



WEEK

at a glance

27/07 - 02/08

East Wing

Monday	10.30 Les Peterkin Piano (The Plaza) 2.00 Cooking with Deb (The Plaza) 3.00 Scenic Bus Outing
Tuesday	10.30 Seated Exercise (The Plaza) 10.30 Standing Exercise (Dudley Activity Room) 2.00 Book Club “Mad Mabel” (The Plaza)
Wednesday	Tommy (Therapy Dog) Visits  Footy Tipping/Treats Cart 10.30 Ed Tonks History “RAAF Rathmines Sea Planes” 2.00 Bingo (Dudley Activity Room)
Thursday	Tommy (Therapy Dog) Visits  10.30 “Let’s Go” Walking Group (The Plaza) 11.30 Lunch Bus Outing 2.00 Cards for Connection (The Plaza) 3.00 Cup of Care - Georgie Hoddle (The Plaza)
Friday	10.30 Concert/Happy Hour (The Plaza) 2.00 Movie Afternoon “Out of Africa” Ice Cream Cart (The Plaza)
Saturday	Tommy (Therapy Dog) Visits  10.30 Ten Pin Bowling (Dudley Activity Room) 10.30 Carpet Bowls (Merewether Activity Room) 3.00 Creating Care - Georgie Hoddle (Dudley Activity Room) Resparke your Weekend Please ask Staff for Assistance
Sunday	10.30 Bingo (Dudley Activity Room) Resparke your Weekend 2.00 Songs of Praise and Afternoon Tea (The Plaza) Please ask Staff for Assistance

★ Denotes HELF Services

★ Georgie Hoddle Thursday Pastoral Care Room Visits