

**HAIRDRESSER**  
9am Rec Room

# March 2021 Keira

**Physio Mon to Sat**  
9am Rec Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9am to 1200 Morning Program <b>1</b> Radio, News, Garden, Walks &amp; Chores Active Games – Beach Balloon Games Morning Tea <b>Active Games</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, Walks and Individual Activities</p>	<p>9am to 1200 Morning Program <b>2</b> Radio, News, Garden, Walks &amp; Chores Tactile Games – Sorting Materials Morning Tea <b>Tactile Activity</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, and Individual Activities</p>	<p>9am to 1200 Morning Program <b>3</b> Radio, News, Garden, Walks &amp; Chores Art/Craft Morning Morning Tea <b>Sensory Stimulation; Pamper, Yoga &amp; Juice/Smoothie</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, and Individual Activities</p>	<p>9am to 1200 Morning Program <b>4</b> Radio, News, Garden, Walks &amp; Chores <b>930am Bus trip – Scenic Drive</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles and Individual Activities</p>	<p>9am to 1200 Morning Program <b>5</b> Radio, News, Garden &amp; Chores Music Engagement Morning Tea <b>Old time sing a long</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles and Individual Activities</p>	<p><b>Lifestyle Support Shift</b> <b>6</b> Newspaper reading Garden Walks, Puzzles/Fiddle Boxes Ball &amp; Table Games Hand Massage Music Ball &amp; Table Games</p>	<p><b>Lifestyle Support Shift</b> <b>7</b> Newspaper reading Garden walks Puzzles/Fiddle Boxes Hand Massage Music Songs of Praise ABC TV Sunday 11:30am Afternoon: Ball &amp; Table Games</p>
<p>9am to 1200 Morning Program <b>8</b> Radio, News, Garden, Walks &amp; Chores Active Games – Beach Balloon Games Morning Tea <b>Active Games</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, Walks and Individual Activities</p>	<p>9am to 1200 Morning Program <b>9</b> Radio, News, Garden, Walks &amp; Chores Tactile Games – Sorting Materials Morning Tea <b>Tactile Activity</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, and Individual Activities</p>	<p>9am to 1200 Morning Program <b>10</b> Radio, News, Garden, Walks &amp; Chores Art/Craft Morning Morning Tea <b>Keira BBQ Lunch</b> 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, and Individual Activities</p>	<p>9am to 1200 Morning Program <b>11</b> Radio, News, Garden, Walks &amp; Chores <b>930am Bus trip – Scenic Drive</b> Lunch <b>1pm to 2pm Relaxation Time</b> <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles and Individual Activities</p>	<p>9am to 1200 Morning Program <b>12</b> Radio, News, Garden &amp; Chores Music Engagement <b>Birthday Morning Tea</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles and Individual Activities</p>	<p><b>Lifestyle Support Shift</b> <b>13</b> Newspaper reading Garden Walks, Puzzles/Fiddle Boxes Ball &amp; Table Games Hand Massage Music Ball &amp; Table Games</p>	<p><b>Lifestyle Support Shift</b> <b>14</b> Newspaper reading Garden walks Puzzles/Fiddle Boxes Hand Massage Music Songs of Praise ABC TV Sunday 11:30am Afternoon: Ball &amp; Table Games</p>
<p>9am to 1200 Morning Program <b>15</b> Radio, News, Garden, Walks &amp; Chores Active Games – Beach Balloon Games Morning Tea <b>Active Games</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, Walks and Individual Activities</p>	<p>9am to 1200 Morning Program <b>16</b> Radio, News, Garden, Walks &amp; Chores Tactile Games – Sorting Materials Morning Tea <b>Tactile Activity</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, and Individual Activities</p>	<p><b>17</b> <b>St Patrick's Day</b> <b>Green Morning Tea</b>  <b>130pm Happy Hour and Singalong Rec Room</b></p>	<p>9am to 1200 Morning Program <b>18</b> Radio, News, Garden, Walks &amp; Chores <b>930am Bus trip – Scenic Drive</b> Lunch <b>1pm to 2pm Relaxation Time</b> <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles and Individual Activities</p>	<p>9am to 1200 Morning Program <b>19</b> Radio, News, Garden &amp; Chores Music Engagement Morning Tea <b>Old time sing a long</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles and Individual Activities</p>	<p><b>Lifestyle Support Shift</b> <b>20</b> Newspaper reading Garden Walks, Puzzles/Fiddle Boxes Ball &amp; Table Games Hand Massage Music Ball &amp; Table Games</p>	<p><b>Lifestyle Support Shift</b> <b>21</b> Newspaper reading Garden walks Puzzles/Fiddle Boxes Hand Massage Music Songs of Praise ABC TV Sunday 11:30am Afternoon: Ball &amp; Table Games</p>
<p>9am to 1200 Morning Program <b>22</b> Radio, News, Garden, Walks &amp; Chores Active Games – Beach Balloon Games Morning Tea <b>Active Games</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, Walks and Individual Activities</p>	<p>9am to 1200 Morning Program <b>23</b> Radio, News, Garden, Walks &amp; Chores Tactile Games – Sorting Materials Morning Tea <b>Tactile Activity</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, and Individual Activities</p>	<p>9am to 1200 Morning Program <b>24</b> Radio, News, Garden, Walks &amp; Chores Art/Craft Morning Morning Tea <b>Sensory Stimulation; Pamper, Yoga &amp; Juice/Smoothie</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, and Individual Activities</p>	<p>9am to 1200 Morning Program <b>25</b> Radio, News, Garden, Walks &amp; Chores <b>930am Bus trip – Scenic Drive</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles and Individual Activities</p>	<p>9am to 1200 Morning Program <b>26</b> Radio, News, Garden &amp; Chores Music Engagement Morning Tea <b>Old time sing a long</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles and Individual Activities</p>	<p><b>Lifestyle Support Shift</b> <b>27</b> Newspaper reading Garden Walks, Puzzles/Fiddle Boxes Ball &amp; Table Games Hand Massage Music Ball &amp; Table Games</p>	<p><b>Lifestyle Support Shift</b> <b>28</b> Newspaper reading Garden walks Puzzles/Fiddle Boxes Hand Massage Music Songs of Praise ABC TV Sunday 11:30am Afternoon: Ball &amp; Table Games</p>
<p>9am to 1200 Morning Program <b>29</b> Radio, News, Garden, Walks &amp; Chores Active Games – Beach Balloon Games Morning Tea <b>Active Games</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, Walks and Individual Activities</p>	<p>9am to 1200 Morning Program <b>30</b> Radio, News, Garden, Walks &amp; Chores Tactile Games – Sorting Materials Morning Tea <b>Tactile Activity</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, and Individual Activities</p>	<p>9am to 1200 Morning Program <b>31</b> Radio, News, Garden, Walks &amp; Chores Art/Craft Morning Morning Tea <b>Sensory Stimulation; Pamper, Yoga &amp; Juice/Smoothie</b> Lunch 1pm to 2pm Relaxation Time <b>LSS 2pm to 8pm Afternoon Program</b> Hand Care, Walks, Reminiscence, Theme Craft, Colouring, Puzzles, and Individual Activities</p>	<p><b>Program is subject to change without notice.</b> <b>All activities if not specified are conducted in Keira Wing</b> <b>Music, music, newspapers, magazines and table games are available in Keira daily.</b></p>			