

Dougherty Residential Aged Care Facility Weekly Program 30th May. – 5th Jun. 2026 (RACF)

Saturday 30 th	Sunday 31 st	Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
8:00 am News on T. V. 8:30 am Walking group with Ling	8:00 am News on T. V. 8:30 am NEURONS VR with Ling	8:00 am News on TV 8:30 am Walking group w/ Physio 9:00 am Floor games with Physio	Dr. Pick & Dr. Chu 8:00am News on T. V. 8:30 am Sun therapy 9:00 am Short Morning Exercise with the Physio	Hairdresser 8:00 am News on T.V. 8:30 am Walking group w/ Physio 9:00 am Floor games with Physio	8:00 am News on TV 8:30 am Sun therapy 9:00 am Short Morning Exercise with the Physio	8:00 am News on T.V. 8:30 am Walking group w/ Physio 9:00 am Floor games with Physio
9:30 am Neuro Group VR with Ling 10:30 am Shot put games with Ling 1:00 pm personal time	8:45 am Catholic Mass on TV 9:45 am Holy communion in the lounge room 10:30 am Dart game with Ling 1:00 pm personal time	9:30 am NEURON VR with Sol 10:30 am Ball Drum Exercise with Ling & Sol 1:00 pm personal time	9:30 am Did I Know? Sol 10:30 am Cooking Class with Sol and Ling 1:00 pm personal time	9:30 am Monthly Birthday Celebration 10:30 am Balance group with the Physio  1:00 pm personal time	9:30 am Name that tunes with Sol 10:30 am Three Little Birds Child care visit  1:00 pm personal time	9:30 am NEURON VR with Sol 10:30 am Exercise with Physio RACF & PW 1:00 pm personal time
1:30 pm Bingo with Ling  3:30 pm Ball game with PCA	1:30 pm Art & Craft with Ling 3:30 pm Balloon game with PCA	1:30 pm Rick Lao Mini concert 3:30 pm Hand massage with PCA	1:00 pm Road Trip to Canada Bay 1:30 pm Table games with Ling 2:30 pm Walking with Zach 3:30 pm Ball game with PCA	1:30 pm Bingo with Sol  3:30 pm Hand massage with PCA	1:30 pm Happy hour with L & L Team + Trivia (RACF & PW) 3:30 pm Balloon with PCA	1:30 pm Word Challenge with Sol 3:30 pm Hand massage with PCA

This program is subject to change, and we will review it on a daily basis -Morning and afternoon room visits with Lifestyle

Dougherty Residential Aged Care Facility Weekly Program 6th Jun. – 12th Jun. 2026 (RACF)

Saturday 6 th	Sunday 7 th	Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
8:00 am News on T. V. 8:30 am Walking group with Ling	8:00 am News on T. V. 8:30 am NEURONS VR with Ling	8:00 am News on TV 9:00 am Walking group w/ Ling	Dr. Pick & Dr. Chu 8:00 am News on TV 8:30 am Sun Therapy 9:00 am Short Morning Exercise with the Physio	Hairdresser 8:00 am News on T.V. 8:30 am Walking group w/ Physio 9:00 am Floor games with Physio	8:00 am News on TV 8:30 am Sun therapy 9:00 am Short Morning Exercise with the Physio	8:00 am News on T.V. 8:30 am Walking group w/ Physio 9:00 am Floor games with Physio
9:30 am Neuron Group VR with Ling 10:30 am Basketball Game w/ Ling 1:00 pm personal time	8:45 am Catholic Mass on TV 9:45 am Holy communion in the lounge room 10:30 am Dart Game with Ling 1:00 pm personal time	9:30 am NEURONS VR with Ling 10: 30 am Ball Drum Exercise class with Ling & staff RACF & PW 1:00 pm personal time	9:30 am Charade with Sol 10:30 am Kings Birthday  1:00 pm personal time	9:30 am Reminiscing with Sol 10:30 am Balance Group with Physio  1:00 pm personal time	9:30 am Musical Instruments with Sol 10:30 am Cooking class with Bernie & Sol 1:00 pm personal time	9:30am NEURON VR with Sol 10:30 am Exercise with Physio RACF & PW 1:00pm personal time
1:30 pm Bingo with Ling  3:30 pm Hand massage with PCA	1:30 pm Art & Craft making kings crown 3:30 pm Hand massage w/PCA	1:30 pm Beauty therapy (Nail) with Ling 3:30 pm Hand massage w/PCA	1:30 pm Bingo with Sol  3:30 pm Hand massage with PCA	1:30 pm Quiz with Sol 2:00 pm Catholic Church Service 3:30 pm Hand massage w/PCA	1:30 pm Happy hour with L & L Team + Trivia (RACF & PW)  3:30 pm Hand massage with PCA	1:30 pm Movie time in Netflix 3:30 pm Hand massage w/PCA

