



Social Calendar

2nd March – 8th March, 2020

CARING WITH PASSION AND HEART

Trinity Manor Balwyn

FORM 42.3.7

	MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th	SATURDAY 7th	SUNDAY 8th
9.30AM	MORNING MINGLE Social Calendar Distributed <i>Lifestyle Visits Everywhere</i> NEWS CATCH UP All Areas OR Morning walks	FRAN BEAUTY THERAPIST VISITS TODAY MORNING WALKS NEWS CATCH UP All Areas	HAIRDRESSER HERE BEAUTY SALON LOWER GROUND AND NAPKIN FOLDING CHAT & REMINISCING With Lifestyle Staff LOWER GROUND NEWS CATCH UP All Areas	MORNING WALKS NEWS CATCH UP All Areas	MORNING WALKS NEWS CATCH UP All Areas Caring for Our Garden Sensory Courtyard	Enjoy a Coffee & a Bite to Eat in Cafe Westbury LOWER GROUND from 12:30pm to 4:30pm From Thursday thru to Sunday	
10AM	MORNING TEA						
10.30AM – 11.30AM	SIT DANCE EXERCISE (ADVANCED) With Lifestyle Staff REFLECTION ROOM Gentle Ball / Balloon (BEGINNERS LEVEL) 1 st FLOOR SIT DANCE (BEGINNERS LEVEL) MONOMEATH	GYM WITH PHYSIO (ADVANCED) LOWER GROUND GENTLE STRETCHING MONOMEATH & FIRST FLOOR	GYM WITH PHYSIO (ADVANCED) LOWER GROUND SOCIAL HOUR (BEGINNERS LEVEL) NOODLE & FUN MONOMEATH	CARPET BOWLS (ADVANCED) Reflection Room SOCIAL HOUR (BEGINNERS LEVEL) FLOOR BOBS (BEGINNERS LEVEL) MONOMEATH	EXERCISE CLASS (ADVANCED) With Lifestyle Staff REFLECTION ROOM TAI CHI EXERCISE CLASS (BEGINNERS) MONOMEATH	SUNDAY 11.30 AM SONGS of PRAISE ON TELEVISIONS ALL AREAS	
12.00PM	LUNCH - then Relaxation time - After Lunch						
1.30PM – 2.30PM	DOCUMENTARY REFLECTION ROOM 1.30PM MUSIC THERAPY WITH OMEGA POTTS (BEGINNERS LEVEL) FIRST FLOOR	NEWS AND VIEWS WITH CINZIA REFLECTION ROOM 2.30PM SENSORY HOUR FIRST FLOOR & GARDEN COURT	BINGO & MENTAL AEROBICS With Pam & Chris REFLECTION ROOM 2.30PM PUZZLES FIRST FLOOR & GARDEN COURT	MOVIE OF THE WEEK REFLECTION ROOM 2.30 SENSORY HOUR FIRST FLOOR & GARDEN COURT	KNIT 'N NATTER With Joan, June & Betty REFLECTION ROOM 2.30PM SENSORY HOUR FIRST FLOOR & GARDEN COURT	From 1.30pm WEEKEND MUSIC Musical Concerts or Musical DVD's in a Calming Environment MONOMEATH & FIRST FLOOR	
2.00PM	AFTERNOON TEA						
3.15PM – 3.45PM	Individual Room Visits ALL AREAS	Individual Room Visits ALL AREAS	3.30PM CATHOLIC COMMUNION WITH ELENA REFLECTION ROOM	Individual Room Visits ALL AREAS	Individual Room Visits ALL AREAS	 I smell 'Autumn' in the Air?!	
3.30PM – 4.30PM	MUSIC DVD/CDs Relaxation Hour before Dinner	MUSIC DVD/CDs Relaxation Hour before Dinner	MUSIC DVD/CDs Relaxation Hour before Dinner	MUSIC DVD/CDs Relaxation Hour before Dinner	MUSIC DVD/CDs Relaxation Hour before Dinner		