



MAYFIELD AGED CARE "WEST WING" SEPTEMBER PROGRAM 2024

· MONDAY ·

· TUESDAY ·

· WEDNESDAY ·

· THURSDAY ·

· FRIDAY ·

· SATURDAY ·

· SUNDAY ·

HAPPY FATHER'S DAY!

SUNDAY - HAPPY FATHER'S DAY! 1
 9:15AM – VIRTUAL MUSIC/ VISUAL RIMINISCING (MEREWETHER LOUNGE ROOM TV)
 9:30AM – FATHER'S DAY GIFT'S
 10:30AM – HOUSIE (MEREWETHER ROOM)

MONDAY 2
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – **PIANO WITH LES (MEREWETHER LOUNGE)**
 11:30AM – PHYSIO (MEREWETHER LOUNGE)
 2:00PM – WALKING GROUP & TRIVIA/ QUIZ (CHARLESTOWN COURTYARD)

TUESDAY 3
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – GENTLE CHAIR TAI CHI / BREATHING EXERCISES (MEREWETHER LOUNGE)
 2:00PM – BALLOON TENNIS (ACTIVITY ROOM MEREWETHER)

WEDNESDAY – FOOTY TIPPING 4
LIBRARY COLLECTION
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – HOUSIE - (MEREWETHER LOUNGE)
 2:00PM – **MOVIE AND HIGH TEA TREATS** (CHARLESTOWN AND HAMILTON LOUNGE)

THURSDAY – FOOTY TIPPING 5
LIBRARY DELIVERY
 10:30AM – **SCENIC BUS OUTING**
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – PRAYER GROUP (CHARLESTOWN LOUNGE)
 11:00AM - PRAYER GROUP (HAMILTON LOUNGE)
 2:00PM – PHYSIO AND CHOIR SINGING (THE PLAZA)

FRIDAY 6
 10:15AM – NEWSPAPER HIGHLIGHTS
 10:30AM – GREG MASON CONCERT **AND HAPPY HOUR (MEREWETHER LOUNGE)**
 2:30PM - PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS (THE PLAZA)

SATURDAY 7
 9:15AM – REMINISCING MUSIC MEREWETHER LOUNGE ROOM
 10:30AM – BIG BOB'S BOWLING (MEREWETHER LOUNGE)

SUNDAY 8
 9:15AM – VIRTUAL MUSIC/ VISUAL RIMINISCING (MEREWETHER LOUNGE ROOM TV)
 10:30AM – HOUSIE (MEREWETHER ROOM)

MONDAY 9
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – **RESIDENT'S MEETING (MEREWETHER LOUNGE)**
 11:30AM – PHYSIO (MEREWETHER LOUNGE)
 2:00PM – WALKING GROUP & SOCIAL BBQ (SWANSEA COURTYARD)

TUESDAY 10
 10:00AM – MOVIE AND TABLE ACTIVITIES IN (CHARLESTOWN AND HAMILTON LOUNGE)
 10:30AM - ACTIVITIES MEETING
 2:00PM - **COMBINED CATHOLIC SERVICE** (WARATAH LOUNGE)

WEDNESDAY – FOOTY TIPPING 11
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – HOUSIE - (MEREWETHER LOUNGE)
 2:00PM – **MOVIE AND HIGH TEA TREATS** (CHARLESTOWN AND HAMILTON LOUNGE)
 2:00PM – **BUS OUTING TO BUNNINGS NURSERY**

THURSDAY – FOOTY TIPPING 12
 10:30AM – **LUNCH BUS OUTING CARDIFF RSL**
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – **COMBINED SERVICE (THE PLAZA)**
 2:00PM – PHYSIO AND CHOIR SINGING (THE PLAZA)

FRIDAY 13
 10:15AM – NEWSPAPER HIGHLIGHTS
 10:30AM – RAY O'GRADY **AND HAPPY HOUR (THE PLAZA)**
 2:30PM – PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS (THE PLAZA)

SATURDAY 14
 9:15AM – REMINISCING MUSIC MEREWETHER LOUNGE ROOM
 10:30AM – TEN PIN BOWLING (MEREWETHER LOUNGE)

SUNDAY 15
 9:15AM – VIRTUAL MUSIC/ VISUAL RIMINISCING (MEREWETHER LOUNGE ROOM TV)
 10:30AM – HOUSIE (MEREWETHER ROOM)

