














MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> Easter Monday <b>APRIL FOOLS DAY</b> 1000 Room Visit 1030 Coffee & News 1100 Exercise Group 130 Drumming 300 Music with Lucy 300 Movie	<b>2</b> 1000 Room Visit 1030 Coffee & News 1100 Active Fitness 1130 Physio Wellness Program 1130 Word Game 130 Choir 130 Walking Group 300 Art Project 300 CHEER	<b>3</b> 0930 Hairdressing Service 1000 Room Visits 1030 Coffee & News 1030 Poetry 1100 Hoy 130 ART THERAPY w Carmela 130 OAK Bus Trip 300 Meditation 330 ArmChair Travel – Earth Relaxation	<b>4</b> 1030 Coffee & News 1030 POETRY RECITALS 1100 Fun & Fitness 130 Bus Trip – Ostrich Farm \$15 130 Andre Rieu in Theatre 130 Paper Craft 300 Dice Games 330 Walking Group	<b>5</b> 1000 Room Visits 1030 Coffee & News 1100 Drumming 130 Bingo 300 Happy Hour 	<b>6</b> <b>Coffee &amp; Newspapers available in the Lounge</b> 100 Hoy 215 Gillians Yes / No JACKPOT Afternoon Movie in Theatre	<b>7</b> <b>Coffee &amp; Newspapers available in the Lounge</b> 1130 Songs of Praise (Theatre Channel 2) 100 Bingo Afternoon Movie in Theatre 
<b>8</b> Don Fisher Entertainment 1000 Room Visits 1030 Coffee & News 1100 Exercise Group 1130 Tai Chi / Meditation 130 Don Fisher Ent 300 Walking Group 300 Movie	<b>9</b> 1000 Room Visit 1015 Lucy on Piano 1030 Coffee & News 1100 Active Fitness 1130 Physio Wellness Program 200 Music with Lucy 230 Afternoon Tea together 300 Carpet Bowls 300 Art Project	<b>10</b> 0930 Hairdressing Service 1000 Room Visits 1030 SMILEY DENTAL PRESENTATION 130 Bus Trip – The Maze 130 Craft Group 300 Meditation 330 ArmChair Travel – Earth Relaxation	<b>11</b> Resident Community Meeting 1000 Room Visits 1000 Morning Bus Trip 1030 Coffee & News 1100 Active Exercise 130 MURAL ART WORK 130 Redient Community Meeting 230 SMALL Reading Group 300 Carpet Bowls	<b>12</b> 1000 Room Visits 1030 Coffee & News 1100 Drumming 100 Bus Trip – Beach Painting 130 Bingo 300 Happy Hour 400 MUSIC in theatre	<b>13</b> <b>Coffee &amp; Newspapers available in the Lounge</b> 100 Bingo 215 Manicures Afternoon Movie in Theatre 	<b>14</b> <b>Coffee &amp; Newspapers available in the Lounge</b> 1130 Songs of Praise (Theatre Channel 2) 100 Hoy Afternoon Movie in Theatre
<b>15</b> 1000 Room Visit 1030 Coffee & News 1100 Exercise Group 1130 Tai Chi / Meditation 130 Craft Group 300 Drumming 300 Movie 	<b>16</b> 1000 Room Visits 1030 Coffee & News 1100 Active Fitness 1130 Physio Wellness Program 1130 Word Game 130 CHOIR 130 Walking Group 300 Art Project 300 CHEER 	<b>17</b> 0930 Hairdressing Service 1000 Room Visits 1030 Coffee & News 1030 On This Day 1100 Hoy 130 ART THERAPY w Carmela 300 Meditation 330 ArmChair Travel – Earth Relaxation	<b>18</b> 1000 BUNNINGS Trip 1030 Coffee & News 1100 Fun & Fitness 130 Consumer Meeting 230 Afternoon Tea Together 300 Shuffleboard 300 Walking Group	<b>19</b> International Childrens Book Day 1000 Room Visits 1030 Coffee & News 1100 Drumming 1200 BOOK WEEK LUNCHEON 130 Bingo 300 Happy Hour 400 MUSIC in theatre	<b>20</b> <b>Coffee &amp; Newspapers available in the Lounge</b> 100 Sing Along 215 Gillians Yes / No JACKPOT Afternoon Movie in Theatre	<b>21</b> <b>Coffee &amp; Newspapers available in the Lounge</b> 1130 Songs of Praise (Theatre Channel 2) 100 Bingo 230 Manicures Afternoon Movie in Theatre 
<b>22</b> National Karaoke Week 1000 Room Visits 1030 Coffee & News 1100 Fun & Fitness 1130 Tai Chi / Meditation 130 Painting Group 300 PANTOMIME PRACTICE 300 Walking Group	<b>23</b> 1000 Room Visit 1015 Lucy On Piano 1030 Coffee & News 1100 Active Fitness 1130 Physio Wellness Program 1130 Word Game 130 Choir 130 Walking Group 215 MENS MARBLES Comp 300 Art Project 300 CHEER	<b>24</b> Orthodox Easter 0930 Hairdressing Service 1000 Room Visits 1030 FUNNY FACTS 1100 Hoy 1200 Toast Your Own Sandwiches 130 Ron Sudden Entertainer 300 Meditation 330 ArmChair Travel – Earth Relaxation	<b>25</b> ANZAC Day <b>ANZAC DAY PUBLIC HOLIDAY</b> 1030 Coffee & News 1100 Fun & Fitness 130 Andre Rieu in Theatre 130 Colouring Group 230 Small Reading Group 300 Balloon Tennis 300 Movie In Theatre	<b>26</b> 1000 Room Visits 1030 Coffee & News 1100 Drumming 130 Bingo 300 Happy Hour 400 MUSIC in theatre 	<b>27</b> <b>Coffee &amp; Newspapers available in the Lounge</b> 100 Bingo 215 Manicures Afternoon Movie in Theatre	<b>28</b> <b>Coffee &amp; Newspapers available in the Lounge</b> 1015 Church Service 1130 Songs of Praise (Theatre Channel 2) 100 Hoy Afternoon Movie in Theatre 
<b>29</b> 1000 Room Visits 1030 Coffee & News 1100 Fun & Fitness 1130 Tai Chi / Meditation 130 GAME SHOW – Family Feud 300 Drumming 300 Movie 	<b>30</b> 1000 Room Visit 1030 Coffee & News 1100 Active Fitness 1130 Physio Wellness Program 1130 Word Game 130 Choir 130 Walking Group 230 BIRTHDAY CELEBRATIONS 300 Art Project 300 CHEER 					





