













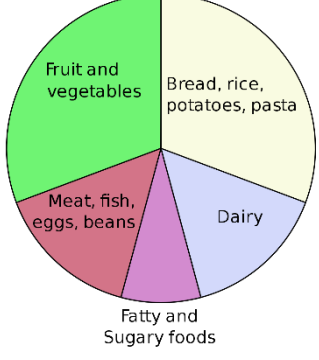








# ACTIVITY PLANNER: HIGHCROFT DAY CENTRE OCT-DEC 2022


























DAY	TIME	HALL	CAFE	PAMPER ROOM	IT ROOM	ALTERNATIVE ACTIVITIES/ SEASONAL			
MON	9-10AM	<div>WELCOME</div> <div></div> <div>WAKE UP SHAKE UP/ EXERCISES</div> <div></div>	<div>WELCOME WAKE UP</div> <div></div> <div>SHAKE UP/ EXERCISES</div> <div></div>		<div>WELCOME</div> <div></div> <div>WAKE UP SHAKE UP/ EXERCISES</div> <div></div>				
	10-11.00	<div>WILDLIFE RESEARCH/PROJECT</div> <div></div>	<div>TARGET GAMES</div> <div></div> <div>NUMERACY AND LITERACY MONEY RECOGNITIONSKILLS</div>	<div>PAMPER SESSION</div> <div></div> <div>HALL AM</div>	<div>HEALTH WALK</div> <div></div> <div></div> <div>LEARNING ABOUT FOOD TRAFFIC LIGHT SYSTEMS AT LOCAL SHOPS AND DISCUSS HEALTHY PLATE</div>	<div></div> <div>HALLOWEEN CELEBRATIONS 31-10-22</div>			
	11-11.55	<div>QUIZ</div> <div></div>	<div></div>						
	12-1PM	<div>LUNCH/</div> <div></div>	<div>LUNCH</div> <div></div>		<div>LUNCH</div> <div></div>				
	1-1.45	<div>TARGET GAMES</div> <div></div>	<div>WILDLIFE RESEARCH/PROJECT IN GARDEN WORKSHEET</div> <div></div>	<div>PAMPER SESSION</div> <div></div> <div>HALL PM</div>	<div>MESSY ART</div> <div></div>	<div>ONCE A MONTH DISCO</div> <div></div>			
						TUFF TRAYS/WATER PLAY			

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	1.45-2.30	<b>SENSORY BAG BOOK STORY</b> 	<b>JABADAO</b> 		<b>HEALTH AND WELLBEING</b> 				
	2.30-3PM	<b>WIND DOWN/RELAXING MUSIC</b> 	<b>WIND DOWN/RELAXING MUSIC</b> 		<b>WIND DOWN/RELAXING MUSIC</b> 				
<b>TUES</b>	<b>9-10AM</b>	<b>COMMUNICATION</b>   <b>WAKE UP SHAKE UP/ EXERCISES</b> 	<b>COMMUNICATION</b>   <b>WAKE UP SHAKE UP/ EXERCISES</b> 		<b>COMMUNICATION</b>   <b>WAKE UP SHAKE UP/ EXERCISES</b> 	<b>BOWLING IN THE COMMUNITY</b> 			
	<b>10AM-11.45AM</b>	<b>QUIZ</b> 	<b>HEALTH AND WELL BEING</b> 	<b>PAMPER SESSION</b>  <b>CAFÉ AM</b>	<b>VISIT TO THE LIBRARY/ INFORMATION GATHERING</b> 	<b>SING &amp; SIGN</b>  <b>For people not wanting to do quiz</b>			
	<b>12-1PM</b>	<b>LUNCH</b>  	<b>LUNCH</b>  		<b>LUNCH</b>  				























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	1-2.30PM			<b>PAMPER SESSION</b>  <b>CAFÉ PM</b>		<b>IPAD SESSION</b> <b>LOCAL HISTORY/CULTURES IF ANYONE DOES NOT WANT TO PLAY BINGO OR PLAYS BINGO ON FRIDAYS</b> 	<b>ANYONE DOES NOT WANT TO PLAY BINGO OR PLAYS BINGO ON FRIDAY</b> 		<b>HEALTH WALKS</b> 
	2.30-3.00 PM	<b>WIND DOWN/CHILLED MUSIC</b> 	<b>WIND DOWN/CHILLED MUSIC</b> 		<b>WIND DOWN/CHILLED MUSIC</b> 				<b>SHOPPING FOR COOKERY INGREDIENTS</b> 
<b>WED</b>	<b>9-10AM</b>	 <b>COMMUNICATION</b> <b>WAKE UP SHAKE UP/ EXERCISES</b> 	 <b>COMMUNICATION</b> <b>WAKE UP SHAKE UP/ EXERCISES</b> 		 <b>COMMUNICATION</b> <b>WAKE UP SHAKE UP/ EXERCISES</b> 				
	<b>10-11.45AM</b>	<b>MUSIC/DANCE/SINGING</b> 	<b>INDEPENDENT LIFE SKILLS</b> 	<b>PAMPER SESSION</b>  <b>IT AM</b>	<b>HEALTH WALK</b> 	<b>COFFEE MORNING AT CHRISTCHURH</b> 			  <b>SWIMMING</b>

