




March program *Randwick*

MON	TUES	WED 1	THUR 2	FRI 3
		<p>Russian Group</p> <p>10.30 Morning tea. 11.00 Dance class. 11.30 Sing a long Karaoke. 12.30 Lunch served. 13.15 Quiz mental stimulation games, chess, domino, snooker. 14.00 Buses depart</p>	<p>10.30 Morning tea. 11.15 Choice of: -Art therapy -Dancewise -Medici TV Music 12.30 Lunch served. 13.15 Word games, quiz, board games. 14.00 Buses depart</p>	<p>Carer's Respite Program</p> <p>Individualized programs Russian Group 10.30 Morning tea. 11.00 Special fitness Aromatherapy. 11.30 M by Monte Movie – Russian special 13.15 Shabbat lunch with discussion. 14.00 Buses depart</p>
MON 6	TUES 7	WED 8	THUR 9	FRI 10
<p>Carer's Respite Program</p> <p>10.30 Morning tea. 11.00 Dancewise . 11.30 Flower arrangement. 12.30 Lunch served. 13.15 Exploring Identity through costume. 14.00 Buses depart.</p>	<p>PURIM special event</p> <p>Flamenco Music and Dance Theme. 11.15 Performance Los Carmonas Flamenco . 12.15 Spanish inspired lunch. 13.00 David from Pearls & Sapphires performance. 14.00 Buses depart</p>	<p>Russian Group</p> <p>10.30 Morning tea. 11.00 Stretch and Strengthen. 11.30 International Women's Day. 12.30 Lunch served. 13.15 Quiz mental stimulation games chess, domino, snooker. 14.00 Buses depart</p>	<p>10.30 Morning Tea. 11.00 Chair yoga or Dancewise. 11.30 Emanuel Kindergarten 12.30 Lunch served. 13.15 International Women's Day Guest speaker: Ruth Pasi. 14.00 Buses depart.</p>	<p>Carer's Respite Program</p> <p>10.30 Morning tea. 11.00 Visit by Moriah Preschool Kabbalat Shabbat. Russian Group Choice of: 11.30 Around the World with Tea Walking group. 13.15 Shabbat lunch with discussion. 14.00 Buses depart</p>
MON 13	TUES 14	WED 15	THUR 16	FRI 17
<p>Carer's Respite Program</p> <p>10.30 Morning tea. 11.00 Dancewise . 11.30 Time slips story telling with photos. 12.30 Lunch served. 13.15 Bubble art on balcony. 14.00 Buses depart.</p> 	<p>10.30 Morning Tea. 11.00 Choice of: -Tai Chi. - Dancewise - Outing to: Walking group to Coogee beach. 11.30 John Russel The Australian Impressionist Painter. 12.15 Lunch Served. 13.00 Performance by Geoff Toffler & Raoul. 14.00 Buses depart.</p>	<p>Russian Group</p> <p>10.30 Morning Tea. 11.00 Dance and move. Choice of: 11.30 Most lavish parties of the world Poetry Club. 12.30 Lunch served. 13.15 Bingo with prizes/games. 14.00 Buses depart.</p>	<p>10.30 Morning Tea. 11.15 Choice of: -Chair yoga -Australian Ballet 60th Anniversary Outing to Chau Chak Museum with lunch (Bookings Essential). 12.30 Lunch Served 13.15 Who Am I, Famous people in March. 14.00 Buses depart</p>	<p>Carer's Respite Program</p> <p>10.30 Morning Tea. 11.15 M by Monte screening "The Beatles: A Hard Day's Night" Russian Group 10.30 Morning tea Outing to 11.00 McKell park Darling Point with picnic lunch. 14.00 Buses depart</p>

Every day individual leisure opportunities are available for your enjoyment.

- Games room including snooker, chess, dominoes, and cards.
- Gardening.
- Art room and library.

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MON 20	TUES 21	WED 22	THUR 23	FRI 24
<p>Carer's Respite Program</p> <p>10.30 Morning Tea. 11.00 Dancewise. 11.30 Who am I - the joy of jigsaw. 12.30 Lunch served. 13.15 Memory tray and massage therapy. 14.00 Buses depart.</p> 	<p>10.30 Morning Tea. 11.15 Choice of: -Tai Chi. - Outing to: Walking group to Bondi Beach 11.30 "In the Beginning was the Word" Norm Lurie. 12.30 Lunch served. 13.15 Visit by Emanuel Primary school students Word Games, Quiz, 14.00 Buses depart</p>	<p>Russian Group</p> <p>10.30 Morning Tea. 11.00 Movement class. 11.30 'Forgotten Sydney' presentation. 12.30 Lunch served. 13.15 Ladies' corner - fashion talk. Men's corner - domino, pool, chess. 14.00 Buses depart</p> 	<p>10.30 Morning Tea 11.15 Choice of: -Art therapy. - IT Training - Outing to: Putting group to Randwick golf course. 12.30 Lunch Served. 13.15 Classical Music Series with Beverley Burlakov. 14.00 Buses depart.</p> 	<p>Carer's Respite Program</p> <p>10.30 Morning Tea Outing to Watson's Bay - fish n chips. Russian Group 10.30 Morning Tea. 11.00 Special fitness. 11.30 Pushkin Museum Virtual tour. 13.00 Shabbat lunch. Walk n Talk on the Balcony. 14.00 Buses depart</p>
MON 27	TUES 28	WED 29	THUR 30	FRI 31
<p>Carer's Respite Program</p> <p>10.30 Morning tea. 11.00 Dancewise. 11.30 Stained glassart. 12.30 Lunch served. 13.15 Memory game Annabelle Crabbs "Back in Time." 14.00 Buses depart.</p>	<p>Greek Odyssey Day 10.30 Morning Tea. 11.00 Tai Chi. 11.30 Virtual travel to Greece. 12.30 Greek inspired lunch. 13.15 Greek Celebration. 14.00 Buses depart.</p>	<p>Russian Group</p> <p>10.30 Morning Tea 11.00 Movement class 11.30 Virtual travel Port Stephens 12.15 Lunch served. 13.15 Quiz/word games/boardgames. 14.00 Buses depart</p>	<p>10.30 Morning Tea. 11.00 Chair yoga/ Dancewise. 11.30 Performance by Nicolai on violin. 12.30 Lunch served. 13.15 Wordle, Quiz, Word games. 14.00 Buses depart</p>	<p>Carer's Respite Program</p> <p>10.30 Morning Tea. 11.00 Ukulele Performance. Russian Group 10.30 Morning Tea. 11.00 Fitness class 11.30 March History. 13.00 Shabbat Lunch. Games on balcony. 14.00 Buses depart</p>

Program may be subject to change due to unforeseen circumstances.