

HAIRDRESSER
Every Tuesday
By Appointment

March 2021

Physio Mon to Sat
9am Heat pack and
Massage
930am Exercise Rec Rm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9am Bundeena/Corimal 1 Visits/Activities 1030am X'cise Austinmer 11am Catholic Service Library TBA 130pm Nail Care Caringbah 130pm All Things Sporty</p>	<p>9am Austinmer/Wgong 2 Activities & Visits 1030am Walking Group 1030am Church Service 130pm St Pat's Day Craft</p>	<p>930am Bus Trip Morning Tea by the Sea - Kiama DW/MM 3 130pm 1:1 Visits KS/MM 130pm Mini Golf DW</p>	<p>9-11am Caringbah 4 Activities & Visits 1030am Walking Group 130pm Ladies Activity Hour 130pm Men's Drive</p>	<p>9-11am Woonona/A- 5 Park Visits & Activities 11am Catholic Service Father Patrick 130pm Bingo</p>	<p>Pet Therapy 6 930am Clothing Pool Group Rec Rm 11am 1:1 Room visits 130pm Movie</p>	<p>1130am Songs of 7 Praise ABC TV Self-directed activities Rec Rm 130pm Movie</p>
<p>9am Woonona/A-Park 8 Visit & Activities 1030am X'cise Austinmer 11am Catholic Service Library 130pm Nail Care Auxillary 130pm All Things Sporty</p>	<p>9am Caringbah 9 Activities & Visits 1030am Walking Group 1030am Hymns-Matt 130pm Virtual Tour of Ireland & A/Tea</p>	<p>10am Bus Trip BBQ National Park DW/MM 10 130pm Quoits-KS</p>	<p>9-11am 11 Austinmer/Wgong Activities & Visits 1030am Walking Group 130pm ART 130pm Bus Trip Pre-School</p>	<p>9-11am 12 Bundeena/Corimal Activities & Visits 130pm Bingo</p>	<p>Pet Therapy 13 930am Men's Morning Tea & Chat - Caringbah 11am 1:1 Room visits 130pm Movie</p>	<p>1130am Songs of 14 Praise ABC TV Self-directed activities Rec Rm 130pm Movie</p>
<p>9am 15 Bundeena/Corimal Visit & Activities 1030am X'cise Austinmer 11am Catholic Service Library 130pm Nail Care Warilla 130pm All Things Sporty</p>	<p>9am Austinmer/Wgong 16 Activities & Visits 1030am Walking Group 1030am Chaplaincy-Matt 130pm Craft St Pat's Day</p>	<p>St Patrick's Day 17 Morning Music, Jokes, Trivia Green Morning Tea 130pm Happy Hour Irish Pub & Sing a long</p>	<p>18 1030am Body Shop Pamper Morning 1030am Walking Group 130pm Men's Activity Hour 130pm Ladies Drive</p>	<p>9-11am Woonona/A- 19 Park Activities & Visit 2pm Concert Tony Hanson</p>	<p>Pet Therapy 20 Ladies' Morning Tea & Chat Main Dining Room 11am 1:1 Room visits 130pm Movie</p>	<p>1130am Songs of 21 Praise ABC TV Self-directed activities Rec Rm 130pm Movie</p>
<p>9am Woonona/A-Park 22 Visit & Activities 1030am Gentle X'cise Austinmer Lounge 11am Catholic Service Library TBA 130pm Nail Care Corimal 130pm All Things Sporty</p>	<p>9am Caringbah 23 Activities & Visits 1030am Walking Group 1030am Hymns-Matt 130pm Wine & Cheese Tasting</p>	<p>930am Bus Trip Corrimal Shopping DW 24 130pm Afternoon Tea Towradgi Bowling Club KS/MM 130pm Mini golf</p>	<p>9-11am 25 Austinmer/Wgong Activities & Visits 1030am Walking Group 130pm ART 130pm Bus Trip Pre-School</p>	<p>9-11am Woonona/A- 26 Park Activities & Visit 11am Catholic Easter Service Father Patrick 130pm Bingo</p>	<p>Pet Therapy 27 930am March Birthday Morning Tea 11am 1:1 Room visits 130pm Movie</p>	<p>1130am Songs of 28 Praise ABC TV Self-directed activities Rec Rm 130pm Movie</p>
<p>9am 29 Bundeena/Corimal Visit & Activities 1030am Gentle X'cise Austinmer Lounge 11am Catholic Service Library 130pm Nail Care Wgong 130pm All Things Sporty</p>	<p>9am Austinmer/Wgong 30 Activities & Visits 1030am Walking Group 1030am Residents Meeting 1030am Chaplaincy-Matt 130pm Craft - Easter Craft</p>	<p>930am Bus Trip Morning Tea Sublime Point DW 31 130pm 1:1 Visits KS/DW 130pm Drums Alive MM</p>	<p>Program is subject to change without notice. All activities if not specified are conducted in the Recreation Room Music, music, newspapers, magazines and table games are available in the Recreation Room daily.</p>			

