



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**MORNING TEA**

10.00am – 10.45am  
**Boker Tov / Good Morning (CL + RR)**

10.45am – 11.30am  
**Montessori (RR)**  
**Mind & Body Fitness (CL)**

11.30am – 12.00pm  
**Gentle Exercises with Physio (SL)**

10.00am – 10.45am  
**Boker Tov / Good Morning (CL)**

10.30am – 11.00am  
**Virtual Table Games V (SL)**

11.00am – 11.45am  
**Sensory Art (BC)**

11.00am – 11.45am  
**Morning Melodies (CL)**

11.30am – 12.00pm  
**Gentle Exercises with Physio (RR)**

10.00am – 10.45am  
**Boker Tov / Good Morning (CL)**

10.45am – 11.45am  
**Montessori (BC)**  
**Passport to Wellness / Active Games (RR)**

10.45am – 11.30am  
**Scenic Bus Drive (by appointment)**

11.30am – 12.00pm  
**Gentle Seated Yoga (SL)**

**LUNCH**

2.00pm – 3.00pm  
**Active Games (LP)**

1.45pm - 2.45pm  
**Men's Group (BC)**

1.30pm – 2.00pm  
**Passport to Wellness (SL)**

2.00pm – 2.45pm  
**Table Games (BC)**

2.45pm – 3.30pm  
**Singing with Vera (CL)**

3.45pm – 4.15pm  
**Singing with Vera (SL)**

**AFTERNOON TEA**

4.15pm - 5.00pm  
**Sensory Relaxation (CL)**

4.00pm – 5.00pm  
**Sensory Relaxation (CL)**

4.00pm - 5.00pm  
**Sensory Relaxation (CL)**

**DINNER**

6.00pm – 6.45pm  
**Wellbeing program (MK)**

6.30pm (SL) / 6.45pm (MK)  
**Movie night**

6.15pm  
**Wellbeing program (MK)**



**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**MORNING TEA**

10.00am – 10.45am  
**Boker Tov / Good Morning (CL)**

10.45am – 11.45am  
**Gardening Program (RR)**  
**Montessori (BC)**

10.30am - 11.00am  
**Busy Bodies (SL)**

10.00am – 10.45am  
**Boker Tov / Good Morning (CL)**

11.00am – 12.00pm  
**Shabbat Program:**  
**Flower Arranging (BC)**

11.00am – 12.00pm  
**Virtual Table Games (SL)**

10.00am – 10.45am  
**Boker Tov / Good Morning (CL)**

11.00am – 11.45pm  
**Shabbat Program (BC)**

10.45am / 10.50am  
**Sunday Movie (CL & SL)**

**LUNCH**

1.45pm – 2.15pm  
**Games (SL)**

1.45pm – 3.00pm  
**Sensory Cooking (RR)**

1.30pm - 2.30pm  
**Kabbalat Shabbat Party (BC)**

2.00pm – 3.00pm  
**Shabbat Games (CL)**

2.00pm / 2.15pm  
**Sunday Virtual Concert (CL & SL)**

**AFTERNOON TEA**

3.30pm - 4.00pm  
**Simcha Gathering (CL) Week 2**  
**Simcha Gathering (SL) Week 4**

4.15pm - 5.00pm  
**Soothing Sounds (SL)**

3.00pm - 3.45pm  
**Sensory Program (BC)**

4.00pm – 4.30pm  
**Kabbalat Shabbat Service:**  
**St Kilda Shule (1<sup>st</sup> + 3<sup>rd</sup> Week)**  
**Temple Beth Israel (2<sup>nd</sup> + 4<sup>th</sup> Week)**

4.30pm  
**Candle Lighting: Shabbat Shalom (Dining Rooms)**

4.00pm - 5.00pm  
**Shabbat Program (CL)**

3.30pm - 4.00pm  
**Table Games (BC)**

**DINNER**