

# SEPTEMBER 2019

## LEISURE AND LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1<sup>st</sup></b> Fathers day  10:30 – 12pm Church DVD Song of Praise  BBQ & Happy hour at LUNCH  1:30 – 3: 30pm Reminiscing about Fathers & watching a movie	<b>2<sup>nd</sup></b>  10:30 – 11:45 am Moving and Grooving Chair Exercises Dog visit  1:30 – 2:30pm Chocolate milkshake day & Reminiscing 2:30 – 3:30pm Book club	<b>3<sup>rd</sup></b>  10:30 – 11:30am Rob Nitschkes keyboard tunes  1:30- 2:00pm Chair yoga  2:30 – 3: 30pm Craft time	<b>4<sup>th</sup></b>  10:30 – 12pm Chapel  1:00 – 2:00pm Book Club Ladies Salon  Men's Shed: Meccano building in the training room.	<b>5<sup>th</sup></b>  10:30 – 12pm Cooking  1:30 – 3:00 pm Chair yoga & craft  3:00 – 4: 30pm Melody sing-along with Anne	<b>6<sup>th</sup></b>  10:30 – 11:45am Pancake Morning tea & Chair exercises/Quiz time  1:30 – 3: 30pm Brain Boosters	<b>7<sup>th</sup></b>  10:30 – 12pm BINGO  1:30 – 3: 30pm Loxton Historical Village open day \$4 BYO \$ for more goodies on the day!
<b>8<sup>th</sup></b>  10:30 – 12pm Church DVD Song of Praise  1:30 – 3:30pm Indoor bowls competition	<b>9<sup>th</sup></b>  10:30 – 11:45 am Moving and Grooving & Chair Exercises  1:30 – 2:30pm Julie Noble Singing 2:30 – 3:30pm Book Club	<b>10<sup>th</sup></b>  10:30 – 11:30am Bright hour  1:30- 2:00pm Chair yoga  2:00pm Kaesler Cafe 2:30 – 3: 30pm Craft time	<b>11<sup>th</sup></b>  10:30 – 12pm Chapel  1:30 – 3:30pm Book Club Ladies Salon  Men's Shed: RSL hall Visit for bowls	<b>12<sup>th</sup></b>  10:30 – 12pm Cooking  1:30 – 3:00pm Chair yoga & Craft  3:00 – 4: 30pm Melody sing-along with Anne	<b>13<sup>th</sup></b>  10:30 – 11:45am Chair exercises & Indoor bowls  1:30 – 3:30pm Travel Guides – Take a trip to the Canadian Rockies	<b>14<sup>th</sup></b>  10:30 – 12pm Barmera Hotel Lunch  1:30 – 3:30pm Afternoon at the movies

PLEASE NOTE THAT LIFESTYLE ACTIVITIES ARE SUBJECT TO CHANGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>15<sup>th</sup></b></p> <p>10:30 – 12pm Church DVD Songs of Praise</p> <p>Scrambled Egg &amp; Happy Hour at LUNCH</p> <p>1:30 – 3:30pm BINGO</p>	<p><b>16<sup>th</sup></b></p> <p>10:30 -11:45am Moving and Grooving &amp; Chair Exercises</p> <p>1:30 – 2:30pm Book club</p> <p>2:30 – 3:30pm Brain Boosters</p>	<p><b>17<sup>th</sup></b></p> <p>10:30– 11:30am Bright hour</p> <p>1:30- 2:00pm Chair yoga</p> <p>2:00 – 3:30pm Crafting it up</p>	<p><b>18<sup>th</sup></b></p> <p>10:30 – 12pm Chapel</p> <p>1:30 – 3:30pm Book club Ladies Salon</p> <p>Men's shed: A drive out to Lock 4</p>	<p><b>19<sup>th</sup></b> <i>Birthday cake for residents</i></p> <p>10:30 – 12pm Cooking</p> <p>1:30 – 3:00pm Chair yoga &amp; Craft</p> <p>3:00 – 4: 30pm Melody sing- along with Anne</p>	<p><b>20<sup>th</sup></b></p> <p>10:30 – 11:45am Living Waters movie date (no lunch)</p> <p>1:30 – 3:30pm Words &amp; more</p>	<p><b>21<sup>st</sup></b> <i>world Alzheimer's day</i></p> <p>10:30 – 12pm Chair Yoga &amp; Down the River for picnic lunch</p> <p>1:30 – 3:30pm BINGO</p>
<p><b>22<sup>nd</sup></b></p> <p>10:30 – 12pm Church DVD Song of Praise</p> <p>1:30 – 3:30pm Indoor bowls competition</p>	<p><b>23<sup>rd</sup></b></p> <p>10:30 – 11:45 am Moving and Grooving Chair Exercises</p> <p>1:30 – 2:30pm Bean bag fun</p> <p>2:30 – 3:30pm Reminiscing "autograph books"</p>	<p><b>24<sup>th</sup></b></p> <p>10:30– 11:30am Bright Hour</p> <p>1:30- 2:00pm Chair yoga</p> <p>2:00 – 3:30pm Craft time</p>	<p><b>25<sup>th</sup></b></p> <p>10:30 – 12pm Chapel</p> <p>1:30 – 3:30pm Book Club Ladies Salon</p> <p>Men's Shed: Drive around town check out the rec centre building</p>	<p><b>26<sup>th</sup></b></p> <p>10:30 – 12pm Cooking/ Visit to Community men's shed</p> <p>1:30 – 3:00pm Chair yoga &amp; Craft</p> <p>3:00 – 4: 30pm Melody sing- along with Anne</p>	<p><b>27<sup>th</sup></b> <i>Pirate dress up day</i></p> <p>10:30 – 11:45am Daryl Knowling &amp; his guitar &amp; chair exercises</p> <p>1:30 – 3:30pm An arr"fternoon outside with Pirates</p>	<p><b>28<sup>th</sup></b> <i>AFL footy Grand Final</i></p> <p>10:30 – 12pm Chair Yoga &amp; BINGO</p> <p>1:30 – 3:30pm Watch the footy Grand final with party pies and footy food!</p>

SUNDAY	MONDAY	
<p><b>29<sup>th</sup></b></p> <p><b>10:30 – 12pm</b> Church DVD Song of Praise</p> <p><b>BBQ &amp; Happy hour at LUNCH</b></p> <p><b>1:30 – 3:30pm</b> Movie &amp; Milkshakes Afternoon</p>	<p><b>30<sup>th</sup></b></p> <p><b>10:30 – 11:45 am</b> Chair Exercises &amp; Chair / ladder ball</p> <p><b>1:30 – 2:30pm</b> Julie Noble Singing</p> <p><b>2:30 – 3:30pm</b> Book club</p>	<p>If there is an outing you wish to attend in September you need to <b>book your interest at the Riverview Reception desk</b> ASAP, please be aware that the bus only seats 8, so seats are limited. <i>Please also note that you will require money for these outings, and it is always weather dependant.</i></p> <p><b>7<sup>th</sup> Loxton Historical Village open day</b> <b>14<sup>th</sup> Barmera Hotel lunch</b> <b>20<sup>th</sup> Living Waters Movie Date (no lunch)</b> <b>21<sup>st</sup> Picnic Lunch down by the Loxton River (weather permitting)</b></p> <ul style="list-style-type: none"> <li><i>If the weather is forecast for rain, the outing may be cancelled or rescheduled with short notice.</i></li> </ul>