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Dougherty Residential Aged Care Facility Weekly Program 13th Jun –19th Jun 2026 (RACF)

Saturday 13 th	Sunday 14 th	Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th
8:00 am News on T. V. 8:30 am Walking group with Ling	8:00 am News on T. V. 8:30 am NEURONS VR with Ling	8:00 am News on T.V. 8:30 am Chat time with Sol 9:00 am Exercise w/ Physio aid	Dr. Pick & Dr Chu 8:00 am News on T.V. 8:30 am Floor game w/ Sol 9:00 am Exercise with Physio aid	8:00 am News on T.V. 8:30 am Catch up with Bernie 9:00 am Exercise w/ Physio	8:00 am News on T.V. 8:30 am Sun Therapy with Bernie 9:00 am Exercise with Physio aid	8:00 am News on T.V. 8:30 am Floor game with Bernie 9:00 am Exercise with Physio
9:30 am NEURON VR with Ling 10:30 am Card Making with Ling and Annette 1:00 pm personal time	8:45 am Catholic Mass on TV 9:45 am Holy communion in the lounge room 10:30 am Quoits game with Ling 1:00 pm personal time	9:30 am NEURON VR with Sol 10:30 am Ball Drum Exercise with Ling & Sol RACF & PW 1:00 pm personal time	9:30 am Did I know? With Sol 10:30 am Filipino Day Event  1:00 pm personal time	9:30 am NEURON with Bernie 10:30 am Balance Group with the Bernie  1:00 pm personal time	9:30 am Musical Instruments with Bernie 10:30 am Croatia Day + armchair travel  12:00 Special Lunch 1:00 personal time	9:30 am NEURON VR with Bernie 10:30 am Nail grooming with Lifestyle RACF & PW 1:00 pm personal time
1:30 pm Bingo with Ling  3:30 pm Hand massage w/PCA	1:30 pm Combine Church Service on the ground floor w/ Ling 3:30 pm Balloon game w/PCA	1:30 pm Bistro Express with Ling & Sol 3:30 pm Hand massage with PCA	1:30 pm Lena Cruz Mini concert  3:30 pm Hand Massage with PCA	1:30 pm Bingo with Sol  3:30 pm Hand massage with PCA	1:30 pm Happy Hour & Trivia with Sol & Bernie  3:30 pm Hand massage with PCA	1:30 pm Word Challenge with Sol 3:30 pm Hand massage w/PCA

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Morning & afternoon room visits with Lifestyle

Dougherty Residential Aged Care Facility Weekly Program 20th Jun– 26th Jun 2026 (RACF)

