





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1<sup>st</sup> Shrove Tuesday</b>  <b>10:30 – 11:30am</b> <b>Bright Hour &amp; Pancake morning tea</b>  <b>1:30- 2:30pm</b> <b>The Envelope Game</b>  <b>2:30 – 3: 30pm</b> <b>Hookey &amp; basketball</b>	<b>2<sup>nd</sup> Ash Wednesday</b>  <b>10:30 – 12pm</b> <b>Chapel &amp; Worship music</b>  <b>1:30 – 3:00pm</b> <b>BINGO</b>  <b>3:00 – 3:30pm</b> <b>Book Club</b>  <b>Men's group – Bus / bike ride</b>	<b>3<sup>rd</sup></b>  <b>10:30 – 11:45am</b> <b>Chair exercises &amp; a time to chat about holidays</b>  <b>1:30 – 3:30pm</b> <b>The March Quiz &amp; Words starting with M</b>	<b>4<sup>th</sup></b>  <b>10:30 – 11:30am</b> <b>Chair Yoga &amp; Mini Golf</b>  <b>1:30 – 3:30pm</b> <b>Come and sit outside for a chat &amp; enjoy the sunshine</b>	<b>5<sup>th</sup></b>  <b>10:30 – 12pm</b> <b>Chair Yoga &amp; 10 pin bowling</b>  <b>1:30 – 3:30pm</b> <b>BINGO</b>
<b>6<sup>th</sup></b>  <b>10:30 – 12pm</b> <b>Lutheran Church service DVD</b>  <b>1:30 – 3:30pm</b> <b>Riverview armchair travel to India</b>	<b>7<sup>th</sup></b>  <b>10:30 – 11:45 am</b> <b>Chair Exercises</b> <b>Bus ride around town</b>  <b>1:30 – 2:30pm</b> <b>Word fun</b>  <b>2:30 – 3:30pm</b> <b>Book club</b>	<b>8<sup>th</sup></b>  <b>10:30 – 11:30am</b> <b>Chair Exercises &amp; Mini-bike pedals</b>  <b>1:30- 2:00pm</b> <b>Quoits</b>  <b>2:00 – 3: 30pm</b> <b>Craft</b>	<b>9<sup>th</sup></b>  <b>10:30 – 12pm</b> <b>Chapel &amp; Worship music</b>  <b>1:30 – 3:00pm</b> <b>BINGO</b>  <b>3:00 – 3:30pm</b> <b>Book Club</b>	<b>10<sup>th</sup></b>  <b>10:30 – 11:45am</b> <b>Chair exercises &amp; Quoits</b>  <b>1:30 – 3:30pm</b> <b>Hopscotch Dice game &amp; more</b>	<b>11<sup>th</sup></b>  <b>10:30 – 11:30am</b> <b>Chair Yoga &amp; 10 pin bowling</b>  <b>1:30 – 3:30pm</b> <b>Craft with Anna Da Costa</b>	<b>12<sup>th</sup></b>  <b>10:30 – 12pm</b> <b>Chair Exercises &amp; Chair basketball</b>  <b>1:30 – 3:30pm</b> <b>BINGO</b>

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<b>13<sup>th</sup></b>  <b>10:30 – 12pm</b> Lutheran Church Traditional service DVD  <b>BBQ &amp; Happy hour</b> at LUNCH  <b>1:30 – 3:30pm</b> Bus Drive around town	<b>14<sup>th</sup></b>    <b>ADELAIDE CUP</b>  <b>PUBLIC HOLIDAY</b>  <b>No lifestyle today</b>	<b>15<sup>th</sup> Men's Probus – Lox club</b>  <b>10:30 – 11:30am</b> Bright Hour  <b>1:30- 2:30pm</b> Cloud Gazing Power point  <b>2:30 – 3:30pm</b> Riddling Riddles	<b>16<sup>th</sup></b>   <b>Season Begins</b> <b>10:30 – 12pm</b> Chapel & Worship music  <b>1:30 – 3:00pm</b> BINGO  <b>2:30 – 3:30pm</b> Book Club  Men's group – Bus / bike ride	<b>17<sup>th</sup> St Patricks</b>  <b>day</b>  <b>10:30 – 11:45am</b> Chair exercises & Bus ride around town  <b>1:30 – 3:30pm</b> St Patricks day Activities	<b>18<sup>th</sup></b>  <b>10:30 – 11:30am</b> Chair Yoga & Mini golf  <b>1:30 – 3:30pm</b> Craft with Anna Da Costa	<b>19<sup>th</sup></b>  <b>10:30 – 12pm</b> Chair Yoga & 10 pin Bowling  <b>1:30 – 3:30pm</b> BINGO
