



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 APRIL FOOLS DAY 10:00 Room Visit 10:15 On This Day 10:30 Coffee & News 11:00 Active Fitness 11:30 Physio Wellness Program 11:30 Word Game 1:30 Choir 1:30 Arm Chair Travel-Canada 3:00 Pancakes In Lounge	2 08:00 Hot Breakfast 09:30 Hairdressing Service 10:00 Room Visits 10:30 Coffee & News 10:30 Visit from Linda Smylie Dental Presentation 1:30 Hoy 3:00 Musical in theatre 3:00 POOL	3 10:00 Room Visits 10:15 Poetry Reading 10:30 Coffee & News 11:00 Fun & Fitness 11:30 Standing Exercise 11:45 Outdoor Walking 1:00 TIM Sings 1:30 Geelong Ballroom Dancers 2:30 Andre Rieu in Theatre 3:00 Garden Group (outdoors) 3:00 Football Tipping	4 10:00 Room Visits 10:30 Coffee & News 11:00 Drumming 1:30 Bingo 3:00 Happy Hour (outdoor) 4:00 MUSIC in Lounge	5 Coffee & Newspapers available in the Lounge 11:30 Exercise 1:00 Hoy 2:15 Gillians Yes / No JACKPOT or a Word Game Afternoon Movie in Theatre	6 Coffee & Newspapers available in the Lounge 11:30 Songs of Praise (Theatre Channel 2) 11:30 Exercise 1:00-2:00 Bingo 2:00 Outdoor Walking Afternoon Movie in Theatre
7 10:00 Room Visits 10:30 Coffee & News 11:00 Exercise Group 11:30 TI Chi / Meditation 1:30 TRIVIA Group 1:30 Movie In Theatre 3:00 Drumming	8 10:00 Room Visit 10:15 On This Day 10:30 Coffee & News 11:00 Active Fitness 11:30 Physio Wellness Program 11:30 Word Game 1:30 Craft Group 1:30 Andre Rieu in Theatre 3:00 Shuffleboard	9 08:00 Hot Breakfast 09:30 Hairdressing Service 10:00 Room Visits 10:15 Morning Walk 10:30 Coffee & News 11:00 Exercise Group 11:30 Tai Chi / Meditation 1:30 Hoy 3:00 Dirty Laundry Game	10 RESIDENTS MEETING 10:00 Room Visits 10:30 Coffee & News 11:00 Active Exercise 11:45 Outdoor Walking 1:00 TIM Sings 1:30 RESIDENTS MEETING 2:30 Natalie Entertainer 3:00 Football Tipping 3:30 Music In the Lounge	11 10:00 Room Visits 10:30 Coffee & News 11:00 Drumming 1:30 Bingo 3:00 Happy Hour / Karaoke 4:00 MUSIC in Lounge	12 Coffee & Newspapers available in the Lounge 11:30 Manicures 1:15-2:30 Bingo Afternoon Movie in Theatre	13 Coffee & Newspapers available in the Lounge 11:30 Songs of Praise (Theatre Channel 2) 11:30 Exercise 1:15 - 2:30 Hoy Afternoon Movie in Theatre
14 10:00 Room Visits 10:30 Coffee & News 11:00 Exercise Group 11:30 Walking Group 1:30 Family Feud Trivia 3:00 Movie In Theatre	15 10:00 Room Visits 10:15 On This Day 10:30 Coffee & News 11:00 Exercise Group 11:00 Morning Walk 11:30 Physio Wellness Program 11:30 Walk (outdoor) 1:30 Painting Group 3:00 Balloon Tennis	16 08:00 Hot Breakfast 09:30 Hairdressing Service 10:00 Room Visits 10:30 Coffee & News 11:00 OAK Bus Trip 11:00 VIRTUAL TRIVIA 1:30 Hoy 3:00 Pantomime Practice 3:30 Meditation	17 10:00 Room Visits 10:15 Poetry Reading 10:30 ALLABOARD Morning Tea 10:30 Coffee & News 11:00 Active Exercise 11:45 Outdoor Walking 1:00 TIM Sings 1:30 Craft Group - Easter 2:00 Bunnings Make & Take 3:00 Gardening/Outdoor Group (outdoor) 3:00 Football Tipping	18 GOOD FRIDAY PUBLIC HOLIDAY	19 Coffee & Newspapers available in the Lounge 11:30 Exercise 1:00-2:15 Hoy 2:15 Gillians Yes / No JACKPOT Or a Word Game Afternoon Movie in Theatre	20 EASTER SUNDAY Coffee & Newspapers available in the Lounge 11:30 Songs of Praise (Theatre Channel 2) 11:30 Exercise 1:00-2:00 Bingo 2:00 Manicures Afternoon Movie in Theatre
21 EASTER MONDAY PUBLIC HOLIDAY 10:00 Room Visits 10:30 Coffee & News 11:00 Exercise Group 11:30 Stretching / Walk 1:30 Colouring Group 1:30 Movie In Theatre 3:00 Manicures	22 EARTH DAY 10:00 Room Visit 10:15 On This Day 10:30 Coffee & News 11:00 Active Fitness 11:00 Morning Walk 11:30 Physio Wellness Program 11:30 Word Game 1:30 Earth Day Craft 1:30 ArmChair Travel 3:00 Shuffleboard	23 08:00 Hot Breakfast 09:30 Hairdressing Service 10:00 Room Visits 10:15 Morning Walk 10:30 Coffee & News 11:00 Exercise Group 11:30 Tai Chi / Meditation 12:00 CONCERT SERIES 1:30 Hoy 3:00 Movie In Theatre 3:00 Pantomime Practice	24 10:00 Room Visits 10:15 Bunnings Trip 10:30 Coffee & News 11:00 Active Exercise 11:30 Standing Exercise 11:45 Outdoor Walking 1:00 TIM Sings 1:30 Craft Group 1:30 Andre Rieu in Theatre 3:00 Ice Cream Sundaes / Music 3:00 Football Tipping	25 ANZAC DAY PUBLIC HOLIDAY 10:00 Room Visits 10:30 Coffee & News 11:00 Exercise Group 1:30 Bingo 4:00 MUSIC in Lounge	26 Coffee & Newspapers available in the Lounge 11:30 Manicures 1:15-2:30 Bingo Afternoon Movie in Theatre	27 Coffee & Newspapers available in the Lounge 10:30 Religious Service In Chapel 11:30 Songs of Praise (Theatre Channel 2) 11:30 Exercise 1:15-2:30 Hoy Afternoon Movie in Theatre
28 10:00 Room Visi 10:30 Coffee & News 11:00 Exercise Group 11:30 Tai Chi / Meditation 1:30 Vince Panetta 3:00 Dirty Laundry Game	29 10:00 Room Visits 10:15 On This Day 10:30 Coffee & News 11:00 Active Fitness 11:00 Morning Walk 11:30 Physio Wellness Program 11:30 Word Game 1:30 Choir 2:30 Birthday Celebrations 3:00 Carpet Bowls	30 08:00 Hot Breakfast 09:30 Hairdressing Service 10:00 Room Visits 10:30 Coffee & News 11:00 Hoy 12:00 Toast Your Own Sandwiches 1:30 Peter The Leather Man 2:30 Maggie Beer Presentation 3:30 Meditation 3:30 Afternoon Walking Group			Optional 1:1 Activities <ul style="list-style-type: none"> • Music on Keyboard • Walking • Reading • Puzzles • Word Games 	See the Games Cupboards in the lounge area and Art & Craft supplies in the Activity Room See Activity Staff in interested



