



WEEK

at a glance

14/09 - 20/09

East Wing

Monday	10.30 Les Peterkin Piano (POSTPONED) 10.30 Sing-a-Long (The Plaza) 11.30 Lunch Bus Outing Shortland Wetlands Cafe 2.00 Cooking with Deb (The Plaza) Tommy (Therapy Dog) Visits
Tuesday	Tommy (Therapy Dog) Visits 10.00 Gardening Group 10.30 Physio Assisted Standing Exercise (Dudley Activity Room) 10.30 Seated Exercise (The Plaza) 10.30 Lunch Bus Outing General Washington Hotel
Wednesday	Footy Tipping/Treats Cart Pastoral Care Georgie Hoddle Room Visits 10.30 Ed Tonks Fernleigh Track (The Plaza) 2.00 Bingo (Dudley Activity Room)
Thursday	10.30 Scenic Bus Outing (The Plaza) 10.30 Saint Columbians Student Visit (The Plaza) 2.00 Cards for Connection San Clemente (The Plaza)
Friday	Tommy (Therapy Dog) Visits 10.30 Country Western Theme Day/Happy Hour (The Plaza) 2.00 Movie Afternoon (The Plaza) Ice Cream Cart
Saturday	10.30 Ten Pin Bowling (Dudley Activity Room) 10.30 Carpet Bowls (Merewether Activity Room) Resparke your Weekend Please ask Staff for Assistance
Sunday	10.30 Bingo (Dudley Activity Room) 2.30 NRL Week 2 Semi Finals Newcastle Knights v Warriors (The Plaza)

★ Denotes HELF Services

★ Georgie Hoddle Wednesday Pastoral Care Room Visits