

# Chantal Cottage Day Respite Program

## March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>World Wildlife Day</b> 2</p> <p>9:30am <b>Morning Tea &amp; Socialising</b> – The Sumatran Rhino Short Story.</p> <p>11:00am <b>Work out with balloons</b> – Lounge Room</p> <p>12:00pm <b>Lunch</b> - Dining Room</p> <p>1:00pm <b>The Lucy Show-Reminiscing</b> - Activity Rm</p> <p>2:30pm <b>Guess the animal quiz with afternoon tea</b> – Dining Room</p>	<p>9:30am <b>Morning Tea &amp; Socialising</b> – with Pancakes – Courtyard 3</p> <p>10:30am <b>Strength and balance class with a fitness Instructor</b> – Lounge Room</p> <p>11:15am <b>History Bingo</b> – Activity Room</p> <p>12:00pm <b>Lunch</b> - Dining Room</p> <p>1:00pm <b>Floor game – Carpet bowls</b> – Lounge Rm</p> <p>2:30pm <b>Afternoon Tea &amp; Women’s Day Photo Quiz</b>– Activity Room</p>	<p><b>Bus outing Gardens Gosford</b> 4</p> <p>9:30am <b>Morning Tea &amp; Socialising</b> – Enjoy a relaxed morning tea and time to connect with friends before we head out.</p> <p>10:30am <b>Bus Outing to Gosford Gardens</b> - We will visit the beautiful gardens in Gosford for a gentle walk, fresh air, and time to enjoy the peaceful surroundings. We will finish the outing with a lovely lunch, giving everyone time to relax and socialise before returning.</p>	<p><b>Celebrating Women’s Day</b> 5</p> <p>9:30am <b>Morning Tea &amp; Socialising</b></p> <p>10:30am <b>Cooking Activity – Chocolate Spiders</b> - Dining Room</p> <p>11:15am <b>Women’s Day Quiz</b> – Lounge Room</p> <p>12:00pm <b>Lunch</b> – Dining Room</p> <p>1:00 pm <b>High Tea Celebrating Women’s Day</b> – Dining Room</p> <p>2:30pm <b>Female Vocalist Quiz</b> – Lounge Room</p>	<p>9am-3pm <b>Physio Assessment Clinic (Onsite)*</b> 6</p> <p>9:30am <b>Morning Tea &amp; Word Search activity</b> to get your minds buzzing!</p> <p>10:30am <b>Bus Outing to Long Reef Club</b>: Depart by bus for a delightful visit to Long Reef Club. Enjoy the coastal scenery, and a relaxing outdoor experience, followed by a delicious lunch at the club.</p> <p>10:30am-12:00pm <b>Care &amp; Family Support Group</b> (at the Centre) - Carers and family members are invited to attend our Support Group session</p>	
<p>9:30am <b>Morning Tea &amp; Socialising</b> 9</p> <p>11:00am <b>Dance to remember – Seated work out</b> –Dining Room</p> <p>12:00pm <b>Lunch</b> - Dining Room</p> <p>1:00pm <b>Occupations Bingo</b> – Activity Room</p> <p>2:30pm <b>Quiz - What business were they in?</b> – Lounge Room</p>	<p>9:30am <b>Morning Tea &amp; Socialising</b> 10</p> <p>10:30am <b>Strength and balance class with a fitness Instructor</b> – Lounge Room</p> <p>11:15am <b>Guess the Song &amp; sing along</b> - Activity Room</p> <p>12:00pm <b>Lunch</b> - Dining Room</p> <p>1:00pm <b>Floor Game - Target Mat</b> - Lounge Room</p> <p>2:30pm <b>Afternoon tea &amp; guess the flag Quiz</b> – Activity Room</p>	<p><b>Bus outing Balmoral Beach</b> 11</p> <p>9:30am <b>Morning Tea &amp; Socialising</b></p> <p>10:30am <b>Bus Outing to Balmoral Beach</b> - We will travel to beautiful Balmoral Beach for a gentle walk along the waterfront pathway, enjoying the fresh sea air and peaceful water views. We will share lunch together in the lovely beachside surroundings before returning.</p>	<p>9:30am <b>Morning Tea &amp; Socialising</b> – Dining room 12</p> <p>10:30am <b>St Patrick’s Bingo!!</b> – Activity Room</p> <p>11:15am <b>Match the stars – competition</b> – Lounge Room</p> <p>12:00pm <b>Lunch</b> – Dining Room</p> <p>1:00pm <b>Volleyball Game – Competition</b> – Lounge Room</p> <p>2:30pm <b>What Am I? Image revel</b> – Lounge Room</p>	<p>9am-3pm <b>Physio Assessment Clinic (Onsite)*</b> 13</p> <p>9:30am <b>Morning Tea &amp; discussion</b></p> <p>10:30am <b>Work out – Circuit challenge</b></p> <p>11:15am <b>Most Popular songs in the 60’s Reminiscing Activity</b></p> <p>12:00pm <b>Lunch</b> - Dining Room</p> <p>1:00pm <b>Guess the classical Car quiz</b></p> <p>2:30pm <b>Indoor croquet Golf</b></p>	
