


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1<sup>st</sup></b>  10:30 – 11:45am <b>Chair exercises</b>  1:30 – 2:00pm <b>Book reading</b>  2:00 – 3:00pm <b>Knit &amp; Natter</b>  3:00 – 4:15pm <b>Anne Battams Singing Group</b>	<b>2<sup>nd</sup></b>    <b>No lifestyle today</b>	<b>3<sup>rd</sup></b>  10:30 – 12pm <b>Chair Yoga &amp; word games</b>  1:30 – 3:30pm <b>BINGO</b>
<b>4<sup>th</sup> Daylight saving ends</b>  10:30 – 12pm <b>Lutheran Church Traditional service DVD</b>  1:30 – 3:30pm <b>Chair Basketball</b>	<b>5<sup>th</sup></b>  <b>Easter Monday</b>   <b>No Lifestyle Today</b> 	<b>6<sup>th</sup></b>  10:30 – 11:30am <b>Drive around Town</b>  1:30- 2:00pm <b>Chair yoga</b>  2:00 – 3: 30pm <b>Mini golf</b>	<b>7<sup>th</sup></b>  10:30 – 12pm <b>Chapel &amp; Worship music</b>  1:30 – 2:00pm <b>Book Club</b>  2:00 – 3:30pm <b>BINGO</b>	<b>8<sup>th</sup></b>  10:30 – 11:45am <b>Chair Exercises</b>  1:30 – 2:00pm <b>10 pin Bowling</b>  2:00 – 3:00pm <b>Word fun</b>  3:00 – 4:15pm <b>Anne Battams Singing Group</b>	<b>9<sup>th</sup></b>  10:30 – 11:30am <b>Pancake morning Tea and 10:45 <u>Residents Meeting</u></b>  1:30 – 3:30pm <b>Exercises &amp; mini bike pedals &amp; fun</b>	<b>10<sup>th</sup></b>  10:30 – 12pm <b>Chair Yoga &amp; Hookey</b>  1:30 – 3:30pm <b>BINGO</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>11<sup>th</sup></b>  10:30 – 12pm <b>Lutheran Church</b> Traditional service Dvd  <b>BBQ &amp; Happy hour at LUNCH</b>  1:30 – 3:30pm <b>Drive around town</b>	<b>12<sup>th</sup></b>  10:30 – 11:45 am <b>Chair Exercises &amp; mini golf</b>  1:30 – 2:30pm <b>Book club</b>  2:30 – 3:30pm <b>Brain Boosters</b>	<b>13<sup>th</sup></b>  10:30 – 11:30am <b>Chair Basketball</b>  1:30- 2:00pm <b>Chair yoga</b>  2:00 – 3: 30pm <b>Reminiscing and Question ball</b>	<b>14<sup>th</sup></b>  10:30 – 12pm <b>Chapel &amp; Worship music</b>  1:30 – 2:00pm <b>Book Club</b>  2:00 – 3:30pm <b>BINGO</b>  Men's group: <b>Drive around town</b>	<b>15<sup>th</sup></b>  10:30 – 11:45am <b>Drive around town</b>  1:30 – 2:00pm <b>Sit outside for a chat</b>  2:00 –3:00pm <b>Knit &amp; Natter</b> 3:00 –4:15pm <b>Anne Battams Singing Group</b>	<b>16<sup>th</sup></b>  10:30 – 11:30am <b>Exercises &amp; Mini bike pedals</b>  1:30 – 3:30pm <b>Table Tennis &amp; other ping pong games</b>	<b>17<sup>th</sup></b>  10:30 – 12pm <b>Chair Yoga &amp; 10 pin bowling</b>  1:30 – 3:30pm <b>BINGO</b>
<b>18<sup>th</sup></b>  10:30 – 12pm <b>Lutheran Church</b> Traditional service DVD  1:30 – 3:30pm <b>Come watch a movie</b>	<b>19<sup>th</sup></b>  10:30 – 11:45 am <b>Chair Exercises &amp; Reminiscing</b>  1:30 – 2:30pm <b>Book club</b>  2:30 – 3:30pm <b>Brain Boosters</b>	<b>20<sup>th</sup></b>  10:30 – 11:30am <b>Mini golf</b>  1:30- 2:00pm <b>Chair yoga</b>  2:00 – 3:30pm <b>Quiz time</b>	<b>21<sup>st</sup></b>  10:30 – 12pm <b>Chapel &amp; worship music</b>  1:30 – 2:00pm <b>Book Club</b>  2:00 – 3:30pm <b>BINGO</b>	<b>22<sup>nd</sup></b>  10:30 – 11:45am <b>Chair exercises</b> 1:30 – 2:30pm <b>Mini Golf</b>  2:30 –3:00pm <b>Word games</b> 3:00 –4:15pm <b>Anne Battams Singing Group</b>	<b>23<sup>rd</sup></b> <b>Hawaiian Dress up Day</b>  10:30 – 11:30am <b>Daryl Knowling &amp; his Guitar</b>  1:30 – 3:30pm <b>The History of ANZAC day</b>	<b>24<sup>th</sup></b>  10:30 – 12pm <b>Chair Yoga &amp; Word Games</b>  1:30 – 3:30pm <b>BINGO</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>25<sup>th</sup></b>  10:30 – 12pm Lutheran Church Traditional service Dvd  BBQ & Happy hour at LUNCH  1:30 – 3:30pm Drive round town	<b>26<sup>th</sup></b>  <u><b>ANZAC DAY</b></u>    No Lifestyle Today	<b>27<sup>th</sup></b>  10:30 – 11:30am Bright Hour  1:30- 2:00pm Chair yoga  2:00 – 3: 30pm Word game fun	<b>28<sup>th</sup></b>  10:30 – 12pm Chapel & worship music  1:30 – 2:00pm Book Club  2:00 – 3:30pm BINGO  Men's group: Drive around town	<b>29<sup>th</sup></b>  10:30 – 11:45am Drive around Town  1:30 – 2:00pm Hookey  2:00 –3:00pm Knit & Natter  3:00 –4:15pm Anne Battams Singing Group	<b>30<sup>th</sup></b>  10:30 – 11:30am Exercises & Mini bike pedals  1:30 – 3:30pm Carpet bowls & Mini golf competition !	
		<p>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!</p> <p>Families can contact Riverview on 8584 7370 and residents can ask at the Reception desk and we can set up a time for you.</p> 				

**APRIL 2021**

**LEISURE AND LIFESTYLE PROGRAM**

PLEASE NOTE THAT LIFESTYLE ACTIVITIES ARE SUBJECT TO CHANGE