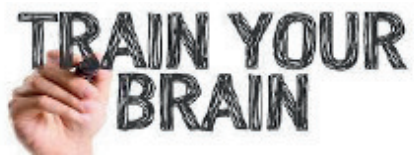






# Day Respite Program July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Joke Day</b> 9:30a.m <b>Morning Tea &amp; Socialise</b> 11:00a.m <b>Gentle sitting exercises</b> - Lounge Room 12:00pm <b>Lunch - Dining Room</b> 1:00p.m <b>Funniest Jokes contest</b> – Lounge Room 2:30p.m <b>Classic comedy Movie - Mr. Bean</b> - with choc ice cream and popcorn-Lounge Room	<b>Bus Outing - Pie in the sky Café-Cowan</b> 9:30a.m. <b>Morning Tea &amp; Socialise</b> 10:30a.m. <b>Bus Outing: Pie in the Sky Café, Cowan.</b> Enjoy a scenic drive and a delicious treat at the famous Pie in the Sky café – a lovely outing with beautiful views and good company.	9:30a.m <b>Morning Tea &amp; Socialise</b> 11:00a.m <b>Parachute Activity – A light Physical Activity</b> to encourage gentle movement – Lounge Room 12:00pm <b>Lunch - Dining Room</b> 1:00p.m <b>This Day in History – Events in July</b> to encourage conversation and reminiscing-Lounge Room 2:30p.m. <b>Guess the sound game</b> – Lounge Rm	
	<b>World Chocolate Day</b> 9:30a.m <b>Morning Tea &amp; Socialise</b> – Fun facts about chocolate 11:00a.m <b>Sit dance “Dance to remember”</b> – Lounge Room 12:00pm <b>Lunch - Dining Room</b> 1:00p.m <b>Sensory Activity - Chocolate Tasting – Guessing Game</b> – Lounge Room 2:30p.m. <b>Chocolate Day Bingo</b> – Activity Room		9:30a.m <b>Morning Tea &amp; Socialise</b> 11:00a.m <b>Hand exercises</b> to improve flexibility and dexterity – Activity Room 12:00pm <b>Lunch - Dining Room</b> 1:00p.m <b>Board Game Competition – Up Words</b> – Activity Room 2:30p.m. <b>“Where in the World Am I? Quiz</b> – Lounge Room	<b>Wild Pear Café</b> 9:30a.m. <b>Morning Tea &amp; Socialise</b> 10:30a.m. <b>Bus Outing: Wild Pear Café</b> Enjoy a scenic drive and a delightful visit to Wild Pear Café – known for its fresh food, cosy atmosphere, and beautiful views.
	<b>NAIDOC Week</b> 9:30a.m <b>Morning Tea &amp; Socialise</b> – Suburban names and aboriginal meanings 11:00a.m <b>Bean bag toss game with a prize</b> 12:00pm <b>Lunch – Dining Room</b> 1:00p.m <b>Art &amp; Craft – Aboriginal Dot painting</b> – Activity Room 2:30p.m <b>Word search competition– Aboriginal Words</b> - Activity Room	<b>Bus outing- Swane’s Nursery</b> 10: 00a.m <b>Morning Tea Outing at Swane’s Nursery</b> Enjoy a relaxing morning tea surrounded by the beauty of nature in a cosy indoor setting. 12:30p.m <b>Lunch</b> 1:30p.m <b>Crossword Group: “Family Matters”</b> – Lounge Room 2:30p.m <b>Biography Time: Dean Martin</b> – Lounge Room	9:30a.m <b>Morning Tea &amp; Socialise</b> 11:00a.m <b>Gentle sitting exercises with balloon</b> - Lounge Room 12:00pm <b>Lunch - Dining Room</b> 1:00p.m. <b>Matching Pairs – Board Game</b> – Activity Room 2:30p.m <b>Jewellery making</b> – Activity Room	
9:30a.m <b>Morning Tea &amp; Socialise</b> 11:00a.m <b>Gentle sitting exercises</b> - Lounge Rm 12:00pm <b>Lunch – Dining Room</b> 1:00p.m <b>Painting by numbers</b> – Activity Room 2:30p.m <b>Sing along with Regina</b> – Lounge Room	<b>Bastille Day. Vive la France!</b> 9:30a.m <b>French Morning Tea: France Facts &amp; Croissants</b> 11:00a.m <b>Seated work out, Smile &amp; Sway-Lounge Rm</b> 12:00p.m <b>Lunch - Dining room</b> 1:00p. <b>Pictionary - Inspired Drawing Game</b> - Lounge Room 2:30p.m <b>Afternoon tea with French General Knowledge Quiz</b> –Lounge Room		<b>Cowboy Day</b> 9:30a.m <b>Morning Tea &amp; Socialise - Cowboy history and jokes</b> 11:00a.m <b>Sit dance “Dance to remember”</b> – Lounge Room 12:00pm <b>Lunch – Dining Room</b> 1:00p.m <b>Wild West Bingo</b> – Activity Room 2:30p.m <b>Splash down game loads of fun</b>	<b>Mooney Mooney Club</b> 9:30a.m. <b>Morning Tea &amp; Socialise</b> 10:30a.m. <b>Bus Outing: Mooney Mooney club</b> Join us for a scenic outing to Mooney Mooney – a peaceful waterfront destination perfect for relaxing and enjoying the view.
9:30a.m <b>Morning Tea &amp; Socialise</b> 10:30a.m <b>Seated work out – Dance along</b> Lounge Room 12:00pm <b>Lunch – Dining Room</b> 1:00p.m <b>Animal Album – Reminiscence Cards</b> – Lounge Room 2:30p.m <b>Match up Activity</b> – Activity Room Lounge Room	<b>Friendship Day</b> 9:30a.m <b>High Tea &amp; Friendship Memories</b> 11:00a.m <b>Gentle sitting exercises</b> - Lounge Room 12: 00p.m <b>Lunch - Dining Room</b> 1:00p.m <b>“The letter J” Quiz</b> – Lounge Room 2:30p.m <b>Music appreciation – Andre Rieu – “Magic of the Waltz”</b> with Cheese and Crackers - Lounge Room	<b>Bus outing - Brooklyn King Tide Café</b> 9:30 a.m. <b>Morning Tea &amp; Socialise</b> Enjoy a relaxed morning tea and connect with friends to start the day. 10:30 a.m. <b>Bus Outing to King Tide Café</b> Join us for a lovely outing to King Tide Café – a welcoming spot to enjoy lunch and good conversation by the water.	9:30a.m <b>Morning Tea &amp; Socialise</b> 10:30a.m <b>Carpet game - Bowls</b> - Lounge Room 12:00pm <b>Lunch - Dining Room</b> 1:00p.m. <b>Giant Snakes &amp; Ladders with Trivia</b> – Lounge Room 2:30p.m <b>Who Am I? July Birthdays</b>	