












# WELLBEING SOCIAL SUPPORT PROGRAM

## BEECROFT – MARCH 2025

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday  |
|--|--|--|--|---|--|---|
| <p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>  |  |    |  |   | 1  | 2   |
|  |  |  |  |   | 10am Ball Play (L1)<br><b>10.30am Tub Chair Massage</b><br>2pm Dessert Cart & Afternoon Movie<br>3.30pm Warm Snack (L1)  | Level1 Blue<br>Level2 Yellow<br>Level3 Orange<br>Level 4 Green                        |
| 3  | 4  | 5  | 6  | 7   | 8  | 9   |
| 10am Pet Therapy<br><b>10.30am Physiotherapy Exercise (L2)</b><br>1.30pm Bus Trip (L,2,3,4)<br>3pm Music & Warm Snack(L1)  | 10am Music Therapy (L1)<br><b>10.30am Entertainment (L2)</b><br>12pm Picnic on the Balcony<br>2pm Songs of Worship<br>2.30pm Hand Massage & Warm Snack (L1)              | 10am Music Therapy (L1)<br><b>10.30am Birthday Party</b><br>2pm Men's Carpet Ball<br>2.30pm Exercise & Warm Snack (L1)   | 10am jigsaw puzzle (L1)<br><b>10.30am Bus Trip (L1) &amp; Pain Clinic (L3)</b><br>2pm Afternoon Movie<br>2.30pm Exercise & Warm Snack (L1) | 10am Gardening (L3)<br><b>10.30am Floral Workshop</b><br>2pm Happy Hour & Concert Film<br>3.30pm Warm Snack (L1)  | <br>10am Music Therapy (L1)<br>10.30am Library Club<br>2pm Dessert Cart & Afternoon Movie<br>3.30pm Warm Snack (L1) |    |
| 10   | 11   | 12   | 13   | 14  | 15   | 16  |
| <br>10am Pet Therapy<br><b>10.30am Physiotherapy Exercise (L2)</b><br>1.30pm Bus Trip (L,2,3,4)<br>3pm Music & Warm Snack(L1) | 10am Exercise to Music (L1)<br><b>10.30am Entertainment (L2)</b><br>2pm Songs of Worship<br>2.30pm Hand Massage & Warm Snack (L1)  | <br>10am Music Therapy (L1)<br><b>10.30am Art / Craft (L2)</b><br>2pm Men's Carpet Ball<br>2.30pm Movie & Warm Snack (L1) | 10am Coloring (L1)<br><b>10.30am Bus Trip (L1) &amp; Pain Clinic (L3)</b><br>2pm Afternoon Movie<br>2.30pm Hand Massage & Warm Snack (L1)  | 10am Gardening (L3)<br><b>10.30am Walking Group</b><br>2pm Happy Hour & Concert Film<br>3.30pm Warm Snack (L1)  | 10am Ball Play (L1)<br><b>10.30am Tub Chair Massage</b><br>2pm Dessert Cart & Afternoon Movie<br>3.30pm Warm Snack (L1)  |  |
| 17   | 18   | 19   | 20   | 21  | 22   | 23  |
| <br>10am Pet Therapy<br>10.30am Physiotherapy Exercise (L2)<br>1.30pm Bus Trip (L,2,3,4)<br>3pm Music & Warm Snack(L1)       | 10am Music Therapy (L1)<br><b>10.30am Entertainment (L2)</b><br>2pm Songs of Worship<br>2.30pm Exercise & Warm Snack (L1)  | 10am Music Therapy (L1)<br><b>10.30am Art / Craft (L2)</b><br>2pm Men's Carpet Ball<br>2.30pm Exercise & Warm Snack (L1)   | 10am jigsaw puzzle (L1)<br><b>10.30am Bus Trip (L1) &amp; Pain Clinic (L3)</b><br>2pm Afternoon Movie<br>2.30pm Exercise & Warm Snack (L1) | <br>10am Gardening (L3)<br><b>10.30am High Tea (L2)</b><br>2pm Happy Hour & Concert Film<br>3.30pm Warm Snack (L1) | 10am Music Therapy (L1)<br>10.30am Library Club<br>2pm Dessert Cart & Afternoon Movie<br>3.30pm Warm Snack (L1)  |  |
| 24   | 25   | 26   | 27   | 28  | 29   | 30  |
| 10am Pet Therapy<br><b>10.30am Physiotherapy Exercise (L2)</b><br>1.30pm Bus Trip (L,2,3,4)<br>3pm Music & Warm Snack(L1)  | <br><b>10am Happy Travel to MEXICO</b><br>12pm Mexico Food<br>2pm Three Amigo (Movie) | 10am Music Therapy (L1)<br><b>10.30am Art / Craft (L2)</b><br>2pm Men's Carpet Ball<br>2.30pm Movie & Warm Snack (L1)  | 10am Coloring (L1)<br><b>10.30am Bus Trip (L1) &amp; Pain Clinic (L3)</b><br>2pm Afternoon Movie<br>2.30pm Hand Massage & Warm Snack (L1)  | 10am Gardening (L3)<br><b>10.30am Walking Group</b><br>2pm Happy Hour & Concert Film<br>3.30pm Warm Snack (L1)  | 10am Ball Play (L1)<br><b>10.30am Tub Chair Massage</b><br>2pm Dessert Cart & Afternoon Movie<br>3.30pm Warm Snack (L1)  |  |