

# April Alkira 2024 Activity Program

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>1</b> <b>9:30</b> Resident run Garden Walks <b>10:00</b> Cards in the activities area <b>2:00</b> Afternoon movie– The silver brumby (care staff)	<b>2</b> <b>9:30</b> Exercise Class <b>10:30</b> BINGO <b>1:30</b> Cup Pong <b>2:30</b> Art & Craft-Show entry craft <b>3:30</b> 1:1 Visits & Mail Delivery	<b>3</b> <b>9:00</b> Footy tipping <b>10:30</b> Winanga-li preschool visit <b>11:30</b> Garden Walks <b>1:30</b> Putt Putt Golf <b>1:30</b> Creative Group– making snow <b>3:00</b> 1:1 Visits & Mail Delivery <b>3:30</b> Anglican Church	<b>4</b> <b>8:45</b> Garden Walks <b>9:30</b> 1:1 Visits & Mail Delivery <b>9:30</b> Exercise Class <b>10:30</b> Armchair Travel– Netherlands <b>1:30</b> BINGO <b>3:00</b> Cooking Group	<b>5</b> <b>10:00</b> Catholic Church <b>10:30</b> Resident run garden walks <b>11:00</b> Board games in the lounge <b>2:00</b> Afternoon movie– Care staff	<b>6</b> <b>9:00</b> knit & Natter <b>10:00</b> Resident run cards and board games in the lounge  Weekend Activity Booklets Activities available from the activities wall	<b>7 world health day</b> <b>Day light savings ends at 3am</b> <b>9:00</b> Resident run garden walks  Weekend Activity Booklets Activities available from the activities wall
<b>8 JA</b> <b>9:15</b> Garden Walks <b>10:30</b> BINGO <b>11:30</b> 1:1 Visits & mail delivery <b>1:00</b> Hand massages <b>2:00</b> Afternoon Movie– The final hours	<b>9</b> <b>9:30</b> Exercise Class <b>10:30</b> BINGO <b>1:15</b> Family Facetime <b>1:30</b> Target Shooting <b>2:30</b> Pamper & Polish <b>3:30</b> 1:1 Visits & Mail Delivery	<b>10</b> <b>9:00</b> Footy Tipping <b>10:00</b> Rosemary & Friends singalong <b>1:30</b> Exercise Class <b>2:30</b> Word game <b>3:30</b> 1:1 Visits & Mail Delivery <b>3:30</b> Baptist Church	<b>11</b> <b>9:00</b> Family facetime <b>9:30</b> Garden Walks <b>10:30</b> BINGO <b>1:30</b> Putt Putt Golf <b>2:30</b> This Day in history fun facts and conversation <b>3:30</b> 1:1 visits & mail delivery	<b>12 Gunnedah show</b> <b>9:15</b> Newspaper Reading <b>10:00</b> Residents Meeting <b>11:00</b> Tenpin Bowling <b>1:30</b> Bus trip to the Gunnedah Show 	<b>13</b> <b>9:00</b> knit & Natter <b>10:00</b> Resident run cards and board games in the lounge  Weekend Activity Booklets Activities available from the activities wall	<b>14</b> <b>9:00</b> Resident run garden walks  Weekend Activity Booklets Activities available from the activities wall
<b>15 world art day</b> <b>9:15</b> Garden Walks <b>10:00</b> Art & Craft– Mosaic design <b>11:30</b> 1:1 Visits & Mail Delivery <b>1:00</b> Hand massages <b>2:00</b> Afternoon Movie- The black balloon	<b>16</b> <b>9:30</b> Exercise Class <b>10:30</b> BINGO <b>1:15</b> Family Facetime <b>1:30</b> Bean bag toss <b>2:30</b> Garden Walks <b>3:30</b> 1:1 Visits & Mail Delivery	<b>17</b> <b>8:45</b> Garden Walks <b>9:30</b> Pamper & Polish <b>10:30</b> BINGO <b>11:45</b> 1:1 Visits & Mail Delivery <b>3:30</b> Presbyterian Church	<b>18</b> <b>10:30</b> Winanga-li Preschool visit with Apex residents <b>11:30</b> Garden Walks <b>12:45</b> Family Facetime <b>1:15</b> BINGO	<b>19</b> <b>9:30</b> Resident run garden walks <b>12:30</b> 1:1 Visits & Mail delivery <b>1:30</b> Putt Putt golf <b>3:00</b> Happy Hour	<b>20</b> <b>9:00</b> knit & Natter <b>10:00</b> Resident run cards and board games in the lounge  Weekend Activity Booklets Activities available from the activities wall	<b>21</b> <b>9:00</b> Resident run garden walks  Weekend Activity Booklets Activities available from the activities wall
<b>22</b> <b>9:30</b> Exercise Class <b>10:30</b> BINGO <b>11:30</b> 1:1 Visits & Mail Delivery <b>1:00</b> Hand massages <b>2:00</b> Afternoon Movie– The beautiful lie	<b>23</b> <b>9:30</b> Exercise Class <b>10:30</b> BINGO <b>1:15</b> Family Facetime <b>1:30</b> Putt Putt Golf <b>2:30</b> Footy Tipping <b>3:30</b> 1:1 Visits & Mail Delivery	<b>24</b> <b>10:00</b> Anzac Day service at the Cenotaph <b>12:00</b> BBQ lunch <b>1:30</b> Cooking group-Making Anzac biscuits <b>2:30</b> Garden Walks <b>3:00</b> 1:1 visits & mail delivery	<b>25</b>  <b>9:00</b> Resident run garden walks <b>2:00</b> Afternoon Movie– Gallipoli Anzac Day word searches, crosswords and poems available from the activities wall	<b>26</b> <b>8:45</b> 1:1 Visits & Mail delivery <b>9:15</b> Newspaper reading <b>10:00</b> Prayer Group <b>10:30</b> Bus Trip to Apex <b>1:30</b> BINGO <b>3:00</b> Happy Hour	<b>27</b> <b>9:00</b> knit & Natter <b>10:00</b> Resident run cards and board games in the lounge  Weekend Activity Booklets Activities available from the activities wall	<b>28</b> <b>9:00</b> Resident run garden walks  Weekend Activity Booklets Activities available from the activities wall
<b>29</b> <b>9:15</b> Garden Walks <b>10:15</b> Trivia Competition <b>11:30</b> 1:1 Visits & Mail Delivery <b>1:00</b> Hand massages <b>2:00</b> Afternoon Movie– Stateless	<b>30</b> <b>9:30</b> Exercise Class <b>10:30</b> Gardening Group <b>1:15</b> Family Facetime <b>1:30</b> BINGO <b>2:30</b> 1:1 visits & Mail delivery <b>3:30</b> Garden Walks					

