



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

The HONEY POT is open 1.30-4.00pm except when we haven't got a volunteer
Some activities may be cancelled due to areas in lockdown

Saturday 24th September 2022

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



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Sunday 25th September 2022

- 10.00am **Sunday Service** – In-person attendance
Except where lockdowns are in place
Ch 50 telecast available
3.45pm **Walking group** in Jacaranda
3.45pm **Sensory activities** Beltana
5.30pm **Discussion group** in Jacaranda
5.30pm **Singing** in Beltana

Monday 26th September 2022

- 9.30am **Art Gallery of SA visit – Robert Wilson – Moving Portraits** - contact L&L if you would like to attend
- 10.00am **Newspaper reading** in the Waratah Activity Area
- 10.00am **Bingo** in Beltana
- 10.00am **Newspaper reading and exercises –**
Acacia West
- 10.30am **Flower arranging** in Jacaranda West
- 10.30am **Chair Circuit & Tactile Balls** in Jacaranda
with the physio
- 1.30pm **Bingo** in Acacia
- 1.30pm **Cooking demonstration** in Jacaranda East
- 1.45pm **Art & Craft** in the Waratah Activity Area
- 2.00pm **Sensory activities** in Beltana
- 2.00pm **Sing a long** in Jacaranda
- 5.00pm **Board Games** in Beltana North
- 6.00pm **Reminiscence** in Jacaranda East

Tuesday 27th September 2022

- 9.30am **Beautician** in all areas
- 10.00am **Indoor Bowls** in the Honey Pot
- 10.00am **Out in the garden/newspaper reading**
in Beltana
- 10.00am **Sing-a-long** in Jacaranda West
- 10.30am **Flower Arranging** in Acacia West
- 1.30pm **Indoor Bowls** in Beltana
- 1.30pm **Flower Arranging** in Jac East
- 1.30pm **Video Afternoon – The Dressmaker** in the Chapel
- 2.00pm **Flower Arranging** in Waratah Activity room
- 5.30pm **Word Games** in Beltana
- 5.30pm **Ball games & Reminiscence**
in Jacaranda East

Wednesday 28th September 2022

- 9.30am **Out in the garden** in Beltana
- 10.00am **Tempting Taste Buds** in the Chapel
- 10.00am **Mobile Library** with Julie
- 10.30am **Creative Activities** in Jacaranda east
- 1.30pm **Brain Teasers** in Acacia West
- 1.30pm **Chair yoga & tactile balls** in Banksia - physios
- 1.30pm **Carpet Bowls** in Jacaranda West
- 1.30pm **Bingo/Cards/Scrabble** in Waratah Activity Area
- 1.30pm **Movement to music** in Beltana
- 2.00pm **Cooking demonstration** in Beltana
- 5.30pm **Poetry & Story Telling** in Beltana

Thursday 29th September 2022

- 9.30am **Walking group** - meet at Reception
- 10.00am **Newspaper reading, discussion & exercises**
In Jacaranda West
- 10.30am **Newspaper reading & exercises** in Acacia West
- 10.45am **Kylates** in Waratah Activity Area
- 1.30pm **Cooking Demonstration** in Waratah
- 1.30pm **Out & About bus trip** –
Please contact the Lifestyle office on 407
If you would like to go on the bus trip
- 2.00pm **Bible Study** in the Chapel
- 2.00pm **Golf/Badminton** in Beltana North
- 2.00pm **Bingo** in Jacaranda West
- 5.30pm **Ball games** in Beltana
- 6.00pm **Creative Activities / reminiscence**
in Jacaranda East

Friday 30th September 2022

- 9.45am **Newspaper reading** - Waratah Activity Area
10.00am Walks in Jacaranda East
10.30am **Sing His Praise** in the Chapel
10.45am **Chair Circuit** - Waratah Activity – with physio
11.00am **Men's Group** in Protea
1.30pm **Quiz & Exercises** in Jacaranda West
1.30pm **Cooking** in Acacia West
2.00pm **Quiz** in the Waratah Activity Area
2.00pm **Quiz/newspaper reading** in Beltana
3.30pm **Garden Walks** in Jacaranda
5.30pm **Ball Games** in Jacaranda

Saturday 1st October 2022

- 1.00pm **Musical Afternoon** in Beltana
2.30pm **Music** in Jacaranda West
4.00pm **Quiz** in Banksia

Sunday 2nd October 2022

- 10.00am **Sunday Service** – In-person attendance
Except where lockdowns are in place
Ch 50 telecast available
3.45pm **Walking group** in Jacaranda
3.45pm **Sensory activities** Beltana
5.30pm **Discussion group** in Jacaranda
5.30pm **Singing** in Beltana