


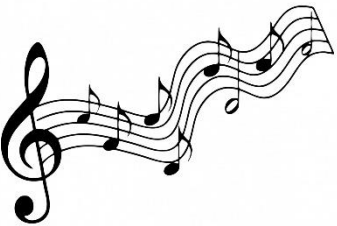

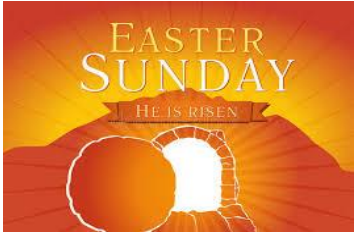










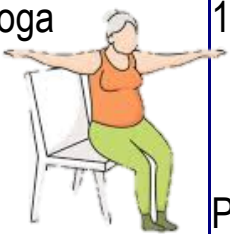

























April ACTIVITY PROGRAM _ Mountain View House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>COVID SAFE PRACTICES ARE IN PLACE FOR EVENTS IN ROTARY HALL</p> <p>PLEASE BOOK THROUGH YOUR ACTIVITIES OFFICER</p> <p>SEATS ARE LIMITED</p>						
<p>EASTER SUNDAY</p> 	<p>1 Public holiday</p> 	<p>2 10.30am Friend's Café visit  1.30pm Walks in the Palmetum</p>	<p>3 10am Men's shed 10.30am Chair yoga PM Buggy rides </p>	<p>4 10.30am Trevor Owen  PM Room visits</p>	<p>5 10am Church  11am Chair exercises PM Board games </p>	6
7	<p>8 10.30am  1.30 Exercise group </p>	<p>9 10.30am Heart Beat  PM Board games </p>	<p>10 10.30am Chair yoga  PM Buggy rides </p>	<p>11 10am Bus outing  PM Room visits </p>	<p>12 10am Church  11am Trivia fun PM Chair exercises </p>	13
14	<p>15 10.30am  1.30pm Exercise group</p>	<p>16 10.30am Pop Sullivan  PM Winston room visits </p>	<p>17 10am Men's shed 10.30am Chair yoga RH  PM Buggy rides </p>	<p>18 10.30am Trevor Owen  PM Hand massages</p>	<p>19 10am Church  11am Anzac Day art & craft  PM Chair exercises </p>	20 Mountain View Activity with Margot
<p>21</p> 	<p>22 10.30am Lamington making  1.30pm Exercise group</p>	<p>23 Anzac Day lunch  PM Room visits</p>	<p>24 10.30am Chair yoga  PM Buggy rides</p>	<p>25 Public holiday</p> 	<p>26 10:00am Church  11am Board games PM Happy hour fun </p>	27
28	<p>29 10.30am  1.30pm Exercise group</p>	<p>30 10.30am Cooking fun  PM Room visits</p>				