

Boab Weekly Program October 2026

Monday 19th	Tuesday 20th	Wed 21st	Thurs 22nd	Friday 23rd	Saturday 24th	Sunday 25th
9am Seated Exercise in Boab 9.30am Program Delivery 10am Morning Tea followed by Bingo in the MR	9:15am Individual Visits 10am Morning tea followed by “Ballet 4 Wellbeing” in MR 10.30am Beetle Game in Boab	9.15am Room Visits 10am Morning Tea followed by Catholic Church Service 	9.15am Individual Visits 10am Morning tea followed by Drumming Session in the MR  10.30am Wheelchair Walks	9am Walking Group with Physio 10am Morning Tea followed by Ten Pin Bowling in the MR 	10am Morning Tea in your Wing 10:30am Room visits 	10am Morning Tea in your Wing 10:30am Board Games and Colouring available in the MR 
LUNCH						
1pm Individual Visits 2pm Afternoon Tea followed by Craft Session in Boab 	1pm Room Visits 2pm Afternoon Tea followed by Quiz in the MR  3:30pm Individual Pamper	1pm Seated Exercise in Boab 2pm Afternoon tea followed by Picasso Group in the MR 3:30pm Garden Walks	1pm Room Visits 3.30pm Aquinas Visit/Table Games in the MR 	1pm Individual Visits 2pm Happy Hour “Singalong” in the MR  3:30pm Room Visits	1pm Movie Matinee in Magnolia “My Spy” 	1pm Movie Matinee in Magnolia “Old Dogs” 
MR = Multi-purpose Room						

Myrtle Weekly Program October 2026

Monday 19th	Tuesday 20th	Wed 21st	Thurs 22nd	Friday 23rd	Saturday 24th	Sunday 25th
9.30am Program Delivery 10am Morning Tea followed by Bingo in the MR 	9am Seated Exercise in Myrtle 10am Morning tea followed by Ballet 4 Wellbeing in the MR 10.30am Wheelchair Walks	9.15am Room Visits 10am Morning Tea followed by Catholic Church Service  10.30am Balloon Games in Myrtle	9.15am Individual Visits 10am Morning tea followed by Drumming Session in the MR 10.30am Quoits in Your Lounge	9am Walking Group with Physio 10am Morning Tea followed by Ten Pin Bowling in the MR 	10am Morning Tea in your Wing 10:30am Room visits 	10am Morning Tea in your Wing 10:30am Board Games and Colouring available in the MR 
LUNCH						
1pm Individual Visits 2pm Afternoon Tea and “Memory Lane” Session in Myrtle  3:30pm Room Visits	1pm Room Visits 2pm Afternoon Tea followed by Quiz in the MR  2.30pm Garden Walks and Individual Visits	1pm Individual Visits 2pm Afternoon tea followed by Picasso Group in the MR  2.30pm Who Am I Quiz in Myrtle	1pm Seated Exercise in Myrtle 3.30pm Aquinas Visit/Table Games in the MR 	1pm Individual Visits 2pm Happy Hour Singalong in the MR  2.30pm Balloon Tennis in Myrtle	1.05m Movie Matinee in Magnolia “My Spy” 	1:..05pm Movie Matinee in Magnolia “Old Dogs” 
MR = Multi-purpose Room						

Rosewood Weekly Program October 2026

Monday 19th	Tuesday 20th	Wed 21st	Thurs 22nd	Friday 23rd	Saturday 24th	Sunday 25th
9am Seated Exercise in the Gym 9.30am Program Delivery 10am Morning Tea and Monday catch up on the Balcony in Rosewood	9am Individual Visits 10am Morning tea followed by “Ballet 4 Wellbeing” in the MR 	9am Individual Visits 10am Morning Tea followed by Catholic Church Service 	9am Individual Visits 10am Morning tea followed by Drumming in the MR 	9am Walking Group with Physio 9am Ten Pin Bowling in the MR  10:30am Wheelchair Walks	10am Morning Tea in your Wing 10:30am Room visits 	10am Morning Tea in your Wing 10:30am Board Games and Colouring available in the MR 
LUNCH						
1pm Individual Visits 2pm Afternoon Tea followed by Bingo in the MR 	1pm Room Visits 2pm Afternoon Tea followed by Quiz in the MR 	1pm Seated Exercise in the Gym 2pm Afternoon tea followed by Picasso Group in the MR 	1pm Room Visits 3.30pm Aquinas Visit/Table Games in the MR 	1pm Individual Visits 2pm Happy Hour “Singalong” in the MR 	1:10pm Movie Matinee in Rosewood “My Spy” 	1:10pm Movie Matinee in Rosewood “Old Dogs” 
MR = Multi-purpose Room						

Magnolia Weekly Program October 2026

Monday 19th	Tuesday 20th	Wed 21st	Thurs 22nd	Friday 23rd	Saturday 24th	Sunday 25th
9.30am Program Delivery 10am Morning tea and Memory Lane Session in Magnolia 	9am Individual Visits 10am Morning tea followed by “Ballet 4 Wellbeing” in the MR 	9am Seated Exercise in the Gym 10am Morning Tea followed by Catholic Church Service  10:30am Morning walks	9.15am Individual Visits 10am Morning tea followed by Drumming Session in the MR 	9am Walking Group with Physio 9am Ten Pin Bowling in the MR  10:30am Wheelchair Walks	10am Morning Tea in your wing 10:30am Room visits 	10am Morning Tea in your wing 10:30am Board Games and Colouring available in the MR 
LUNCH						
1pm Seated Exercise in the Gym 2pm Afternoon Tea followed by Bingo in the MR 	1pm Individual Visits 2pm Afternoon Tea followed by Quiz in the MR  3:30pm Room Visits	1pm Individual Visits 2pm Afternoon tea followed by Picasso Group in the MR 	1pm Room Visits 3:30pm Aquinas Visit/Table Games in the MR 	1pm Individual Visits 2pm Happy Hour “Singalong” in the MR 	1:15pm Movie Matinee in Magnolia “My Spy” 	1:15pm Movie Matinee in Magnolia “Old Dogs” 
MR = Multi-purpose Room						