Ocean Mist are always looking for Volunteers to share their skills with the residents. If you can or know of anyone that may be interested in things such as:

- 1:1 chat
- Pastoral Care
- Gardening
- Reading
- Pet Therapy
- Painting
- Music
- Cooking etc.

## COMING UP

- ANZAC Service
- Book Week Costume Luncheon
- Marbles
- Pastoral Care
- Bus Trips

## EVERY MONTH

- Hairdressing – Wednesdays
- Happy Hour Fridays
- Drumming

## A LOOK BACK



**Denim for Dementia** - A big thank you goes out to Consumers, Staff and Families who helped us raise awareness and \$255 towards Dementia Research and a Cure.



**Art Therapy** - Art Therapy is conducted by Carmela every fortnight, this group offers those Consumers who choose to attend the opportunity to help them interpret, express and resolve their emotions and thoughts through art.

**BABY SHOWER** - Ocean Mist celebrated the upcoming births of 2 of our nurses – Maninder and Sundeep. Good luck girls.



**A day in Oak** - Oak Residents enjoy working with Neline and Lucy on floral works, making colourful bees to decorate the walls, exercise, drumming and flower arranging.



**INTERNATIONAL WOMEN'S DAY**  
The Ladies of Ocean Mist celebrated together with our guest speaker Helen Bircher. The Ladies had the opportunity to enjoy an afternoon tea and a Glamour Photo Shoot. International Women's Day is celebrated annually, it is a global celebration of social, cultural, economic and political achievements of women. The day also marks a call to action for accelerating women's equality.



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Please understand that if the need arises the calendar may be subject to change.