

# The Grapevine



## Monday 24th July



### Time

9.00 am  
9.30 am  
10.30am  
11.30am  
**1.30 pm**  
**1.30 pm**

### Activity

Paper round  
Walking Group, weather permitting  
Easy Moves in Ashworth Lounge  
Music walk, meet in Roughana Court  
**UNO card games in Roughana Court**  
**Cosmetic hand care in the Hub with Catherine**

## Tuesday 25th July



### Time

9.00am  
9.30am  
11.30am  
**12.00noon**  
**1.30pm**  
**2.00pm**

### Activity

Paper round  
Playgroup in Ashworth Lounge  
Music walk, meet in Roughana Court  
**Cooking and luncheon with Carolyn and Mary**  
**Bingo in Roughana Court.**  
**Hand therapy in the Chapel with Wendy**

## Wednesday 26th July



### Time

9.00am  
9.30am  
10.00am  
10.30am  
11.30am  
**1.30pm**  
**4.00pm**

### Activity

Paper round  
Walking Group, weather permitting  
Footy tipping with Pammy  
St Paul's Catholic Mass in the Chapel  
Music walk, meet in Roughana Court  
**Bingo in Roughana Court**  
**Lutheran Church Service in the Chapel**

## Thursday 27th July



### Time

9.00am  
10.00am  
10.30am  
11.30am  
**12.00 noon**  
**1.30pm**  
**5.00pm**

### Activity

Paper round  
Men's group in Ashworth lounge.  
Air chair club in Roughana Court lounge room.  
Music walk, meet in Roughana Court  
**Luncheon in Activity room**  
**Birthday afternoon tea in Ashworth Lounge. All welcome.**  
**Tai Chi in Ashworth Lounge with Rob**

## Friday 28th July



### Time

9.00am  
10.30am  
11.30am  
**1.30pm**  
**3.30pm**

### Activity

Paper round  
Easy Moves in Ashworth Lounge. All welcome.  
Music walk, meet in Roughana Court  
**Bingo in Roughana Court**  
**Happy hour in Ashworth lounge with Verna . All welcome.**

## Lake Terrace weekly program

Correct at time of issue, activities may change. Residents will be informed via information board or verbally

2017



The bus trip on Wednesday had a lovely drive to Penola to the Windara Bakery for lunch. Beautiful sunshine and company. A nice day out.