MONDAY 16
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – **PIANO WITH LES (MEREWETHER LOUNGE)**
 11:30AM – PHYSIO (MEREWETHER LOUNGE)
 2:00PM – WALKING GROUP & TRIVIA/ QUIZ (CHARLESTOWN COURTYARD)

TUESDAY 17
 10:30AM - **SHOPPING TRIP TO GREENHILLS SHOPPING CENTRE**
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – GENTLE CHAIR YOGA/ EXERCISES (MEREWETHER LOUNGE)
 2:00PM – CARD GAMES (ACTIVITY ROOM MEREWETHER)

WEDNESDAY – FOOTY TIPPING 18
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – HOUSIE - (MEREWETHER LOUNGE)
 2:00PM – **SOCIAL FOOD AND DRINK TASTING** (SWANSEA COURTYARD)

THURSDAY – FOOTY TIPPING 19
 10:30AM – **SCENIC BUS OUTING**
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – PRAYER GROUP (CHARLESTOWN LOUNGE)
 11:00AM - PRAYER GROUP (HAMILTON LOUNGE)
 2:00PM – PHYSIO AND CHOIR SINGING (THE PLAZA)

FRIDAY 20
 10:15AM – NEWSPAPER HIGHLIGHTS
 10:30AM – CONNECT FOUR (MEREWETHER ACTIVITY ROOM)
 2:00PM – **ADAM PRICE CONCERT** (THE PLAZA) INDIVIDUAL ICE CREAM VISITS (THE PLAZA)

SATURDAY 21
 9:15AM – REMINISCING MUSIC MEREWETHER LOUNGE ROOM
 10:30AM – BIG BOB'S BOWLING (MEREWETHER LOUNGE)

SUNDAY 22
 9:15AM – VIRTUAL MUSIC/ VISUAL RIMINISCING (MEREWETHER LOUNGE ROOM TV)
 10:30AM – HOUSIE (MEREWETHER ROOM)

MONDAY 23
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – TEN PIN BOWLING (MEREWETHER CONNECT FOUR (ACTIVITY ROOM))
 11:30AM – PHYSIO (MEREWETHER LOUNGE)
 2:00PM – WALKING GROUP & SOCIAL BBQ (SWANSEA COURTYARD)

TUESDAY 24
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – GENTLE CHAIR TAI CHI BREATHING EXERCISES (ACTIVITY ROOM MEREWETHER)
 2:00PM – COLOURING THERAPY (ACTIVITY ROOM MEREWETHER)

WEDNESDAY – FOOTY TIPPING 25
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – HOUSIE - (MEREWETHER LOUNGE)
 2:00PM – **MOVIE AND HIGH TEA TREATS** (CHARLESTOWN AND HAMILTON LOUNGE)

THURSDAY – FOOTY TIPPING 26
THEME DAY
 10:30AM – **SPRING BALL WITH CHARLIE SALIBA** (MEREWETHER ACTIVITY ROOM)
 2:00PM – PHYSIO AND CHOIR SINGING (THE PLAZA)

FRIDAY 27
 10:15AM – NEWSPAPER HIGHLIGHTS
 10:30AM – **BIRTHDAY OF THE MONTH CELEBRATION / BIRTHDAY BEAR VISIT AND HAPPY HOUR WITH PHILL SIEVER CONCERT (THE PLAZA)**
 2:30PM – PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS (THE PLAZA)

SATURDAY 28
 9:15AM – REMINISCING MUSIC MEREWETHER LOUNGE ROOM
 10:30AM – TEN PIN BOWLING (MEREWETHER LOUNGE)

SUNDAY 29
 9:15AM – VIRTUAL MUSIC/ VISUAL RIMINISCING (MEREWETHER LOUNGE ROOM TV)
 10:30AM – HOUSIE (MEREWETHER ROOM)

MONDAY 30
 10:15AM - NEWSPAPER HIGHLIGHTS
 10:30AM – **PIANO WITH LES (THE PLAZA)**
 11:30AM – PHYSIO (MEREWETHER LOUNGE)
 2:00PM – WALKING GROUP & TRIVIA/ QUIZ (CHARLESTOWN COURTYARD)

