# JUNE 2019 LEISURE AND LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
. Se se						1 <sup>st</sup>
				Country		10:30 – 12pm Chair exercises Beauty Salon & craft
						1:30 – 3: 30pm BINGO
2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
10:30 – 12pm Church DVD Song of Praise	10:30 – 11:45 am Moving and Grooving Chair Exercises &	10:30 – 11:30am Craft time	10:30 – 12pm Chapel 1:30 – 3: 30pm	10:30 – 12pm Cooking	10:30 – 12pm Pancake Morning tea & Chair exercises	10:30 – 12pm Chair exercises & Craft
11:30 - 3:30pm Gospel concert Uniting church hall lunch Incl. \$6	Dog Visits  2:00 – 3:00pm A visit from	1:30- 2:30pm Trevor & Jan Muir "music from 50s, 60s, 70s show"	Book Club Ladies Salon Men's Shed:	1:30 – 3:00 pm Chair yoga & craft 3:00 – 4: 30pm	1:30 – 3: 30pm A visit to the Lutheran School	1:30 – 3: 30pm Sheep Dog trials Barmera Footy
1:30 – 3: 30pm Indoor Bowls Competition	Lutheran School	2:30 – 3: 30pm Word fun	A look in the suitcase & reminiscing in training room	Melody sing- along with Anne	Early Learning Centre. Hookey game	Oval BINGO

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup> Birthday	14 <sup>th</sup>	15 <sup>th</sup> World Elder Abuse Day
Queens Birthday Long Weekend No lifestyle today	10:30 – 11:30am Bright hour 1:30- 2:00pm Chair yoga 2:00 – 3:30pm Crafting it up	10:30 – 12pm Chapel 1:30 – 3:30pm Book Club Ladies Salon Men's Shed: A drive around town	10:30 – 12pm Cooking  1:30 – 3:00pm Chair yoga & Craft  3:00 – 4: 30pm Melody sing- along with Anne	10:30 – 12pm Resident Meeting & chair exercises  1:30 – 3:30pm	10:30 – 12pm Chair exercises & Lunch at Loxton Club 1:30 – 3:30pm BINGO
17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>
10:30 -11:45am Moving and Grooving Chair Exercises  1:30 - 2:30pm Julie Noble Singing  2:30 - 3:30pm	10:30– 11:30am Bright hour  1:30- 2:00pm Chair yoga  2:00 – 3:30pm Crafting it up	10:30 – 12pm Chapel 1:30 – 3:30pm Book Club Ladies Salon Men's Shed: Visit to the RSL hall	10:30 – 12pm Cooking  1:30 – 3:00pm Chair yoga & Craft  3:00 – 4: 30pm Melody sing- along with Anne	10:30 – 12pm Living Waters movie date (lunch included) Indoor golf  1:30 – 3:30pm Word games & Quiz	10:30 – 12pm Chair exercises & Book Club 1:30 – 3:30pm BINGO
	10 <sup>th</sup> Public holiday  Queens Birthday Long Weekend  No lifestyle today  17 <sup>th</sup> 10:30 -11:45am Moving and Grooving Chair Exercises  1:30 - 2:30pm Julie Noble Singing	10 <sup>th</sup> Public holiday  Oueens Birthday Long Weekend No lifestyle today  130-2:00pm Chair yoga 2:00 - 3:30pm Crafting it up  17 <sup>th</sup> 18 <sup>th</sup> 10:30-11:45am Moving and Grooving Chair Exercises 1:30-2:00pm Chair yoga 1:30-2:00pm Chair yoga 1:30-2:00pm Chair yoga 2:00 - 3:30pm Crafting it up	10th Public holiday  10:30 – 11:30am Bright hour  1:30 – 2:00pm Chair yoga  2:00 – 3:30pm Crafting it up  10:30 – 12pm Book Club Ladies Salon  Men's Shed: A drive around town  17th  18th  19th  10:30 – 11:45am Moving and Grooving Chair Exercises  1:30 – 2:30pm Julie Noble Singing  11th  12th  10:30 – 12pm Chapel  