

St Louis Nursing Home Social Program October 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 Program 10.30am Pilates Class 3.45pm Bingo with Walford girls	2 AM Individual Support Program Bus Trip 2.30pm Bowling	3 AM Free Time 2.30pm Movie: "Julie & Julia"	4 AM ABC TV Songs of Praise 2.30pm Chair Exercise Class
5 Labour Day Holiday 2.45pm Church Service	6 AM Individual Support Program Hairdresser 2.30pm Pilates Class	7 AM Individual Support Program 10.30am Teamific Quiz Beautician 2.30pm Art Therapy	8 AM Individual Support Program 10.30am Yoga Class 3.45pm Bingo with Walford girls	9 AM Individual Support Program Bus Trip 2.30pm Happy Hour & Games	10 AM Free Time 2.30pm Movie: "9 to 5"	11 AM ABC TV Songs of Praise 2.30pm Chair Exercise Class
12 AM Individual Support Program Hairdresser 2.30pm Bingo	13 AM Individual Support Program Hairdresser 2.30pm Pilates Class	14 AM Individual Support Program 10.00am Tai Chi 2.30pm Art Therapy	15 AM Individual Support Program 10.30am Yoga Class 3.45pm Bingo with Walford girls	16 AM Individual Support Program Bus Trip 2.30pm Target Practice	17 AM Free Time 2.30pm Movie: "The Children's Train"	18 AM ABC TV Songs of Praise 2.30pm Chair Exercise Class
19 AM Individual Support Program Hairdresser 2.30pm Bingo	20 AM Individual Support Program Hairdresser 2.30pm Pilates Class	21 AM Individual Support Program 10.30am Teamific Quiz Beautician 2.30pm Art Therapy	22 AM Individual Support Program 10.30am Yoga Class 3.45pm Bingo with Walford girls	23 AM Individual Support Program Bus Trip 2.30pm Consumer Advisory Meeting	24 AM Free Time 2.30pm Movie: "Footloose"	25 AM ABC TV Songs of Praise 2.30pm Chair Exercise Class
26 AM Individual Support Program Hairdresser 2.30pm Bingo	27 AM Individual Support Program Hairdresser Library 2.30pm Pilates Class	28 AM Individual Support Program 10.00am Tai Chi 2.30pm Church Service	29 AM Individual Support Program 10.30am Yoga Class 2.30pm Art Therapy	30 AM Individual Support Program Bus Trip 2.30pm Golf	31 AM Free Time 2.30pm Movie: "Marty Life is Short"	

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