


May Alkira 2024 Activity Program

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 <p>National Sorry Day 26 May</p>	 <p>International Day Against Homophobia, Biphobia, Interphobia & Transphobia IDAHOBIT May 17</p>	<p>1 9:15 Footy Tipping 10:30 BINGO 1:30 Putt Putt golf 1:30 Creative Group 3:00 1:1 visit & Mail delivery 3:30 Anglican Church</p>	<p>2 8:45 Activity Surveys 9:30 Exercise Class 10:30 BINGO 1:30 Quoits 2:30 Art & craft- Making cards for our volunteers 3:30 This Day in history fun facts and conversation</p>	<p>3 8:45 1:1 visits & program delivery 9:15 Newspaper reading 10:00 Catholic Church 10:45 Baptist Preschool Visit 1:30 Tenpin bowling 3:00 Happy Hour</p>	<p>4 10:00 Board games in the lounge 11:00 Knit & Natter</p> <p>Weekend activity Booklets Activities available from the activities wall</p>	<p>5 9:00 Resident run garden walks 2:00 The good Doctor season 1 episode 1</p> <p>Weekend activity Booklets Activities available from the activities wall</p>
<p>6 9:15 Garden walks 10:15 Opposites Word Game 11:30 1:1 visits 1:00 Hand massages 2:00 Afternoon movie-Purple hearts</p>	<p>7 9:30 Exercise Class 10:30 BINGO 1:30 Pamper & Polish 2:30 Garden Walks 3:30 1:1 Visits & Mail Delivery</p>	<p>8 9:15 Seated Yoga 9:15 Footy Tipping 10:30 Rosemary and friends singalong 1:30 Putt Putt Golf 1:30 Creative Group 3:30 Baptist Church</p>	<p>9 8:45 Activity Surveys 9:30 Exercise Class 10:30 BINGO 1:30 Mothers Day art & Craft-Making tissue paper flowers 2:30 Mothers Day High Tea 3:30 1:1 Visits & Mail Delivery</p>	<p>10 8:45 1:1 visits & program delivery 9:15 Newspaper reading 10:00 Residents Meeting 11:00 Cup Pong 1:30 BINGO 3:00 Happy Hour</p>	<p>11 10:00 Board games in the lounge 11:00 Knit & Natter</p> <p>Weekend activity Booklets Activities available from the activities wall</p>	<p>12 Mothers Day International nurses day 2:00 The good Doctor season 1 episode 2 Mothers Day & international nurses day word search and poems available from the activities wall</p>
<p>13 9:15 Baptist Preschool Visit 10:30 Word game- Hangman 11:30 1:1 visits 1:00 Hand massages 2:00 Afternoon movie-Miracles from heaven</p>	<p>14 9:30 Exercise Class 10:30 BINGO 1:30 Bean bag toss 2:30 Garden Walks 3:30 1:1 Visits & Mail Delivery</p>	<p>15 9:15 Families Meeting 10:30 BINGO 1:30 Putt Putt Golf 1:30 Footy Tipping 3:00 1:1 Visits 3:30 Presbyterian Church</p>	<p>16 8:45 Garden Walks 9:30 Exercise Class 10:30 BINGO 1:30 Gardening group 2:30 Art and craft- Card making for our volunteers 3:30 1:1 Visits & Mail Delivery</p>	<p>17 8:45 1:1 Visits & program delivery 9:15 Newspaper reading 10:00 IDAHOBIT morning tea 11:00 Trivia Competition 1:30 Cooking Group 3:00 Happy Hour</p>	<p>18 10:00 Board games in the lounge 11:00 Knit & Natter</p> <p>Weekend activity Booklets Activities available from the activities wall</p>	<p>19 10:00 Resident run garden walks 2:00 The good doctor season 1 episode 3</p> <p>Weekend activity Booklets Activities available from the activities wall</p>
<p>20 9:15 Garden Walks 10:15 Word game- Words Starting with 11:15 1:1 Visits & Mail Delivery 1:00 Hand Massages 2:00 Afternoon Movie- Seven Pounds</p>	<p>21 9:30 Exercise Class 10:30 BINGO 1:30 Target Shooting 2:30 Garden Walks 3:30 1:1 Visits & Mail Delivery</p>	<p>22 9:15 Footy Tipping 10:00 Bus Trip to Apex 1:30 Putt Putt golf 1:30 Creative Group 3:30 1:1 Visits & Mail Delivery</p>	<p>23 8:45 1:1 Visits 9:15 Exercise Class 10:00 Alkira's biggest Morning Tea with Apex 1:30 BINGO 2:45 Pamper and Polish</p>	<p>24 8:45 National Sorry day History & group conversation 9:15 Koori mail reading 9:45 Bus Trip-Scenic bus trip 1:30 BINGO 3:00 Happy Hour</p>	<p>25 10:00 Board games in the lounge 11:00 Knit & Natter</p> <p>Weekend activity Booklets Activities available from the activities wall</p>	<p>26 National Sorry Day 10:00 Resident run garden walks 2:00 Afternoon movie- In my blood it runs</p> <p>Weekend activity Booklets Activities available from the activities wall</p>
<p>27 9:15 Bean Bag Toss 10:00 UKE-ALYPTS Singalong 11:00 1:1 visits & Mail Delivery 1:00 Hand massages 2:00 Afternoon movie- The young Victoria</p>	<p>28 9:30 Exercise Class 10:30 BINGO 1:30 Quoits 2:30 Garden Walks 3:30 1:1 visits & Mail Delivery</p>	<p>29 9:15 Footy Tipping 10:00 Armchair Travel- France 1:30 Putt Putt Golf 1:30 Creative Group 3:00 1:1 Visits & Mail Delivery</p>	<p>30 8:45 Garden Walks 9:30 Exercise Class 10:30 BINGO 1:30 Balloon Tennis 2:30 Lets learn Auslan 3:30 1:1 Visits & Mail delivery</p>	<p>31 9:00 Mclean Care loving your later life Expo Tamworth Trip 9:15 Newspaper reading 10:00 Prayer Group 10:45 Baptist Preschool Visit 1:30 Pamper & Polish 3:00 Happy Hour</p> 	 <p>HAPPY Mothers Day</p>	<p>12 MAY</p>  <p>INTERNATIONAL NURSE DAY</p>