
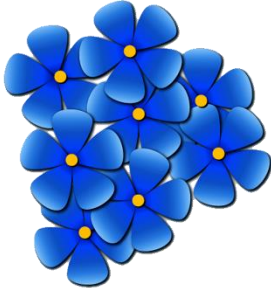


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1<sup>st</sup></b>  10:30 – 12pm <b>Cooking</b>  1:30 – 3:00 pm <b>Chair yoga &amp; craft</b> <b>Kitchen tour (4)</b>  3:00 – 4: 30pm <b>Melody sing-along with Anne</b>	<b>2<sup>nd</sup></b>  10:30 – 12pm <b>Pancake Morning tea &amp; Chair exercises/ Quiz time</b>  1:30 – 3: 30pm <b>Indoor Mini Golf</b>	<b>3<sup>rd</sup></b>  10:30 – 12pm <b>Chair Yoga &amp; 10 Pin bowling comp</b>  1:30 – 3: 30pm <b>BINGO</b>
<b>4<sup>th</sup></b>  10:30 – 12pm <b>Church DVD Song of Praise</b>  <b>BBQ &amp; Happy hour at LUNCH</b>  1:30 – 3: 30pm <b>Book club</b>	<b>5<sup>th</sup></b>  10:30 – 11:45 am <b>Moving and Grooving</b> Chair Exercises  1:30 – 2:30pm <b>Chair /Ladder Ball</b>  2:30 – 3:30pm <b>Brain Boosters</b>	<b>6<sup>th</sup></b>  10:30 – 11:30am <b>Bright hour</b>  1:30- 2:00pm <b>Chair yoga &amp; Kitchen tour (4)</b>  2:00 – 3: 30pm <b>Craft time</b>	<b>7<sup>th</sup></b>  10:30 – 12pm <b>Chapel</b>  1:00 – 2:00pm <b>Riverland Children's Choir</b> <b>Men's Shed: International Beer day – celebrate at the Pub!</b>	<b>8<sup>th</sup></b>  10:30 – 12pm <b>Cooking</b> 1:30 – 3:00 pm <b>Chair yoga &amp; craft</b> <i>(Concordia ladies fellowship mtg)</i> 3:00 – 4: 30pm <b>Melody sing-along with Anne</b>	<b>9<sup>th</sup></b>  10:00 – 10:30am <b>Ball Room Dancing</b> 1:30 – 3: 30pm <b>Residents meeting &amp; Chair exercises/ Word games</b> 2:30 <b>Chapel at Lutheran School</b>	<b>10<sup>th</sup></b>  10:30 – 12pm <b>Chair Yoga &amp; Mini Golf comp</b>  1:30 – 3: 30pm <b>BINGO</b>

