



Fullarton Lutheran Homes Inc
**LEISURE & LIFESTYLE
PROGRAM**

The HONEY POT is open all week 1.30-4.00pm

Saturday 1st May 2021

- 12.45pm **Musical Afternoon** in Beltana with Michelle
2.45pm **Discussion and Music** in Jacaranda with Michelle
4.00pm **Violin Serenade** in the Chapel with Michelle
& Margot



Sunday 2nd May 2021

- 10.00am **Sunday Service** in the Chapel or on Channel 50
3.45pm **Out in the garden** in Beltana
5.30pm **Singing** in Beltana North
3.45pm **Sensory activities** in Jacaranda East with Stacey
5.30pm **Quiz** in Jacaranda West with Stacey

Monday 3rd May 2021

- 10.00am **Art@Beltana in Beltana**
- 10.00am **Flower arranging** in Jacaranda West with Feona
- 10.00am **Newspaper reading** in the Waratah Activity Area with Ida
- 10.00am **Newspaper reading, discussion & exercises** in Acacia west with Tara
- 10.30am **Chair Circuit & Tactile Balls** in Acacia or Jacaranda with the physio
- 11.00am **Yoga** in Waratah Up with Merran
- 1.30pm **Bingo** in Acacia East with Tara
- 1.45pm **Art & Craft** in the Waratah Activity Room with Ida
- 1.30pm **Cooking demonstration** in Jacaranda East with Feona and Stacey
- 2.00pm **Sing-a-long** in Beltana North
- 5.30pm **Games** in Beltana North
- 6.00pm **Reminiscence** in Jacaranda West with Stacey

Tuesday 4th May 2021

- 10.00am **Hobby Ladies** in Sunflower Court
- 10.00am **Sunflower Library**
- 10.00am **Indoor bowls** in the Chapel with Ida
- 10.15am **Flower Arranging** in Acacia West with Feona
- 10.00am **Bingo** in Beltana with Stacey
- 10.00am **Sing-a-long** in Jacaranda West
- 1.30pm **Kingston Choir** in the Chapel
- 5.30pm **Games** in Beltana
- 5.30pm **Ball games & Reminiscence** in Jacaranda East with Thushani

Wednesday 5th May 2021

- 10.00am **Tempting Taste Buds** in the Chapel
10.00am **Card Making** with Julie in Waratah Up
10.00am **Mobile Library** with Julie
10.15am **Shopping bus to Mitcham** - please contact Leony on 407 if you would like a place on the bus
1.30pm **Brain Teasers** in Acacia West
1.30pm **Chair yoga & tactile balls** in Banksia
1.30pm **Singing for Fun** in Kurrajong
1.30pm **Carpet Bowls** in Jacaranda West
1.30pm **Bingo & Cards** in Waratah activity area with Feona
1.30pm **Movement to music** in Beltana with Stacey
2.15pm **Cooking demonstration** in Beltana with Thushani & Stacey
5.30pm **Poetry or story telling** in Beltana

Thursday 6th May 2021

- 9.30am **Walking group** with Victoria - meet at Reception
10.00am **Newspaper reading & Exercise** in Beltana
10.00am **Newspaper reading & Exercise** in Jacaranda
10.30am **Exercise, Newspaper and discussion** in Acacia West with Katrina
10.45am **Kylates** in Waratah with Victoria
1.30pm **Out & About bus trip** – contact Leony on 407 if you would like to go out in the bus
1.30pm **Art & Craft** in Acacia West with Katrina
2.00pm **Bingo in Beltana North**
2.00pm **Bible Study** the Chapel
1.45pm **Cooking demonstration** in the Waratah Activity Area with Victoria
2.00pm **Picture Bingo** in Jacaranda West
5.30pm **Ball games** in Beltana with Thushani

Friday 7th May 2021

- 9.45am **Newspaper Reading** in the Waratah Activity Area with Ida
- 10.45am **Chair Circuit** in the Waratah Activity Area with the physio
- 10.30am **Sing His Praise** in The Chapel
- 1.30pm **Quiz and Exercises** in Jacaranda West
- 1.30pm **Cooking in Acacia West** with Katrina & Michelle
- 1.30pm **Quiz** in the Waratah Activity Area with Neve
- 2.00pm **Golf** in Beltana West in Beltana
- 3.00pm **Happy Hour** in Waratah
- 3.30pm **Garden walks** in Jacaranda east
- 5.30pm **Ball games** in Jacaranda with Thushani

Saturday 8th May 2021

- 1.45pm **Quiz and Discussion** in Jacaranda
- 3.15pm **Singing and Exercises** in Beltana

Sunday 9th May 2021

- 10.00am **Sunday Service** in the Chapel and Channel 50
- 3.45pm **Out in the garden** in Beltana
- 5.30pm **Singing** in Beltana North
- 4.30pm **Sensory activities** in Jacaranda East with Stacey
- 5.30pm **Quiz** in Jacaranda West with Stacey