Saturday 20 th	Sunday 21 st	Monday 22 nd	Tuesday 23 rd	Wednesday 24 th	Thursday 25 th	Friday 26 th
8:00 am News on T. V. 8:30 am Walking group with Ling	8:00 am News on T. V. 8:30 am NEURONS Group VR with Ling	8:00 am News on TV 8:30 am Chat time with Sol 9:00 am Exercise with Physio aid	Dr. Pick & Dr. Chu 8:00 am News on T.V. 8:30 am Sun Therapy 9:00 am Exercise with the Physio	Hairdresser 8:00 am News on T.V 8:30 am Catch up with Bernie 9:00 am Exercise with Physio	8:00 am News on TV. 8:30 am Sun therapy 9:00 am Exercise with Physio	8:00 am News on T.V. 8:30 am Walking group with Physio 9:00 am Floor games with Physio
9:30 am Neurons Group VR with Ling 10:30 am Dart games with Ling 1:00 pm personal time	8:45 am Catholic Mass on TV 9:45 am Holy communion in the lounge room 10:30 am Ten pin bowling with Ling 1:00 pm personal time	9:30 am NEURON VR with Sol 10:30 am Ball Drum Exercise with Ling & Sol RACF & PW 1:00 pm personal time	9:30 am Reminisce with Sol 10:30 am Bus trip to Glenorie Bakery  1:00 pm personal time	9:30 am NEURONS VR with Bernie 10:30 Balance Group with Bernie  1:00 pm personal time	9:30 am Name that tunes with Ling 10:30 am Residents meeting Everyone is invited to come and join 1:00 pm personal time	9:30 am Charade with Bernie 10:30 am Nail grooming with Lifestyle RACF & PW 1:00 pm personal time
1:30 pm Bingo with Ling  3:30 pm Hand massage w/PCA	1:30 pm Art painting 3:30 pm Hand massage w/ PCA	1:30 pm Nana's Ice cream with Ling & Sol 3:30 pm Hand massage w/PCA	1:30 pm Qwirckle games With Bernie 3:30 pm Hand massage w/PCA	1:30 pm Bingo with Bernie  3:30 pm Hand massage w/PCA	1:30 pm Karyn Mini concert 3:30 pm Hand massage with PCA	1:30 pm Word Challenge with Bernie 3:30 pm Hand massage w/PCA

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Morning & afternoon room visit with Lifestyle

Dougherty Residential Aged Care Facility Weekly Program 27th Jun– 3rd Jul. 2026 (RACF)

Saturday 27 th	Sunday 28 th	Monday 29 th	Tuesday 30 th	Wednesday 1 st	Thursday 2 nd	Friday 3 rd
8:00 am News on T. V. 8:30 am Walking group with Ling	8:00 am News on T. V. 8:30 am NEURONS Group VR with Ling	8:00 am News on TV 8:30 am Chat time with Bernie 9:00 am Exercise with Physio aid	Dr. Pick & Dr. Chu 8:00 am News on T.V. 8:30 am Sun Therapy 9:00 am Exercise with the Physio aid	Hairdresser 8:00 am News on T.V 8:30 am Catch up with Bernie 9:00 am Exercise with Physio	8:00 am News on TV. 8:30 am Sun therapy 9:00 am Exercise with Physio	8:00 am News on T.V. 8:30 am Floor games with Bernie 9:00 am Exercise with Physio
9:30 am Neurons Group VR with 10:30 am Dart games with Ling 1:00 pm personal time	8:45 am Catholic Mass on TV 9:45 am Holy communion in the lounge room 10:30 am Basketball game with Ling 1:00 pm personal time	9:30 am NEURON VR with Bernie 10:30 am Ball Drum Exercise with Ling & Bernie RACF & PW 1:00 pm personal time	9:30 am Reminisce with Bernie 10:30am Baking with Ling & Bernie 1:00 pm personal time	9:30 am NEURONS VR with Bernie 10:30 Balance Group with the Bernie  1:00 pm personal time	9:30 am Monthly Birthday Celebration 10:30 am The Three Little Birds Childcare visit  1:00 pm personal time	9:00 am Charade with Bernie 10:30 am Exercise with Physio RACF & PW 1:00 pm personal time
1:30 pm Bingo with Ling  3:30 pm Hand massage w/PCA	1:30 pm Combine Church Service on the ground floor w/ Ling 3:30 pm Ball game w/PCA	1:30 pm Beauty therapy with Bernie & Ling 3:30 pm Hand massage w/PCA	1:30 pm Word Challenge with Bernie 3:30 pm Hand massage w/PCA	1:30 pm Bingo with Sol  3:30 pm Hand massage w/PCA	1:30 pm Happy Hour & Trivia with Ling & Bernie 3:30 pm Jigsaw puzzle game with PCA	1:30 pm Greg Dimmock Mini concert 3:30 pm Hand massage w/PCA

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Morning & afternoon room visit with Lifestyle