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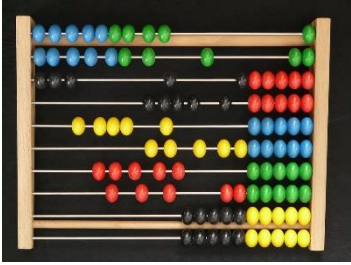























	12-1PM	<div>LUNCH</div> <div>  </div>	<div>LUNCH</div> <div> </div>		<div>LUNCH</div> <div> </div>				
	1-2.30PM	<div>JABADEO &amp; INDOOR BOWLING</div> <div></div>	<div>MUSIC/DANCE/SINGING</div> <div> </div>	<div>PAMPER SESSION</div> <div> IT PM</div>	<div>WII GAMES</div> <div> <div>BOCCIA</div></div>	<div>WEATHER PERMITTING TENNIS</div> <div></div>			
	2.30-3PM	<div>WIND DOWN/BOARD GAMES</div> <div></div>	<div>WIND DOWN/ BOARD GAMES</div> <div></div>		<div>WIND DOWN/BOARD GAMES</div> <div></div>			<div> walking for health HEALTH WALKS</div>	

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THUR	9AM-10	<div>COMMUNICATION</div> <div></div> <div>WAKE UP SHAKE UP/ EXERCISES</div> <div></div>	<div>COMMUNICATION</div> <div></div> <div>WAKE UP SHAKE UP/ EXERCISES</div> <div></div>		<div>COMMUNICATION</div> <div></div> <div>WAKE UP SHAKE UP/EXERCISES</div> <div></div>					
	10-11.45AM	<div>COOKERY</div> <div></div>	<div>COOKERY</div> <div></div>		<div>COOKERY</div> <div></div>	<div>BOCCIA</div> <div></div> <div>TARGET GAMES</div> <div></div> <div>THOSE NOT DOING COOKERY</div>	<div>BONFIRE NIGHT</div> <div></div> <div></div>			
	12-1PM	<div>LUNCH</div> <div></div> <div></div> <div></div>	<div>LUNCH</div> <div></div> <div></div>		<div>LUNCH</div> <div></div> <div></div>					



# ACTIVITY PLANNER: HIGHCROFT DAY CENTRE OCT-DEC 2022

	1-2.30	<b>NUMERACY</b> 	<b>ARTS+ CRAFTS</b> 	<b>PAMPER FOR ANYBODY THAT WOULD LIKE.</b> 	<b>ARTS+CRAFTS</b> 		<b>COFFEE IN THE COMMUNITY</b> 		
	2.30-3.00	<b>MEMORY RECOGNITION/WIND DOWN</b> 	<b>MEMORY RECOGNITION/WIND DOWN</b> 		<b>MEMORY RECOGNITION/WIND DOWN</b> 				
<b>FRI</b>	<b>9-10AM</b>	<b>COMMUNICATION</b>  <b>WAKE UP SHAKE UP/ EXERCISES</b> 	<b>COMMUNICATION</b>  <b>WAKE UP SHAKE UP/ EXERCISES</b> 		<b>COMMUNICATION</b>  <b>WAKE UP SHAKE UP/ EXERCISES</b> 				
	10-11.45	<b>DRAMA</b> 	<b>WII GAMES</b>  <b>KAREOKE</b> 	<b>PAMPER SESSION</b> 	<b>DRAMA IN THE HALL</b> 	<b>CLAREMOUNT FARM /LUNCH OUT</b> 			
	12-1PM	<b>LUNCH</b> 	<b>LUNCH</b>  		<b>LUNCH</b> 		<b>CHRISTMAS CELEBRATIONS</b>		

## ACTIVITY PLANNER: HIGHCROFT DAY CENTRE OCT-DEC 2022

									
	1-2.30PM  2SESSIONS OFFERED FOR THOSE WHO DO NOT ATTEND ON A TUESDAY					<p><b>PMLD SCIENCE FOR THOSE WHO HAVE PLAYED BINGO OR DOES NOT WANT TO</b></p> 	<b>CHAIR EXERCISES</b>  		
	2.30-3.30 PM	 <b>PLAY YOUR CARDS RIGHT/WIND DOWN</b>	 <b>PLAY YOUR CARDS RIGHT/WIND DOWN</b>		<b>PLAY YOUR CARDS RIGHT/WIND DOWN</b> 				