

ACTIVITIES & EVENTS

Monday 12th May

10:00 am | -Morning Tea & Chat – Bistro Bar
11:00 am | – out & About
12:00pm | - Quiz Hour
2:30pm – Bingo
3:00pm | -Manicures & pamper time – Salon
4:00pm | - Montessori Life Skill Station.

Tuesday 13th May

10:00 am | - Morning Tea & Chat- Bistro Bar
11:00 am | – Reminiscence Box
12:00pm | -Chair Yoga
2:30pm | - LIVE MUSIC – Jade's 50s – 70s Medley
3:30pm | - It's a surprise!
4:00pm | - Baking Club

Wednesday 14th May

10:00 am | - Morning Coffee & Crossword Cafe -Bistro Bar
11:00 am | - Garden Music Hour
12:00pm | -Creative Painting
2:30pm – 5:00pm | - Musical Afternoon – Name that Tune & Singalong.

Thursday 15th May

10:00 am | - Morning Tea & Chat – Bistro Bar
11:00am | - Outdoor Watercolour Painting or Colouring
12:00pm | - Memory Stories
2:30pm – 5:00pm | - “Lets make some Park View Gin.

Friday 16th May

10:00am | - Morning Tea & Chat – Bistro Bar
11:00 am | - Armchair Travel - China
12:00 pm | - Table Games
12:45pm | - Captains Table Dinning Experience.
2:30pm | - LIVE MUSIC- Leo & his Guitar
3:30pm | - Book Club
4:30pm | - Reflection circle

Saturday 17th May

10:00 am | - Morning Tea & chat -Bistro Bar
11:00 am | - hand Massage & Music
12:00pm | - Movement to Music
2:30pm | -Gentleman's Club
3:00pm | - Grandstand/Sports Bar
4:00pm | - 1-2-1 chats

Sunday 18th May

10:00 am | -- Morning Coffee & crossword cafe – Bistro Bar
11:00 am | - Hymes & Reflection-
12:00pm | - Photography & Scrapbooking
2:30 pm | - Memory Stories
3:30pm | - Parliament in Session
4:30pm | - Garden Club



Our weekly programme has been curated to honour the mind, body and soul, embracing and stimulating positive physical and emotional wellbeing. Our programme comprises of highly innovative, evidence-based activities, following five components that ensure every day is lived well.

- **Mind and Memory** - stimulating the senses through a range of sensory cognitive activities.
- **New Learning** – incorporating the latest technology under tuition; VR headset, digital games and use of our tiny tablet.
- **Motivational Movement** – via these activities we aim to improve confidence, strengthen bones, muscles and the heart.
- **Art and Culture** – accessing all mediums including music, film, art and literature.
- **Signature Events** – special dates from our diary that are themed, yearly observances, seasonal and community events curated to embrace the sentiment of Park View.