<p>9:30am <b>Morning Tea and socialising</b> 16</p> <p>11:00am <b>Parachute Activity a Great arm work out</b> – Lounge Room</p> <p>12:00pm <b>Lunch</b> - Dining room</p> <p>1:00pm <b>St Patrick’s Bingo!</b> – Activity Room</p> <p>2:30pm <b>Ice-cream &amp; reading in the Garden</b> – Courtyard</p>	<p><b>Celebrating St Patrick’s Day</b> 17</p> <p>9:30am <b>Morning tea Welcome &amp; Irish Music</b></p> <p>11:00am <b>Irish Craft Time!</b> – Activity room</p> <p>12:00pm <b>Lunch</b> – Dining room</p> <p>1:00pm <b>St Patrick’s Bingo! With a lucky dip</b> – Activity room</p> <p>2:30pm <b>Afternoon Tea &amp; St Patrick’s Quiz</b> – Dining room</p>	<p><b>Bus outing Kokoda Track</b> 18</p> <p>9:30am <b>Morning Tea &amp; Socialising</b></p> <p>10:30am <b>Bus Outing to Kokoda Track Memorial Walk</b> - We will visit the beautiful Kokoda Track Memorial Walkway for a gentle walk, fresh air, and time to reflect in the peaceful surroundings. Clients can enjoy the gardens and water views at their own pace. We will enjoy <b>lunch together</b> before returning to the centre.</p>	<p>9:30am <b>Morning Tea &amp; Socialising Memory Game – Can you remember what items are in the box?</b> 19</p> <p>10:30am <b>Yoga Chair</b> – Dining Room</p> <p>11:15am <b>Alphabet Profession Names Game</b> – Lounge Room</p> <p>12:00pm <b>Lunch</b> – Dining Room</p> <p>1:00pm <b>Ten-pin bowling competition with a prize</b> – Lounge Room</p> <p>2:00pm <b>Words that start with MAR quiz</b> - Activity Room</p>	<p>9am-3pm <b>Physio Assessment Clinic (Onsite)*</b> 20</p> <p>9:30am <b>Morning Tea &amp; Discussion</b></p> <p>10:30am <b>Bus Outing to Davistown RSL Club</b>: Depart by bus to Davistown RSL Club for a pleasant outing, followed by a delicious lunch and time to socialise.</p> <p>10:30am-12:00pm <b>Care &amp; Family Support Group</b> (at the Centre) - Carers and family members are invited to attend our Support Group session</p>	
<p><b>Chair travel China</b> 23</p> <p>9:30am <b>Morning Tea &amp; Socialising</b></p> <p>11:00am <b>Morning Session – Discover China</b>. We will learn about Chinese culture, famous landmarks, traditions, and interesting facts.</p> <p>12:00pm <b>Lunch – Clients</b> will enjoy tasting a selection of Chinese-inspired foods, giving everyone the opportunity to experience authentic flavours and share their thoughts.</p> <p>1:00pm <b>Gentle Exercises</b> – Dining Room</p> <p>2:30pm <b>Animal – Bingo</b> – Activity Room</p>	<p>9:30am <b>Morning Tea &amp; Socialising</b> 24</p> <p>11:00am <b>Seated exercises &amp; pin the eye on Cyclops game</b> – Lounge Room</p> <p>12:00pm <b>Lunch</b> – Dining Room</p> <p>1:00pm <b>Craft Session – laurel leaf or leaf crowns</b> – Activity Room</p> <p>2:30pm <b>Afternoon Tea &amp; Greek Trivia Quiz</b> – Dining Room</p>	<p><b>Bus outing Galston</b> 25</p> <p>9:30am <b>Morning Tea &amp; Socialising</b></p> <p>10:30am <b>Bus Outing to Galston</b> – We will travel to Galston to enjoy a gentle scenic drive through the beautiful rural surroundings. Clients can enjoy fresh air, peaceful views, and a short walk if suitable. We will enjoy <b>lunch together</b> before returning to the centre.</p>	<p>9:30am <b>Morning Tea &amp; Socialising</b> 26</p> <p>10:30am <b>Seated exercises with balloon</b> – Lounge Room</p> <p>11:15am <b>Easter Quiz</b> – Activity Room</p> <p>12:00pm <b>Lunch</b> – Dining Room</p> <p>1:00pm <b>Cake &amp; Celebrate</b> – Dining Room</p> <p>2:00pm <b>Guess the celebrity – Birthday Fundays</b> – Activity Room</p>	<p>9am-3pm <b>Physio Assessment Clinic (Onsite)*</b> 27</p> <p>9:30am <b>Morning Tea &amp; Discussion</b></p> <p>10:30am <b>Work out – Circuit challenge</b> – Activity Room</p> <p>11:15am <b>Board Game – Snakes &amp; ladders with March Quiz</b> – Lounge Room</p> <p>12:00pm <b>Lunch</b> – Dining Room</p> <p>1:00pm <b>Floor game – Bobs</b> – Lounge Room</p> <p>2:30pm <b>Sensory activity – Guess the sound</b> – Lounge Room</p>	
<p>9:30am <b>Morning tea &amp; Socialising</b> 30</p> <p>11:00am <b>Bean Bag Toss Game</b> – Lounge room</p> <p>12:00pm <b>Lunch</b> – Dining Room</p> <p>1:00pm <b>Music Therapy</b> – Lounge Room</p> <p>2:30pm <b>Tovertafel Game - Butterflies</b> – Activity Room</p>	<p>9:30am <b>Morning Tea &amp; Socialising</b> 31</p> <p>10:30am <b>Music Bingo</b> – Activity Room</p> <p>11:15am <b>Strength and balance class with a fitness Instructor</b> - Lounge Room</p> <p>12:00pm <b>Lunch</b> – Dining Room</p> <p>1:00pm <b>Word Game – Words start with M Quiz</b> – Activity Room</p> <p>2:30pm <b>Sensorial activity Guess what is inside</b> – Activity Room</p>	  			<p>* A qualified physiotherapist will be onsite to conduct individual physio assessments. This session will support clients' foot health, mobility, comfort, and overall wellbeing. Appointments will be scheduled throughout the day.</p>