





MARCH program Hunters Hill

MON	TUES	WED 1 st	THUR 2 nd	FRI 3 rd
		10.00 Morning Tea 10.30 Chair Yoga 11.30 Let's bake Hamantashen 12.00 Lunch Served 1.00 Craft - Create Masks for Purim 	10.00 Morning tea 10.30 Tai Chi with Danny 11.30 Purim - Discussion with Glynis 12.00 Lunch served 1.00 Chopin Life & Music with Cecilia ----- > Hydrotherapy > Massage Therapy	10.00 Morning tea 10.30 Outing 12.00 Lunch served 12.45 Guest Speaker - Norm's Presentation  ----- > Hydrotherapy > Art Therapy
MON 6 th	TUES 7 th	WED 8 th	THUR 9 th	FRI 10 th
No client program.	PURIM Centres Combined in Randwick 	10.00 Morning tea 10.30 Exercise to improve your balance. 11.30 Burger Buddies: Singalong Group 12.00 Lunch served. 1.00 Quoits International Women's Day	10.00 Morning tea 10.30 Tai Chi with Danny 11.30 Rabbi's Shiur - Talk 12.00 Lunch served. 1.00 Famous Jewish European Women ----- > Hydrotherapy > Self-Serve Jigsaw, Cards, Rummy	10.00 Morning tea 10.30 Chair yoga 11.30 March: Let's explore this month in History! 12.00 Lunch Served 1.00 Bridge & Board Games ----- > Hydrotherapy > Massage Therapy Self-Serve Jigsaw, Cards, Rummy
MON 13 th	TUES 14 th	WED 15 th	THUR 16 th	FRI 17 th
No client program.	10.00 Morning tea 10.30 Movement Music and Dancing 11.30 Group Discussion about the important women in our lives! Bring a picture of an important woman in your life. 12.00 Lunch served 1.00 Women's Fashion Hats through History	10.00 Morning tea 10.30 Exercise to improve your balance. 12.00 Lunch served 1.00 Let's explore the life and art of Vincent Van Gogh 	10.00 Morning tea 10.30 Tai Chi with Danny 11.30 Traditional Jewish Trivia 12.00 Lunch served 1.00 Concert Celebrating Women! ----- > Hydrotherapy > Massage Therapy	10.00 Morning tea in the Courtyard 10.30 Exercise to improve your balance 11.30 Let's explore the life and art of Vincent Van Gogh 12.00 Lunch served. 1.00 Bingo! ----- > Hydrotherapy > Art Therapy

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MON 20 th	TUES 21 st	WED 22 nd	THUR 23 rd	FRI 24 th
No client program.	<p>10.00 Morning tea 10.30 Art Therapy 12.00 Lunch served 1.00 Harmony Day Multicultural stories</p> <hr/> <p>➤ Hydrotherapy ➤ Massage Therapy</p>	<p>10.00 Morning tea 10.30 Exercise: Stretch & Strengthen 11.00 Burger Buddies: Singalong Group 12.00 Lunch served. 1.00 Treasure Hunt</p> <hr/>	<p>10.00 Morning tea 10.30 Tai Chi with Danny 11.30 Yehudi Menuhim Plays Beethoven violin Concerto. 12.00 Lunch served. 1.00 Famous faces born in March.</p> <hr/> <p>➤ Hydrotherapy</p>	<p>10.00 Morning tea 10.30 Walking Group: Through the gardens 11.30 Remembering... 12.00 Lunch served 1.00 Words in a word – How many words can you make?</p> <hr/> <p>➤ Hydrotherapy ➤ Massage Therapy</p>
	<p>MON 27th</p>	<p>TUES 28th</p>	<p>WED 29th</p>	<p>THUR 30th</p>
No client program.	<p>10.00 Morning tea 10.30 Movement Music and Dancing 11.30 Group Discussion with Glynis about each origin of your name 12.30 Lunch served. 1.00 Discover where the best Autumn Leaves are in Australia</p> <hr/> <p>➤ Hydrotherapy ➤ Massage Therapy</p>	<p>10.00 Morning tea in the Courtyard 10.30 Tai Chi Exercise 11.00 Word Games 12.00 Lunch served. 1.00 Charades</p>	<p>10.00 Morning tea 10.30 Tai Chi with Danny 11.30 Rabbi's Shiur Demonstration Passover Seder 12.00 Lunch served 1.00 Marc Chagall – Early Russian-French modernist artist</p> <hr/> <p>➤ Hydrotherapy ➤ Massage Therapy</p>	<p>10.00 Morning tea 10.30 Exercise to build your strength. 11.30 What's in a name?? 12.00 Lunch served. 1.00 Scrabble – How many words can you make?</p> <hr/> <p>➤ Hydrotherapy ➤ Art Therapy</p>