concert <i>in the Manor</i>
	1:30	Trivia - <i>downstairs</i>	1:30	Jesmond School students
	3:00	Art Therapy – <i>in Lodge function room</i>	3:00	Art Therapy <i>in the function room</i>
WED 23 RD	10:00	Movement Group - <i>downstairs</i> Bus Trip to Good start Preschool	10:00	Movement Group Bus Trip to Good start Preschool
	10:45	Trivia - <i>upstairs</i> Music Therapy Waratah	10:45	Church Service One on One room visits
	1:30	Bingo – <i>upstairs</i> Scenic Bus Trip	1:30	Music Therapy Singalong Scenic Bus Trip
	3:30	Tech Support	3:30	Tech Support – <i>in the Manor</i>
THUR 24 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Indoor Golf - <i>upstairs</i> Outdoor Walks Catholic Mass - <i>downstairs</i>	10:45	Trivia
	1:30	Art & Craft Therapy - <i>upstairs</i> Reminiscing - <i>downstairs</i>	1:30	Bingo
	3:00	Prayer Group		
FRI 25 TH	10:00	Movement Group - <i>downstairs</i> Bus Trip to Food & Friendship	10:00	Movement Group Bus Trip to Food & Friendship
	10:45	Bingo - <i>upstairs</i>	10:45	Craft & Maroba Homemakers
	1:30	Armchair Travel to Africa - <i>upstairs</i>	1:30	Cooking – Teddies in blankets <i>in the function room</i>
	3:30	Current Affairs & Trivia - <i>upstairs</i>	3:30	Current Affairs & Trivia <i>in the Manor</i>
SAT 26 TH	10:30	Reminiscing Books available in library	10:30	Bingo
	1:15	Music Singalong in your suburb	1:15	Music Singalong in your suburb
SUN 27 TH	9:30	Church Live Stream	9:30	Church Live Stream
	10:30	Bingo	10:30	Shuffleboard
	2:00	God's Choir in the Lodge	2:00	God's Choir



ACTIVITIES – JULY 2025



	MANOR		LODGE	
MON 28 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Music Therapy Singalong - <i>upstairs</i> Church Hymn sing - <i>downstairs</i> Active Games – <i>downstairs</i>	10:45	Bingo
	1:30	Ladies Coffee Club - <i>upstairs</i> One on One Room Visits	1:30	Men's Group <i>in the function room</i>
	3:30	Music Therapy - <i>upstairs</i>	3:30	Music Therapy <i>in the Manor</i>

TUE 29 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Les Peterkin piano concert - <i>upstairs</i> Music Therapy - <i>downstairs</i>	10:45	Busy Bees Concert
	1:30	Cooking – teddies in blankets Trivia - <i>downstairs</i>	1:30	Jesmond School students
	3:00	Art Therapy – <i>in Lodge function room</i>	3:00	Art Therapy - <i>in the function room</i>

WED 30 TH	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Trivia - <i>upstairs</i> Lunch at Waterboard Bowling Club Music Therapy in Waratah	10:45	Church Service Lunch at Waterboard Bowling Club One on One room visits
	1:30	Bingo - <i>upstairs</i>	1:30	Hannah gives a talk on NZ holiday
	3:30	Tech Support – <i>in the Manor</i>	3:30	Tech Support – <i>in the Manor</i>

THUR 31 ST	10:00	Movement Group - <i>downstairs</i>	10:00	Movement Group
	10:45	Minute To Win It - <i>upstairs</i> Outdoor Walks	10:45	Trivia
	1:30	Art & Craft Therapy - <i>upstairs</i> Reminiscing	1:30	Bingo
	3:00	Prayer Group		

Activities are subject to change at any time.

All residents are invited to activities in both The Manor & The Lodge.

Please see a staff member if you need assistance travelling between buildings.

Kayo Sports, Music, Movies, Books & Games are available on weekends & after hours in your suburb. Please see staff for assistance.