


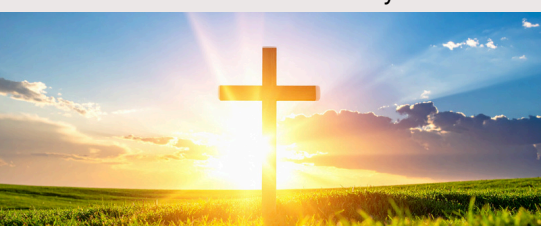



Chantal Cottage Day Respite Program

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Bus outing to Bobbin Head 9.30am Morning tea and social chat with friends before we head out</p> <p>10.30am Bus outing to Bobbin Head National park. Picnic lunch included.</p>	<p>2</p> <p>Morning exercise and group activities</p> <p>Program – Easter program</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>3</p> <p>Good Friday Chantal is closed for Public Holiday</p> 
<p>6</p> <p>Easter Monday Chantal is closed for Public Holiday</p> 	<p>7</p> <p>Morning exercise and group activities</p> <p>Program – All about Birds</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>8</p> <p>Bus outing to Avoca Beach 9.30am Morning tea and social chat with friends before we head out</p> <p>10.30am Bus outing to Avoca Beach We will go for a scenic drive to Avoca where we will have a lovely picnic lunch and enjoy the sea air</p>	<p>9</p> <p>Morning exercise and group activities</p> <p>Program – I remember television in my days</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>10</p> <p>9.00am-3.00pm Physio Assessment Clinic</p> <p>Morning exercise and group activities</p> <p>Program – Radio days</p> <p>Afternoon activities: Bingo, Floor game and music program</p>
<p>13</p> <p>Morning exercise and group activities</p> <p>Program – Bridges of the world</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>14</p> <p>Morning exercise and group activities</p> <p>Program – Armchair Travel, my holidays</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>15</p> <p>Bus outing to Narabeen Lakes 9.30am Morning tea and social chat with friends before we head out</p> <p>10.30am Bus outing to Narrabeen Lakes <i>A picnic lunch is included</i></p>	<p>16</p> <p>Morning exercise and group activities</p> <p>Program – Memory Lane, school days</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>17</p> <p>Bus Outing to Brooklyn 9.00am-3.00pm Physio Assessment Clinic</p> <p>9.30am Morning tea and social chat with friends before we head out</p> <p>10.30am Bus outing to Brooklyn with picnic lunch included</p> <p>10.30am-12pm Carer & Family Support Group</p>
<p>20</p> <p>Morning exercise and group activities</p> <p>Program – Autumn leaves</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>21</p> <p>Morning exercise and group activities</p> <p>Program – Famous buildings</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>22</p> <p>Bus outing to Clontarf Beach 9:30am Morning tea and social chat with friends before we head out</p> <p>10.30am Bus outing to the lovely Clontarf Beach with picnic lunch</p>	<p>23</p> <p>Morning exercise and group activities</p> <p>Program – 1960's music</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>24</p> <p>9.00am-3.00pm Physio Assessment Clinic</p> <p>Morning exercise and group activities</p> <p>Program – My First Job</p> <p>Afternoon activities: Bingo, Floor game and music program</p>
<p>27</p> <p>Anzac DAY Public Holiday Chantal is closed</p> 	<p>28</p> <p>Morning exercise and group activities</p> <p>Program – Anzac Remembrance</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>29</p> <p>Bus outing Galston to Glenorie RSL club 9:30am Morning tea and social chat with friends before we head out</p> <p>10.30am Bus outing Glenorie RSL club We will have lunch and enjoy the scenic drive</p>	<p>30</p> <p>Morning exercise and group activities</p> <p>Program – A-Z of towns in NSW</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	