<b>20<sup>th</sup></b>  <b>10:30 – 12pm</b> Lutheran Church Traditional service DVD  <b>1:30 – 3:30pm</b> Movie afternoon	<b>21<sup>st</sup> Harmony Day</b>  <b>10:30 – 11:45 am</b> Chair Exercises & Bus ride around town  <b>1:30 – 2:30pm</b> Word Fun & discussion on Harmony Day <b>2:30 – 3:30pm</b> Book club	<b>22<sup>nd</sup></b> <b>10:30 – 11:30am</b> Chair Exercises & Mini-bike pedals  <b>1:30- 2:00pm</b> Name the Music Group: Picture Puzzles  <b>2:00 – 3: 30pm</b> Craft	<b>23<sup>rd</sup></b>  <b>10:30 – 12pm</b> Chapel & worship music  <b>1:30 – 3:00pm</b> BINGO  <b>2:30 – 3:30pm</b> Book Club	<b>24<sup>th</sup></b>  <b>10:30 – 11:45am</b> Chair exercises & Mini Golf fun  <b>1:30 – 3:30pm</b> Let's do a Quiz outside today	<b>25<sup>th</sup></b>  <b>10:30 – 11:30am</b> Chair Yoga & Reminiscing Questions  <b>1:30 – 3:30pm</b> Craft with Anna Da Costa	<b>26<sup>th</sup></b>  <b>10:30 – 12pm</b> Chair Exercises & Hookey  <b>1:30 – 3:30pm</b> BINGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>27<sup>th</sup></b>  <b>10:30 – 12pm</b> <b>Lutheran Church</b> <b>Traditional service</b> <b>DVD</b>  <b>BBQ &amp; Happy hour</b> <b>at LUNCH</b>  <b>1:30 – 3:30pm</b> <b>Bus Drive around</b> <b>town</b>	<b>28<sup>th</sup></b>  <b>10:30 – 11:45</b> <b>am</b> <b>Chair Exercises</b> <b>&amp; 10 pin</b> <b>bowling</b>  <b>1:30 – 2:30pm</b> <b>Word Games</b>  <b>2:30 – 3:30pm</b> <b>Book club</b>	<b>29<sup>th</sup></b>  <b>10:30 – 11:30am</b> <b>Chair Exercises &amp;</b> <b>Mini-bike pedals</b>  <b>1:30- 2:00pm</b> <b>Clothes reminiscing</b> <b>power point</b>  <b>2:00 – 3: 30pm</b> <b>Craft</b>	<b>30<sup>th</sup></b>  <b>10:30 – 12pm</b> <b>Chapel &amp; Worship</b> <b>music</b>  <b>1:30 – 3:00pm</b> <b>BINGO</b>  <b>2:30 – 3:30pm</b> <b>Book Club</b>  <b>Men's group – Bus /</b> <b>bike ride</b>	<b>31<sup>st</sup></b>  <b>10:30 – 11:45am</b> <b>Chair exercises &amp; Bus</b> <b>ride around town</b>  <b>1:30 – 3:30pm</b> <b>Sit outside in the</b> <b>sunshine and chat</b>		
		<p><b>Are you missing your loved ones?? If you would like to Face time or Skype your loved ones on Riverview's iPad, we would LOVE to help you!</b></p> <p>Families can contact Riverview on 8584 7370 and residents can ask at the reception desk, and</p> 				