



August 2026

Waterford

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 9.40am Chair aerobics 10.15am Discussion - What's on for this week? 11.00am Quiz 2.00pm Bingo 3.00pm Dance it out				1 10:15am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	2 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk	
3 9.40am Chair aerobics 10.15am Discussion - What's on for this week? 11.00am Quiz 2.00pm Bingo 3.00pm Dance it out	4 9.40am Chair aerobics 10:15am Morning connection 10.45 am Anglican service L4 Art & craft for father's day 2.00pm Guys and dolls musical movie 3.00pm Busv bee	5 9.40am Chair aerobics 10:15am Morning connection 11.00am Sing along/dancing 2.00pm Pampering parlour 3.00pm Doll therapy	6 9.40am Chair aerobics 10.15am Morning connection 11.00am Reminiscing 2.00pm Cooking: make your own yoghurt dessert 3.00pm Sing along	7 Aged Care Employee Day 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo Orthodox service L4 1.45pm Friday social Matt Price L4	8 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	9 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk
10 9.40am Chair aerobics 10.15am Discussion - What's on for this week? 11.00am Quiz 2.00pm Bingo 3.00pm Dance it out	11 Books on Wheels 9.40am Chair aerobics 10:15am Morning connection 10.45 am Yoga L4 Colouring 2.00pm MR Bean's movie Sewing & knitting L4 3.00pm Busy bee	12 9.40am Chair aerobics 10.15am Morning connection 11.00am Music appreciation Catholic service L4 2.00pm Animal farm 3.00pm Doll therapy	13 9.40am Chair aerobics 10.15am Morning connection 11.00am Flower arranging Sensory 2.00pm Floor games 3:00 pm Sing along	14 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social L4	15 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	16 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk



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17 9:40am Chair aerobics 10:15am Discussion - What's on this week? 10:45am Math quiz 2:00pm Bingo 3:00pm Dance it out	18 9:40am Chair aerobics 10:15am Discussion 10:45am Yoga L4 Painting 2:00pm Sing: Thriller (movie) Men's Club 3:00pm Busy bee	19 Bus Outing 9.40am Chair aerobics 10:15am Discussion 11.00am Sing along/dancing 2.00pm Bingo 3.00pm Doll therapy	20 9.40am Chair aerobics 10.15am Discussion 10.30am Residents & representatives meeting 11.00am Flower arranging 2.00pm Cooking; cheese Biscuits 3.00pm Sing along	21 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social JanieO L4	22 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	23 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk
24 9:40am Chair aerobics 10:15am Discussion - What's on this week? 10:45am Math quiz 2:00pm Bingo 3:00pm Dance it out	25 Books on Wheels 9:40am Chair aerobics 10:15am Discussion 10:45am Art & craft for father day 2.00pm Mother & son (TV Show) Sewing & knittingL4 3.00pm Busy bee	26 9.40am Chair aerobics 10:15am Discussion 11.00am Sing along/dancing 2.00pm Pampering parlour Individual visit 3.00pm Doll therapy	27 9.40am Chair aerobics 10.15am Discussion 11.00am Table games Ballet4wellbeing 2.00pm Gardening 3.00pm Sing along Violin & piano concert (reception)	28 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social & birthday party L4 	29 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	30 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk