


Chantal Cottage Day Respite Program

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Morning exercise and group activities 1</p> <p>Program – Welcome to Winter, tales of Winter</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>Morning exercise and group activities 2</p> <p>Program – Winter around the world</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>Bus outing to Parramatta Park 3</p> <p>9.30am - Morning tea and social chat with friends before we head out</p> <p>10.30am Bus outing to Parramatta Park Enjoy a scenic drive, picnic lunch and the world heritage listed Parramatta Park</p>	<p>Morning exercise and group activities 4</p> <p>Program – A-Z of Australian towns</p> <p>Afternoon activities: Bingo, Floor game and music program</p> <p>Tovertafel activity</p>	<p>Morning exercise and group activities 5</p> <p>Program – King and Country, Monarchy</p> <p>9.00am-3.00pm Physiotherapy Assessment Clinic</p> <p>10.30am-12pm Carer & Family Support Group</p> <p>Afternoon activities: Bingo, Floor game and music program</p>
<p>Day Centre closed Kings birthday public holiday 8</p> 	<p>Morning exercise and group activities 9</p> <p>Program – States of USA</p> <p>Afternoon activities: Bingo, Floor game and music program</p> <p>Tovertafel activity</p>	<p>Bus outing to Bobbin Head 10</p> <p>9.30am - Morning tea and social chat with friends before we head out</p> <p>10.30am Bus outing to Bobbin Head and Marina, Picnic lunch provided</p>	<p>Morning exercise and group activities 11</p> <p>Program – Remembering the 1950s</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>Morning exercise and group activities 12</p> <p>Program – Explore popular drinks around the world</p> <p>9.00am-3.00pm Physiotherapy Assessment Clinic</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>
<p>Morning exercise and group activities 15</p> <p>Program – Shoes ! and its history, fashion Explore the history of shoes and iconic fashion trends.</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>Morning exercise and group activities 16</p> <p>Program – Scattergory – STAR, Group word games</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>Bus outing to KoKoda Trail 17</p> <p>9.30am Morning tea and social chat with friends before we head out</p> <p>10.30am Bus outing to KoKoda Trail with picnic lunch</p>	<p>Morning exercise and group activities 18</p> <p>Program – Fashion of the 1920's</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p> <p>Tovertafel activity</p>	<p>Morning exercise and group activities 19</p> <p>Program – My favorite songs</p> <p>9.00am-3.00pm Physiotherapy Assessment Clinic</p> <p>10.30am-12pm Carer & Family Support Group</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>
<p>Morning exercise and group activities 22</p> <p>Program – A-Z of Sydney Suburbs</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>Morning exercise and group activities 23</p> <p>Program – Scattergory - SHOP</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p> <p>Tovertafel activity</p>	<p>Bus outing to Lavender Bay Parklands 24</p> <p>9:30am - Morning tea and social chat with friends before we head out</p> <p>10.30am - Bus outing to Lavender Bay on the harbour. We will have lunch and enjoy the spectacular view of the Sydney Harbour Bridge.</p>	<p>Morning exercise and group activities 25</p> <p>Program – Famous Train journeys – enjoy a relaxing armchair adventure that sparks memories, curiosity and connection.</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>Morning exercise and group activities 26</p> <p>Program – Explore the epicurean history of cheese</p> <p>9.00am-3.00pm Physiotherapy Assessment Clinic</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>
<p>Morning exercise and group activities 29</p> <p>Program – Explore the charm, culture and beauty of Germany</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p>	<p>Morning exercise and group activities 30</p> <p>Program – Explore the currencies of the world, the stories, symbols and history behind coins and banknotes from different countries</p> <p>Lunch</p> <p>Afternoon activities: Bingo, Floor game and music program</p> <p>Tovertafel activity</p>	