










# JANURARY WEEK 3 2019 EAST WING MAYFIELD AGED CARE



## PROPOSED DAILY LEISURE & LIFESTYLE PROGRAM

TIME	MONDAY 14 <sup>th</sup>	TUESDAY 15 <sup>th</sup>	WEDNESDAY 16 <sup>th</sup>	THURSDAY 17 <sup>th</sup>	FRIDAY 18 <sup>th</sup>	SATURDAY 19 <sup>th</sup>	SUNDAY 20 <sup>th</sup>
8.30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9-30AM	<b>HAIRDRESSING</b> Room Visits NEWSPAPER DISCUSSION	Room Visits NEWSPAPER DISCUSSION	Room Visits NEWSPAPER DISCUSSION	Room Visits NEWSPAPER DISCUSSION	Room Visits NEWSPAPER DISCUSSION		
Activity Room	<b>Group Exercises</b> 	<b>Group Exercises</b> 	<b>Group Exercises</b> 	<b>Group Exercises</b> 	<b>PRAYER GROUP IN THE MEDIA ROOM</b>		
10.30 am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
10.30 am	<b>LES PLAYS PIANO</b> 	<b>JANE SMITH PIANO PERFORMANCE</b> 	<b>MEL SOMERS CONCERT</b> 	<b>CHOIR</b> 	<b>TABLE GAMES</b> 		
12:00						<b>HOUSIE 10:00</b>	<b>MOVIES AVAILABLE</b>
12.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30pm							
2.15pm	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
3pm							
5.30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner