

EPPING AGED CARE

LIFESTYLE PROGRAM 11th – 15th July High Care

JULY 2011	9.30am – 10.00am	10am	10.30 - 11 .30am	12pm	1pm- 2.00pm	2:30pm	3pm – 4pm
MON 11th	Talking books		Exercises with Nat		Piano Recital with Nat in LC 		Sonas with Pen
TUES 12th	Exercises with Pen		Music history With Nat		Movie Screening		Sonas with Pen
WEDN 13th	News and Views with Pen		Sing along with Nat and Pen in LC		Bingo With Pen 		Sonas with Nat
THURS 14th	Anglican Service with Pen 		Footy Tipping with Pen		Beauty Therapy with Pen		Snooker Contest with Nat
FRI 15th	Exercises with Pen		Men's Group with Pen		Relaxing music		Happy Hour with Pen In 

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JULY 2011	9.30am – 10.00am	10am	10.30 - 11 .30am	12pm	1pm- 2.00pm	2pm	3pm – 4pm
MON 11th	Exercises with Pen		Meditation with Pen		Piano Recital with Nat 		Bingo with Nat
TUES 12th	Movie Screening		King lake bus trip with Pen 		Armchair Travel with Nat		Beauty Therapy with Nat
WEDN 13th	Talking books		Sing along with Nat and Pen in LC		Painting with Nat 		Poetry reading with Pen
THURS 14th	Anglican Service with Pen 		Footy Tipping with Nat		Beauty Therapy with Nat		Quiz with Pen
FRI 15th	Hairdresser		Men's Group with Pen in HC		Sewing with Pen		Happy Hour with Pen 