

St Louis Nursing Home Social Program July 2026

This program is flexible and may change. Outings may be cancelled due to inclement weather.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 AM Individual Support Beautician AM Teamific Wheel of Fortune 2.30pm Art & Craft	2 AM Individual Program 10.30am Pilates Class 2.30pm Whiteboard Games	3 AM Individual Support Program Bus Trip 2.30pm Karaoke	4 AM Free Time 2.30pm Movie: "Dumplin" & Games	5 AM ABC TV Songs of Praise 2.30pm Chair Exercise & Games
6 AM Individual Support Program Hairdresser 2.30pm Church Service	7 AM Individual Support Library Hairdresser 2.30pm Pilates Class	8 AM Individual Support Program 2.30pm Men's Group with Grant & Movie	9 AM Individual Support Program 10.30am Pilates Class 2.30pm Bingo	10 AM Individual Support Program Bus Trip 2.30pm Happy Hour & Games	11 AM Free Time 2.30pm Movie: "Sweet As" & Games	12 AM ABC TV Songs of Praise 2.30pm Chair Exercise & Games
13 AM Individual Support Program Hairdresser 2.30pm Bingo	14 AM Individual Support Program Hairdresser 2.30pm Pilates Class	15 AM Individual Support Program Beautician AM Teamific Quiz 2.15pm Caring Choir	16 AM Individual Support 10.30am Pilates Class 2.30pm Xmas in July Culture Day/PJ Foundation	17 AM Individual Support Program Bus Trip 2.30pm Golf	18 AM Free Time 2.30pm Movie: "The Thursday Murder Club" & Games	19 AM ABC TV Songs of Praise 2.30pm Chair Exercise & Games
20 AM Individual Support Program Hairdresser 2.30pm Bingo	21 AM Individual Support Program Hairdresser 2.30pm Pilates Class	22 AM Individual Support Program 2.30pm Church Service	23 AM Individual Support Program 10.30am Pilates Class 2.30pm Cooking with our Chef	24 AM Individual Support Program Bus Trip 2.30pm Consumer Advisory Meeting	25 AM Free Time 2.30pm Movie: "Catch Me If You Can" & Games	26 AM ABC TV Songs of Praise 2.30pm Chair Exercise & Games
27 AM Individual Support Program Hairdresser 2.30pm Bingo	28 AM Individual Support Program Hairdresser 2.30pm Pilates Class	29 AM Individual Support Program Beautician 2.30pm Men's Group with Grant & Movie	30 AM Individual Support Program 10.30am Pilates Class 2.30pm Canvas Painting	31 AM Individual Support Program Bus Trip 2.30pm Bean Bag Games		

Individual Support Program activities include - Cognitive Skills • Life Skills • Movement • Sensory • Music • Art • Socialisation