



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

The HONEY POT is open all week 1.30-4.00pm

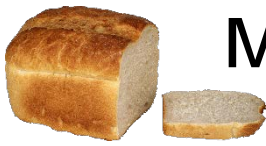
Saturday 17th July 2021

- 1.45pm **Quiz, music and discussion** in Jacaranda
3.15pm **Singing and Exercises** in Beltana



Sunday 18th July 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 19th July 2021

BREAD MAKING IN WARATAH

- 10.00am **Art@Beltana** in Beltana
- 10.00am **Flower arranging** in Jacaranda West with Feona
- 10.15am **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
- 1.45pm **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



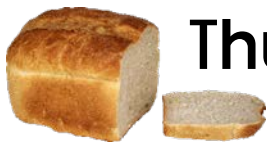
Tuesday 20th July 2021

BREAD MAKING IN BELTANA

- 9.00am **Beautician** in all areas
- 10.00am **Sunflower Library** with Julie
- 10.00am **Hobby Ladies** in Sunflower Court
- 10.00am **Indoor bowls** in the Chapel
- 10.15am **Flower Arranging** in Acacia West
- 10.00am **Bingo** in Beltana
- 10.00am **Sing-a-long** in Jacaranda West
- 1.30pm **Mary LePage's friend and colleague Peter Dean and some of her students will perform** in the Chapel
- 5.30pm **Games** in Beltana
- 5.30pm **Ball games & Reminiscence** in Jacaranda East with Thushani

Wednesday 21st July 2021

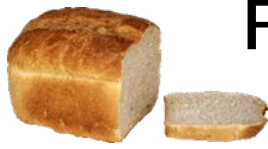
- 10.00am **Mobile Library** with Julie
- 10.15am **Shopping bus to Unley** - please contact Leony on 407 if you would like a place on the bus
- 12.00pm Birthday Lunch** in the Chapel
- 11.00am **Anglican Service** in Waratah Up
- 1.30pm **Brain Teasers** in Acacia West
- 1.30pm **Chair yoga & tactile balls** in Banksia
- 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 22nd July 2021

BREAD MAKING IN WARATAH

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



Friday 23rd July 2021

BREAD MAKING IN BELTANA

- 9.45am **Newspaper Reading** in the Waratah Activity Area
- 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 North in Beltana
- 2.30pm **Happy Hour** in Waratah Activity area
- 3.00pm **Men's Gathering** in the Chapel
- 3.30pm **Garden walks** in Jacaranda east
- 5.30pm **Ball games** in Jacaranda with Thushani

Saturday 24th July 2021

- 12.30pm **Musical Afternoon** in Beltana
- 2.45pm **Discussion and Music** in Jacaranda
- 4.00pm **Music** in Banksia

Sunday 25th July 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