



# March 2021



SUNDAY	1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY	6 SATURDAY
	09.00am - Walking 10.00am - Let's get Physical 12.00pm - Sun Therapy 1.30pm - Afternoon Pamper 3.00 pm - 1:1 Visits	09.00am - Walking 10.00am - Bingo 12.00am - Relax Time 1.30pm - Lake Boga 1.30pm - Soccer 3.00pm - Art & Craft	09.00am - Walking 10.00am - Brain Gym Exercise 12.00pm - Sunshine Therapy 1.30pm - Coffee Club 3.00pm - Sing a Long	09.00am - Walking 10.00am - Bingo 12.00pm - Relax Time 2.00 pm - Happy Hour & Dancing 3.30pm - Water Garden	09.00am - Walking 10.00am - Exercise & Cognitive Therapy 12.00pm - Sun Therapy 1.30pm - Tai Chi 3.00pm - 1:1 Visit	 <b>Tai Chi</b>
<b>7</b>	<b>8</b>	<b>9 1:30 PM BUS OUTING</b>	<b>10 1:30 PM COFFEE CLUB</b>	<b>11 2:00 PM HAPPY HOUR</b>	<b>12</b>	<b>13</b>
	09.00am - Walking 10.00am - Let's get Physical 12.00pm - Sun Therapy 1.30pm - Afternoon Pamper 3.00 pm - 1:1 Visits	09.00am - Walking 10.30am - R & F Meeting 12.00am - Relax Time 1.30pm - Riverside Park 1.30pm - Soccer 3.00pm - Table Golf	09.00am - Walking 10.00am - Brain Gym Exercise 12.00pm - Sunshine Therapy 1.30pm - Coffee Club 3.00pm - Sing along	09.00am - Walking 10.00am - Bingo 12.00pm - Relax Time 2.00 pm - Happy Hour & Bowls 3.30pm - Water Garden	09.00am - Walking 10.00am - Exercise & Cognitive Therapy 12.00pm - Sun Therapy 1.30pm - Tai Chi 3.00pm - 1:1 Visit	
<b>14</b>	<b>15</b>	<b>16 1:30 PM BUS OUTING</b>	<b>17 ST PATRICK'S DAY</b>	<b>18 2.00 PM HAPPY HOUR</b>	<b>19</b>	<b>20</b>
	09.00am - Walking 10.00am - Let's get Physical 12.00pm - Sun Therapy 1.30pm - Afternoon Pamper 3.00 pm - 1:1 Visits	09.00am - Walking 10.30am - Bingo 12.00am - Relax Time 1.30pm - Tower Hill 1.30pm - Soccer 3.00pm - Art & Craft	09.00am - Walking 10.00am - Brain Gym Exercise 12.00pm - Sunshine 1.30pm - Coffee Club 3.00pm - Sing along	09.00am - Walking 10.00am - Bingo 12.00pm - Movie 2.00 pm - H/ Hour & Dancing 3.30pm - Water Garden	09.00am - Walking 10.00am - Exercise & Cognitive Therapy 12.00pm - Sun Therapy 1.30pm - Tai Chi 3.00pm - 1:1 Visit	
<b>21</b>	<b>22</b>	<b>23 1:30 PM BUS OUTING</b>	<b>24 1:30 PM COFFEE CLUB</b>	<b>25 2:00 PM HAPPY HOUR</b>	<b>26</b>	<b>27</b>
	09.00am - Walking 10.00am - Let's get Physical 12.00pm - Sun Therapy 1.30pm - Afternoon Pamper 3.00 pm - 1:1 Visits	09.00am - Walking 10.00am - Bingo 12.00am - Relax Time 1.30pm - Lake Boga 1.30pm - Soccer 3.00pm - Table Golf	09.00am - Walking 10.00am - Brain Gym Exercise 12.00pm - Sunshine 1.30pm - Coffee Club 3.00pm - Sing along	09.00am - Walking 10.00am - Bingo 12.00pm - Relax Time 2.00 pm - Happy Hour & Bowls 3.30pm - Water Garden	09.00am - Walking 10.00am - Exercise & Cognitive Therapy 12.00pm - Sun Therapy 1.30pm - Tai Chi 3.00pm - 1:1 Visit	
<b>28</b>	<b>29</b>	<b>30 1:30 PM BUS OUTING</b>	<b>31 1:30 PM COFFEE CLUB</b>			
<i>Let's go to Lake Boga!</i> 	09.00am - Walking 10.00am - Let's get physical 12.00pm - Sun Therapy 1.30pm - Afternoon Pamper 3.00 pm - 1:1 Visits	09.00am - Walking 10.00am - Bingo 12.00am - Relax Time 1.30pm - Riverside Park 1.30pm - Soccer 3.00pm - Art & Craft	09.00am - Walking 10.00am - Brain Gym Exercise 12.00pm - Sunshine 1.30pm - Coffee Club 3.00pm - Sing a Long	 <i>Happy St. Patrick's Day!</i>		<b>PAMPER</b> 