



BE
HAPPY



Spring September



BE
HAPPY



1 SUNDAY	2 MONDAY	3 TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY	4 SATURDAY
			09.00am – Fresh Air Therapy 10.00am – Brain Gym Exercise 12.00pm – Sunshine Therapy 1.30pm – Tia Chi 3.00pm – 1:1 Visits	09.00am – Indoor Walking 10.00am – Bingo 12.00pm – Relax Time 1.30 pm – Happy Father's Day Afternoon Tea 3.00pm – Painting	09.00am – Fresh Air Therapy 10.00am – Exercise & Cognitive 12.00pm – Sun Therapy 1.30pm – 1:1 Pamper 3.00pm – Social Visit	
5	6	7 1:30 PM BUS OUTING	8 1:30 PM TAI CHI	9 2.00 PM HAPPY HOUR	10	11
	09.00am – Fresh Air Therapy 10.00am – Brain Gym Exercise 12.00pm – Sunshine Therapy 1.30pm – Hand Massage 3.00 pm – 1:1 Visits	09.00am – Indoor Walking 10.30am- R & F Meeting 12.00am – Relax Time 1.30pm – Bingo 3.00pm – Let's play Uno	09.00am - Fresh Air Therapy 10.00am - Brain Gym Exercise 12.00pm – Sunshine Therapy 1.30pm – Tia Chi 3.00pm – Word Quiz	09.00am - Indoor Walking 10.00am – Bingo with scones 12.00pm – Relax Time 1.30 pm – Happy Hour 3.00pm – Painting	09.00am – Fresh Air Therapy 10.00am – Exercise & Cognitive 12.00pm – Sun Therapy 1.30pm – 1:1 Pamper 3.00pm – Social Visit	
12	13	14 1:30 PM BUS OUTING	15 1:30 Tell a Joke Day	16 2.00 PM HAPPY HOUR	17	18
	09.00am - Fresh Air Therapy 10.00am – Brain Gym Exercise 12.00pm – Sunshine Therapy 1.30pm – Hand Massage 3.00 pm – 1:1 Visits	09.00am – Indoor Walking 10.30am – Bingo 12.00am – Relax Time 1.30pm – Coffee Club 3.00pm – Board Game	09.00am - Fresh Air Therapy 10.00am - Brain Gym Exercise 12.00pm – Sunshine Therapy 1.30pm – Tia Chi 3.00pm – Word Quiz	09.00am – Indoor Walking 10.00am – Bingo 12.00pm – Relax Time 1.30 pm – Happy Hour 3.00pm – Painting	09.00am - Fresh Air Therapy 10.00am – Exercise & Cognitive 12.00pm – Sun Therapy 1.30pm – 1:1 Pamper 3.00pm – Social Visit	
19	20	21 1:30 PM BUS OUTING	22 1:30 PM TAI CHI	23 2:00 PM HAPPY HOUR	24	25
	09.00am - Fresh Air Therapy 10.00am – Brain Gym Exercise 12.00pm – Sunshine Therapy 1.30pm – Hand Massage 3.00 pm – 1:1 Visits	09.00am – Indoor Walking 10.00am - Bingo 12.00am – Relax Time 1.30pm – Coffee Club 3.00pm – Lets play Uno	09.00am - Fresh Air Therapy 10.00am - Brain Gym Exercise 12.00pm – Sunshine Therapy 1.30pm – Tia Chi 3.00pm – Word Quiz	09.00am – Indoor Walking 10.00am – Bingo 12.00pm – Relax Time 1.30 pm - Happy Hour- Ball Games 3.00pm – Painting	09.00am - Fresh Air Therapy 10.00am – Exercise & Cognitive 12.00pm – Sun Therapy 1.30pm – 1:1 Pamper 3.00pm – Social Visit	
26	27	28 1:30 PM BUS OUTING	29	30		
	09.00am – Fresh Air Therapy 10.00am – Brain Gym Exercise 12.00pm – Sunshine Therapy 1.30pm – Hand Massage 3.00 pm – 1:1 Visits	09.00am – Walking 10.00am - Bingo 12.00am – Relax Time 1.30pm – Coffee Club 3.00pm – Board Game				