# AUGUST 2019

## LEISURE AND LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>11<sup>th</sup></b>  10:30 – 12pm <b>Church DVD</b> <b>Song of Praise</b>  1:30 – 3:30pm <b>Indoor bowls</b> <b>competition</b>	<b>12<sup>th</sup></b>  10:30 – 11:45 am <b>Moving and</b> <b>Grooving &amp;</b> <b>Chair Exercises</b>  1:30 – 2:30pm <b>Julie Noble</b> <b>Singing</b>  2:30 – 3:30pm <b>Book Club &amp;</b> <b>Brain Boosters</b>	<b>13<sup>th</sup></b>  10:30 – 11:30am <b>Bright hour</b>  1:30- 2:00pm <b>Visit from St</b> <b>Cath's for a</b> <b>game's afternoon</b>  2:00 – 3:30pm <b>Craft</b>	<b>14<sup>th</sup></b>  10:30 – 12pm <b>Chapel</b>  1:30 – 3:30pm <b>Ladies Salon</b> Kitchen menu meeting for residents <b>Men's Shed:</b> <b>Visit the Loxton</b> <b>ice works &amp; talk</b> <b>recycling</b>	<b>15<sup>th</sup></b> <i>Birthday</i> <i>cake for residents</i>  10:30 – 12pm <b>Cooking</b>  1:30 – 3:00pm <b>Chair yoga &amp;</b> <b>Craft</b>  3:00 – 4: 30pm <b>Melody sing-</b> <b>along with Anne</b>	<b>16<sup>th</sup></b>  10:30 – 12pm <b>Living Waters</b> <b>movie date</b> <b>(lunch included)</b> <b>Indoor bowls</b>  1:30 – 3:30pm <b>Travel Guides –</b> <b>Lets visit</b> <b>Antarctica</b>	<b>17<sup>th</sup></b>  10:30 – 12pm <b>Chair Yoga &amp;</b> <b>Loxton Club</b> <b>Lunch</b>  1:30 – 3:30pm <b>BINGO</b>
<b>18<sup>th</sup></b>  10:30 – 12pm <b>Church DVD</b> <b>Songs of Praise</b>  <b>Scrambled Egg &amp;</b> <b>Happy Hour at</b> <b>LUNCH</b>  1:30 – 3:30pm <b>Book Club</b>	<b>19<sup>th</sup></b>  10:30 -11:45am <b>Moving and</b> <b>Grooving &amp;</b> <b>Chair Exercises</b>  1:30 – 2:30pm <b>Julie Noble</b> <b>Singing</b>  2:30 – 3:30pm <b>Brain Boosters</b>	<b>20<sup>th</sup></b>  10:30– 11:30am <b>Bright hour</b>  1:30- 2:00pm <b>Chair yoga &amp;</b> <b>Kitchen tour (4)</b>  2:00 – 3:30pm <b>Crafting it up</b>	<b>21<sup>st</sup></b>  10:30 – 12pm <b>Chapel</b> 12pm <b>High school</b> <b>Musical "little</b> <b>shop of Horrors"</b>  1:30 – 3:30pm <b>Men's shed:</b> <b>Chair ball &amp;</b> <b>Knock em downs</b>	<b>22<sup>nd</sup></b>  10:30 – 12pm <b>Cooking</b>  1:30 – 3:00pm <b>Chair yoga &amp;</b> <b>Craft</b>  3:00 – 4: 30pm <b>Melody sing-</b> <b>along with Anne</b>	<b>23<sup>rd</sup></b>  10:30 – 12pm <b>Chair exercises &amp;</b> <b>Reminiscing</b>  1:30 – 3:30pm <b>An afternoon</b> <b>outside – weather</b> <b>dependant</b>	<b>24<sup>th</sup></b>  10:30 – 12pm <b>Loxton</b> <b>Historical Village</b> <b>visit \$10 ea.</b>  1:30 – 3:30pm <b>BINGO</b>

PLEASE NOTE THAT LIFESTYLE ACTIVITIES ARE SUBJECT TO CHANGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>25<sup>th</sup></b>  10:30 – 12pm <b>Church DVD</b> <b>Song of Praise</b>  1:30 – 3:30pm <b>Movie “Out of Africa” &amp; Milkshakes</b>	<b>26<sup>th</sup></b>  10:30 – 11:45 am <b>Moving and Grooving</b> <b>Chair Exercises</b>  1:30 – 2:30pm <b>Julie Noble Singing</b>  2:30 – 3:30pm <b>Book club &amp; Brain Boosters</b>	<b>27<sup>th</sup></b>  10:30– 11:30am <b>Bright Hour</b>  1:30- 2:00pm <b>Chair yoga &amp; Kitchen Tour (4)</b>  2:00 – 3:30pm <b>Craft time</b>	<b>28<sup>th</sup></b>  10:30 – 12pm <b>Chapel</b>  1:30 – 3:30pm <b>Book Club</b> <b>Ladies Salon</b>  <b>Men’s Shed:</b> <b>Drive out to Loxton Golf Club</b>	<b>29<sup>th</sup></b>  10:30 – 12pm <b>Cooking / Visit to Men’s shed (community)</b>  1:30 – 3:00pm <b>Chair yoga &amp; Craft</b>  3:00 – 4: 30pm <b>Melody sing-along with Anne</b>	<b>30<sup>th</sup></b> <i>Bright colour dress up day</i>  10:30 – 12pm <b>Daryl Knowling and his guitar</b>  1:30 – 3:30pm 	<b>31<sup>st</sup></b>  10:30 – 12pm <b>Chair Yoga &amp; Berri Golf Tavern for Lunch</b>  1:30 – 3:30pm <b>BINGO</b>
	<p>If there is an outing you wish to attend in August you need to <b>book your interest at the Riverview Reception desk</b> ASAP, please be aware that the bus only seats 8, so seats are limited. <i>Please also note that you will require money for these outings, and it is always weather dependant.</i></p> <ul style="list-style-type: none"> <li><i>If the weather is forecast for rain, the outing may be cancelled or rescheduled with short notice.</i></li> </ul> <p><b>16<sup>th</sup> Living Waters movie day &amp; Lunch included</b>  <b>17<sup>th</sup> Lunch at Loxton Club</b>  <b>24<sup>th</sup> Visit to Loxton Historical Village</b>  <b>31<sup>st</sup> Lunch at Berri Golf Tavern</b></p>					