
























LIFESTYLE WEEKLY PLANNER LODGE – WEEK COMMENCING 4th September – 10th September

TIME	Monday 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
0700-0900	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
0900	Fit 4 Life 	 Pinjarra Senior High School Student Visit 9am In the Main Lounge	Tai-chi 	SHOPPING Hairdresser  Fit 4 Life 	Fit 4 Life 	Outside Walks 	Outside Walks 
0930							
10:30	Thank you to All the Father's Morning & Sausage Sizzle 	Fit 4 Life  11am	11am Outing to Mandurah Senior Citizen Centre Lunch & Concert 	 Aged Care Games Practice	cooking  Walnut & Date Slice		Brain Power 
1200-1300	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:30	 Meditation 	Brain Power 		2PM High Tea 	2PM HAPPY HOUR  with Janines Boys	 Floor Games	 Pamper
1:45							
3:00	 Outside Walk  Room Visits	Outside Walk  3:30 Room Visits 	 Outside Walk  Room Visits	 Jarrah residents Outside Walk  Room Visits	 Outside Walk  Room Visits	 Outside Walk  Room Visits	
4:00							
4:30							
1730-1830	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
1830	Movie 	Movie 	Movie 	Movie 	Movie 	Movie 	Movie 

PROGRAM SUBJECT TO CHANGE

