

# St Louis Nursing Home Social Program August 2019



This program is flexible and may change. Outings may be cancelled due to inclement weather.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b>   <b>Hairdresser by appointment</b> 10.00am <b>Soup Group</b> 11.00am <b>Bus Trip</b> 2.30pm <b>World Wide Web</b>	<b>2</b>  10.00am <b>Soup Group</b> 10.45am <b>Exercise Class</b> 2.30pm <b>Newspaper reading</b>	<b>3</b> AM <b>ABC TV or Relax</b> 2.30pm <b>Bingo</b>	<b>4</b> 11.00 <b>Songs of Praise</b> 2.30pm <b>Cards</b>
<b>5</b>  9.30am - 10.30am <b>Exercise</b> 10.30am - 11.30am <b>Exercise</b> 10.00am <b>Soup Group</b> 2.30pm <b>Activites</b>	<b>6</b> <b>INTERNATIONAL FRIENDSHIP DAY</b> 10.00am <b>Soup Group</b> 10.30am <b>Swimming</b> 2.30pm <b>Friend Bracelets</b>	<b>7</b>  9.30am <b>Morning Melodies</b> <b>Bus Trip</b> 2.00pm <b>Cards - Uno</b>	<b>8</b>   <b>Hairdresser by appointment</b> 10.00am <b>Soup Group</b> 11.00am <b>Bus Trip</b> 2.30pm <b>Art Therapy</b>	<b>9</b>  10.00am <b>Soup Group</b> 10.45am <b>Exercise Class</b> 2.30pm <b>Happy Hour</b>	<b>10</b> AM <b>ABC TV or Relax</b> 2.30pm <b>Bingo</b>	<b>11</b> 11.00 <b>Songs of Praise</b> 2.30pm <b>André Rieu DVD</b>
<b>12</b>  9.30am - 10.30am <b>Exercise</b> 10.30am - 11.30am <b>Exercise</b> 10.00am <b>Soup Group</b> 2.30pm <b>Activites</b>	<b>13</b> <b>Unley Library Visit</b> 10.00am <b>Soup Group</b> 2.30pm <b>Clay Modelling</b>	<b>14</b>  10.30am <b>Forget me not Scenic Tour</b> 2.00pm <b>Cooking</b>	<b>15</b>   <b>Hairdresser by appointment</b> 10.00am <b>Soup Group</b> 11.00am <b>Bus Trip</b> 2.30pm <b>Virtual Travel Africa</b>	<b>16</b>  10.00am <b>Soup Group</b> 10.45am <b>Exercise Class</b> 2.30pm <b>Tapestries</b>	<b>17</b> AM <b>ABC TV or Relax</b> 2.30pm <b>Bingo</b>	<b>18</b> 11.00 <b>Songs of Praise</b> 2.30pm <b>Indoor Games</b>
<b>19</b>  9.30am - 10.30am <b>Exercise</b> 10.30am - 11.30am <b>Exercise</b> 10.00am <b>Soup Group</b> 2.30pm <b>Activites</b>	<b>20</b> 10.00am <b>Soup Group</b> 10.30am <b>Swimming</b> 2.30pm <b>Puzzles</b>	<b>21</b>  9.30am <b>Morning Melodies</b> <b>Bus Trip</b> 2.00pm <b>Indoor Golf &amp; Cricket</b>	<b>22</b>   <b>Hairdresser by appointment</b> 11.00am <b>Bus Trip</b> 2.30pm <b>Art Therapy</b>	<b>23</b>  10.00am <b>Soup Group</b> 10.45am <b>Exercise Class</b> 2.00pm-3.00pm <b>Chris Coombe</b>	<b>24</b> AM <b>ABC TV or Relax</b> 2.30pm <b>Bingo</b>	<b>25</b> 11.00 <b>Songs of Praise</b> 2.30pm <b>Resident's choice of movie</b>
<b>26</b>  9.30am - 10.30am <b>Exercise</b> 10.30am - 11.30am <b>Exercise</b> 10.00am <b>Soup Group</b> 2.30pm <b>Activites</b>	<b>27</b>  <b>Hairdresser by appointment</b> 10.00am <b>Soup Group</b> 2.30pm <b>Ball Games</b>	<b>28</b>   10.30am <b>Forget me not Scenic Tour</b> 2.30pm <b>Church Service</b> 3.30pm <b>Resident's Birthday</b>	<b>29</b>  11.00am <b>Bus Trip</b> 2.30pm <b>Resident's Meeting</b>	<b>30</b>  10.00am <b>Soup Group</b> 10.45am <b>Exercise Class</b> 2.30pm <b>Happy Hour</b>	<b>31</b> AM <b>ABC TV or Relax</b> 2.30pm <b>Pay it forward Bingo</b>	