St Louis Nursing Home Social Program **November 2026**

St Louis Nursing Home

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 AM **Individual Support Program** **Hairdresser** 2.30pm **Bingo**						**1** AM **ABC TV Songs of Praise** 2.30pm **Chair Exercise Class**
2 AM **Individual Support Program** **Hairdresser** 2.30pm **Church Service**	**3** **Melbourne Cup** AM **Individual Support** **Glenunga School Visit** **Hairdresser** 2.30pm **Pilates Class**	**4** AM **Individual Support Program** 10.30am **Teamific Quiz** **Beautician** 2.30pm **Art Therapy**	**5** AM **Individual Support Program** 10.30am **Yoga Class** 2.00pm **St Raph's STEM visit**	**6** AM **Individual Support Program** **Bus Trip** 2.30pm **Bingo**	**7** AM **Free Time** 2.30pm **Movie: "Sinatra: All or Nothing at All"**	**8** AM **ABC TV Songs of Praise** 2.30pm **Chair Exercise Class**
9 AM **Individual Support** **Hairdresser** **Diwali Festival Meal** 1.30pm **St Raph's Year 2 Visit**	**10** AM **Individual Support Program** **Hairdresser** 2.30pm **Pilates Class**	**11** **Remembrance Day** AM **Individual Support Program** 2.30pm **Games with Grant**	**12** AM **Individual Support Program** 10.30am **Yoga Class** 2.30pm **Art Therapy Class**	**13** AM **Individual Support Program** **Bus Trip** 2.30pm **Happy Hour & Games**	**14** AM **Free Time** 2.30pm **Movie: "My Fair Lady"**	**15** AM **ABC TV Songs of Praise** 2.30pm **Chair Exercise Class**
16 AM **Individual Support Program** **Hairdresser** 2.30pm **Bingo**	**17** AM **Individual Support Program** 2.30pm **Pilates Class**	**18** AM **Individual Support Program** **Wheel of Fortune** **Beautician** 2.30pm **Art Therapy**	**19** AM **Individual Support Program** 10.30am **Yoga Class** **French Culture Day**	**20** AM **Individual Support Program** **Bus Trip** 2.30pm **Christmas Decorations**	**21** AM **Free Time** 2.30pm **Movie: "A Walk in the Woods"**	**22** AM **ABC TV Songs of Praise** 2.30pm **Chair Exercise Class**
23 AM **Individual Support Program** **Hairdresser** 2.30pm **Bingo**	**24** AM **Individual Support** **Hairdresser** **Library** 2.30pm **Pilates Class**	**25** AM **Individual Support Program** 2.30pm **Art Therapy Class**	**26** AM **Individual Support Program** 10.30am **Yoga Class** 2.30pm **Cooking Class with Chef**	**27** AM **Individual Support Program** **Bus Trip** 2.30pm **Consumer Advisory Meeting**	**28** AM **Free Time** 2.30pm **Movie: "Fidler on the Roof"**	**29** AM **ABC TV Songs of Praise** 2.30pm **Chair Exercise Class**

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