

St Louis Nursing Home Social Program September 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 Hairdresser Library 2.30pm Pilates Class	2 AM Individual Support Program 1.30pm Food focus meeting 2.30pm Art & Craft Games with Grant	3 AM Individual Support Program 10.30am Pilates Class 2.30pm Bowling	4 AM Individual Support Program Bus Trip 2.30pm Karaoke	5 AM Free Time 2.30pm Movie: "It's Complicated"	6 AM ABC TV Songs of Praise 2.30pm Chair Exercise & Games
7 AM Individual Support Program Hairdresser 2.30pm Church Service	8 AM Individual Support Program Hairdresser 2.30pm Pilates Class	9 AM Individual Support Program 2.30pm Teamific Quiz Beautyician 2.30pm Bingo	10 AM Individual Support Program 10.30am Pilates Class 2.30pm Canvas Painting	11 AM Individual Support Program Bus Trip 2.30pm Happy Hour & Games	12 AM Free Time 2.30pm Movie: "Dunkirk"	13 AM ABC TV Songs of Praise 2.30pm Chair Exercise & Games
14 AM Individual Support Program Hairdresser 2.30pm Bingo	15 AM Individual Support Program Hairdresser 2.30pm Pilates Class	16 AM Individual Support Program 9.30pm Tai Chi 2.00pm Art Therapy	17 AM Individual Support Program 10.30am Pilates Class 2.30pm French Culture Day	18 AM Individual Support Program Bus Trip 2.30pm Golf	19 AM Free Time 2.30pm Movie: "Sleepless in Seattle"	20 AM ABC TV Songs of Praise 2.30pm Chair Exercise & Games
21 AM Individual Support Program Hairdresser 2.30pm Bingo	22 AM Individual Support Program Hairdresser 2.30pm Pilates Class	23 AM Individual Support Program Wheel of Fortune Beautyician 2.30pm Church Service & Games with Grant	24 AM Individual Support Program 10.30am Pilates Class 2.30pm Cooking Class with Chef	25 AM Individual Support Program Bus Trip 2.30pm Consumer Advisory Meeting	26 AM Free Time 2.30pm Movie: "The Nutty Professor"	27 AM ABC TV Songs of Praise 2.30pm Chair Exercise & Games
28 AM Individual Support Program Hairdresser 2.30pm Bingo	29 AM Individual Support Program Hairdresser 2.30pm Pilates Class	30 AM Individual Support Program 9.30pm Tai Chi 2.30pm Bowl & plate painting				

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