1:30 – 3:30pm Chair yoga  1:30 – 3:30pm Chair yoga  1:30 – 3:30pm Book Club Ladies Salon  1:30 – 3:30pm Chair yoga  1:30 – 3:30pm Book Club Ladies Salon  1:30 – 3:30pm Chair yoga  1:30 – 3:30pm Chair yoga  1:30 – 3:30pm Crafting it up  Men's Shed: Visit to the RSL hall	10th 11th 12th 13th Birthday cake for residents  10:30 – 11:30am Bright hour Chapel 10:30 – 12pm Cooking  1:30 – 2:00pm Chair yoga 2:00 – 3:30pm Crafting it up Men's Shed: A drive around town Melody singalong with Anne  17th 18th 19th 20th  10:30 – 12pm Cooking 1:30 – 3:00pm Chair yoga & Craft  10:30 – 4: 30pm Melody singalong with Anne  17th 18th 19th 20th  10:30 – 12pm Cooking 3:00 – 4: 30pm Melody singalong with Anne  17th 10:30 – 11:30am Bright hour Chapel Cooking 1:30 – 3:00pm Chair yoga 1:30 – 3:30pm Chair yoga Chair Exercises 1:30 – 2:00pm Chair yoga 1:30 – 3:30pm Chair yoga Craft 1:30 – 3:30pm Chair yoga & Craft 1:30 – 3:30pm Men's Shed: Visit to the RSL hall	10th 11th 12th 13th Birthdoy coke for residents 10:30 - 11:30am Bright hour Chapel 10:30 - 12pm Chapel 10:30 - 12pm Chair yoga Book Club Ladies Salon Craft 10:30 - 3:30pm Crafting it up Men's Shed: A drive around town Moving and Grooving Chair xoga Chair Exercises 1:30 - 2:30pm Chair yoga Book Club Ladies Salon Chair yoga Book Club Ladies Salon Chair yoga & Craft 10:30 - 12pm Chapel 10:30 - 4: 30pm Melody singalong with Anne 10:30 - 12pm Cooking 1:30 - 3:30pm Chair yoga & Craft 10:30 - 12pm Chapel 10:30 - 12pm Chapel 10:30 - 12pm Chapel 1:30 - 3:30pm Chair yoga & Craft 10:30 - 12pm Chapel 1:30 - 3:30pm Chair yoga & Craft 10:30 - 12pm Chapel 1:30 - 3:30pm Chair yoga & Craft 10:30 - 3:30pm Chair yoga & Craft 10:3

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>	
10:30 – 12pm Church DVD Song of Praise Lunch & Happy hour in the courtyard 1:30 – 3:30pm Word Quiz	10:30 – 11:45 am Moving and Grooving Chair Exercises  1:30 – 2:30pm Julie Noble Singing  2:30 – 3:30pm Book club	10:30– 11:30am Bright hour  1:30- 2:00pm Chair yoga  2:00 – 3:30pm Craft time	10:30 – 12pm Chapel 1:30 – 3:30pm Book Club Ladies Salon Men's Shed: Chips, beer and a chat in Training room	10:30 – 12pm Cooking 1:30 – 3:00pm Chair yoga & Craft 3:00 – 4: 30pm Melody sing- along with Anne	Onesie dress up  10:30 - 12pm Daryl Knowling & his guitar  1:30 - 3:30pm Trip to St Cath's Berri Reminiscing - What's in the suitcase	10:30 – 12pm Chair exercises & Lunch at Berri Tavern 1:30 – 3:30pm BINGO	
30 <sup>th</sup> 10:30 – 12pm Church DVD Songs of Praise  1:30 – 3:30pm Movie & milkshakes	If there is an outing you wish to attend in June you need to book your interest at the Riverview Reception desk ASAP, please be aware that the bus only seats 8, so seats are limited. Please also note that you will require money for these outings, and it is always weather dependant.  • If the weather is forecast for rain, the outing may be cancelled or rescheduled with short notice.  2nd Gospel Concert outing at Uniting Church Loxton  8th Sheep dog Trials in Barmera  15th Loxton Club for lunch  29th Berri Tavern for lunch						