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.

We will be recognising the 1940's for the month of April.

OCEAN MIST AGED CARE IS LOOKING FOR VOLUNTEERS!

*Make a difference
and have some fun!*

HOW YOU CAN HELP

Volunteering is an activity where "time is willingly given for the common good of others".

When you become a volunteer we encourage you to share what you know, enjoy time with others and help to actively engage and support our Residents.

You do not need to commit to hours, just share some of your spare time with us and our Residents!

WHAT DO I NEED?

- Current police check

THE BENEFITS OF BECOMING A VOLUNTEER

Learning more about your community and becoming actively involved

Increase your confidence and make new friends

Share your knowledge and skills with others

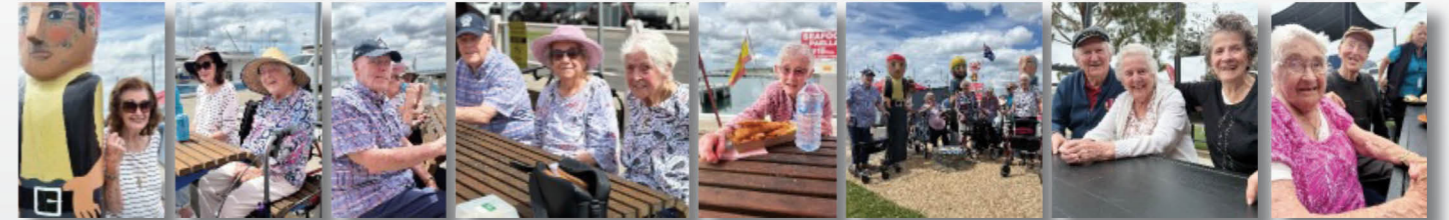
Try something new and have some fun!

If you are interested in becoming a volunteer and would like more information, please do not hesitate to contact us on 5261 6709 or email oceanmist@ohealth.com.au



Join us as we celebrate Easter together, invite your families along to enjoy the afternoon.

A LOOK BACK



OM loves to get out and about, the bus goes out regularly and some of the places we have recently been are Eastern Beach and Grovedale.



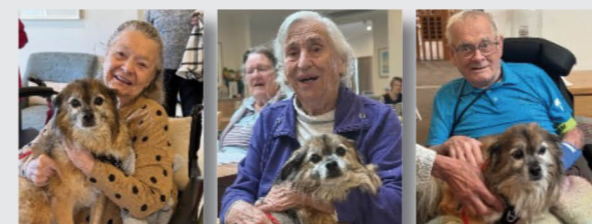
OM Ladies worked together on Displays for International Women's Day. We celebrated by inviting Family and Friends to join in OM's Long Luncheon where all money raised went to The Breast Cancer Foundation. OM raised \$400, thank you to all who celebrated together. Thank you to Judy from Torquay Women's Probud for sharing memories from her past on the day.



Our Bunnings Trips continue to be a hit as the Carft Group gets to 'take and make' different craft items each month. It's great to get out and about with other members of the Community.



Patrick's Day celebrations included green drinks, trivia and loads of shenanigans!



Everybody loves spending time with the dogs!