





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st 10:30 – 12pm Church DVD Song of Praise BBQ & Happy hour at LUNCH 1:30 – 3:30pm Chair ball & Ladder ball fun	2nd 10:30 – 11:45 am Moving and Grooving & Chair Exercises Dog visits 1:30 – 2:30pm Book club 2:30 – 3:30pm Brain Busters & Chi ball	3rd 10:30 – 11:30am Music time with Rob Nitschke 1:30- 2:00pm Chair yoga 2:30 – 3: 30pm Craft time	4th 10:30 – 12pm Chapel 1:30 – 2:00pm Book Club 2:00 – 3:30pm Ladies Salon Mens Group: Making the vege pods	5th 10:30 – 12pm Cooking 1:30 – 2:00pm Chair yoga 2:00 – 3:00pm Craft 3:00 – 4: 30pm Melody sing- along with Anne	6th 10:30 - 11:30 Pancake Morning Tea & exercises 12:00 Loxton Club for Lunch 1:30 – 3:30pm Brain Busters & Fun	7th 10:30 – 12pm Chair Yoga & Bat and Ball fun 1:30 – 3:30pm BINGO
8th 10:30 – 12pm Church DVD Song of Praise 1:30 – 3:30pm Indoor bowls competition	9th Adelaide Cup Day  <u>No lifestyle today</u>	10th 10:30– 11:30am Bright Hour 1:30- 2:00pm Chair yoga 2:00 Kaesler Café 2:30 – 3:30pm Craft time	11th 10:30 – 12pm Chapel 1:30 – 2:00pm Book Club 2:00 – 3:30pm Ladies Salon Mens Group: Chat with Pastor Avito	12th 10:30 – 12pm Cooking 1:30 – 2:00pm Chair yoga 2:00 – 3:00pm Craft 3:00 – 4: 30pm Melody sing- along with Anne	13th 10:30 Darryl Knowling singing 11am – 2pm Bill Ebert's Houseboat trip (lunch included) 1:30 – 3:30pm Outside fun	14th 10:30 – 12pm Chair Yoga & Card /Domino games 1:30 – 3:30pm BINGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15th 10:30 – 12pm Church DVD Song of Praise BBQ & Happy hour at LUNCH 1:30 – 3:30pm Book club	16th 10:30 – 11:45 am Moving and Grooving & Chair Exercises 1:30 – 2:00pm Brain boosters 2:00 – 3:30pm 4/5 class Lutheran School visit	17th St Patricks day 10:30– 11:30am Bright Hour 1:30- 2:00pm Chair yoga 2:00 – 3:30pm Craft time	18th 10:30 – 12pm Chapel 1:00 – 2:30pm Visit to Loxton Lifestyle Club 2:30 – 3:30pm Ladies Salon Men's Group: Drive to Bunnings	19th Birthday cake for residents 10:30 – 12pm Cooking/ Visit to Community men's shed 1:30 – 2:00pm Chair yoga 2:00 – 3:00pm Craft 3:00 – 4: 30pm Melody sing- along with Anne	20th Dress up in 1920s theme 10:30 – 12pm Living Waters Movie & lunch included Word Games 1:00 – 2:30pm Year 5 St Alberts Catholic school visit	21st Harmony day 10:30 – 12pm Chair Yoga & Table tennis fun 1:30 – 3:30pm BINGO
22nd 10:30 – 12pm Church DVD Song of Praise 1:30 – 3:30pm Indoor bowls competition	23rd 10:30 – 11:45 am Moving and Grooving & Chair Exercises 1:30 – 2:30pm Julie Noble singing 2:30 – 3:30pm Chi ball	24th 10:30– 11:30am Bright Hour 1:30- 2:00pm Chair yoga 2:00 – 3:30pm Craft time	25th Greek Independence Day 10:30 – 12pm Chapel 1:30 – 2:00pm Book Club 2:00 – 3:30pm Ladies Salon Men's Group: Visit to the Berri Mini Golf	26th 10:30 – 12pm Cooking 1:30 – 2:00pm Chair yoga 2:00 – 3:00pm Craft 3:00 – 4:30pm Melody sing- along with Anne	27th 10:30 – 12pm Batt n ball fun & Exercises 1:30 – 3:30pm 	28th 10:30 – 12pm Chair Yoga & Drive around town 1:30 – 3:30pm BINGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29th 10:30 – 12pm Church DVD Song of Praise BBQ & Happy hour at LUNCH 1:30 – 3:30pm Noddle & ball game	30th 10:30 – 11:45 am Moving and Grooving & Chair Exercises 1:30 – 2:30pm Brain Boosters 2:30 – 3:30pm Book club & Chi Ball	31st 10:30– 11:30am Chair yoga 12pm Lunch at Barmera Hotel bookings essential 1:30- 3:30pm Craft time				
		<p>If there is an outing you wish to attend in March 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. <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"> • 6th Loxton Club for lunch • 10th Kaesler Café at Kaesler apartments recreational lounge • 20th Living Waters movie date (lunch provided) • 31st Barmera Hotel lunch <p>• <i>If the weather is forecast for excessive heat, the outing may be cancelled or rescheduled with short notice.</i></p>				