# APRIL

## Alkira Weekly Activity Program

Monday 1st



**9:30am** Resident run garden walks **10:30am** Cards in the activities area  
**2pm** Afternoon movie-Silver brumby (Care staff)

Tuesday 2nd

**9:30am** Exercise Class **10:30am** BINGO



**1:30pm** Cup Pong **2:30pm** Art & Craft– Gunnedah Show craft entry  
**3:30pm** 1:1 Visits & Mail Delivery

Wednesday 3rd



**9:00am** Footy tipping **10:30am** Winanga-Li Preschool visit **11:30am** Garden walks  
**1:30pm** Putt Putt golf **1:30pm** Creative group—Snow making  
**3pm** 1:1 visit & mail delivery **3:30pm** Anglican Church

Thursday 4th

**8:45am** Garden walks **9:30am** 1:1 visits & mail delivery **9:30am** Exercise class  
**10:30am** Armchair travel– Netherlands **1:30pm** BINGO  
**3pm** Cooking group



Friday 5th



**10am** Catholic Church **10:30am** Resident run garden walks  
**11am** Board games in the lounge room **2pm** Afternoon Movie  
**3pm** Happy hour (Care staff )

Saturday 6th

**9:00am** Knit & natter **10:00am** Resident run cards & board games in the lounge  
Weekend Activity Booklet  
Activities available from the activities wall



Sunday 7th



**9:00am** Resident Run Garden Walks Weekend Activity Booklets  
Activities available from the activities wall

	<h2 style="text-align: center;">Alkira Weekly Activity Program</h2>	
<p style="text-align: center;">Monday 8th</p>	<p style="text-align: center;"> <b>9:15am</b> Garden Walks <b>10:30am</b> BINGO  <b>11:30am</b> 1:1 Visits &amp; mail delivery <b>1:00pm</b> Hand massages  <b>2:00pm</b> Afternoon Movie– The final hours         </p>	
<p style="text-align: center;">Tuesday 9th</p>		<p style="text-align: center;"> <b>9:30am</b> Exercise Class <b>10:30am</b> BINGO  <b>1:15pm</b> Family Facetime <b>1:30pm</b> Target Shooting   <b>2:30pm</b> Pamper &amp; Polish <b>3:30pm</b> 1:1 Visits &amp; Mail Delivery         </p>
<p style="text-align: center;">Wednesday 10th</p>		<p style="text-align: center;"> <b>9:15am</b> Footy Tipping <b>10:30am</b> Rosemary &amp; Friends singalong  <b>1:30pm</b> Exercise Class <b>2:30pm</b> Word game– Words staring with <b>3:30pm</b> 1:1 Visits &amp; Mail Delivery <b>3:30pm</b> Baptist Church         </p>
<p style="text-align: center;">Thursday 11th</p>	<p style="text-align: center;"> <b>9:00am</b> Family facetime <b>9:30am</b> Garden Walks  <b>10:30am</b> BINGO <b>1:30pm</b> Putt Putt Golf  <b>2:30pm</b> This Day In History Fun facts and conversation  <b>3:30pm</b> 1:1 visits &amp; mail delivery  </p>	
<p style="text-align: center;">Friday 12th</p>		<p style="text-align: center;"> <b>9:15am</b> G'Dah Times Newspaper Reading <b>10:00am</b> Residents Meeting  <b>11:00am</b> Tenpin Bowling  <b>1:30pm</b> Bus trip to the Gunnedah Show         </p>
<p style="text-align: center;">Saturday 13th</p>	<p style="text-align: center;"> <b>9am</b> Resident run garden walks <b>10am</b> Resident run cards games in the lounge            Activities available from the activities wall         </p>	
<p style="text-align: center;">Sunday 14th</p>	<p style="text-align: center;"> <b>9am</b> Resident run garden walks            Weekend Activity Booklets  </p>	



APRIL	Alkira Weekly Activity Program
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

APRIL	Alkira Weekly Activity Program
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

APRIL	Alkira Weekly Activity Program
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	