

Engagement Programme Kowhai 2021

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Chat and news	Morning Tea Chat and news	Morning Tea Chat and News	Morning Tea Chat and news	Morning Tea Chat and news	Morning Tea Chat and news	Morning Tea Chat and News
Church Services as advertised Eve Newspaper reading	Church Services as advertised Eve Newspaper reading	Hairdresser Desiree at the Beauty Box Exercise Programme Sit-yoga Dance Outdoor activity Watering Sitting/chatting Individual Exercise Programme 1-1	Exercise Programme Sit-yoga Dance Outdoor activity Watering Sitting/chatting Individual Exercise Programme 1-1	Holy Communion With Teresa Catholic Mass Middle Wednesday of the month Weekly Catholic blessing Exercise Programme Sit-yoga Dance Outdoor activity Watering Sitting/chatting Individual Exercise Programme 1-1	Exercise Programme Sit-yoga Dance Music and Movement with Amanda in the Pohutukawa Lounge Occasional Concert Rest home Lounge	Entertainment Rest home Lounge See Timetable
12:00Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch
Music with Eve Walking/ Gentle Exercise	Music with Eve Walking/ Gentle Exercise	Outside activity Gardening/or Art and Craft Walking Floor Games Drinks, Sing-a-long Musical Videos Helen Volunteers	Piripi and Ted Pet Therapy Van Trip around the South Coast Whale spotting With Andy and Libby	Mary Ellen Volunteers Seasonal Cooking and Baking Artwork	Old Movie or Musical Libby Planning and Paperwork Joy Volunteers	Van Trip with Eve

All activities in Kowhai Main Lounge (stated if in Rest Home or Hospital Lounge)