

# Jul 28 – Aug 3, 2025

## Aster Gardens

# INDEPENDENT LIVING

Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2	Sunday 3
<p>10:00 Aquasize (Pool)</p> <p>10:00 Seated Exercise (2nd)</p> <p>11:00 Cranium Crunches Booklet (Conc)</p> <p><b>1:30 Outing : Salisbury Green House (Sign Up) (Conc)</b></p> <p>2:00 Bible Study - Video (2nd)</p> <p>3:00 Knitting Circle - Resident Led (4th )</p>	<p>10:00 Seated Exercise (2nd)</p> <p>10:00 Men Informal Chat &amp; Coffee (Main)</p> <p><u>10:45 Recreation Meeting (Pub).</u></p> <p><b>10:45 WeSeniors Roadshow - Hasting Lake (Sign Up) (Conc)</b></p> <p>1:30 Wonders of Croatia (30m) (Pub)</p>	<p><b>HOP ON HOP OFF SHOPPING TRIP ALL DAY - Starts at 10:00 am - 2:30 pm (Sign up) (Conc)</b></p> <p>9:45 Pool Volleyball (Pool)</p> <p>10:00 Seated Exercise (2nd)</p> <p>11:00 Lifelong Learning - Racoons (2nd)</p> <p><b>1:00 Men's Shed Meeting (Pub)</b></p> <p><u>2:00 Food Meeting with Chef Yogesh (Pub).</u></p> <p>4:30 Artfull Craft : Clay Pot Lighthouse (Main)</p> <p>7:00 Bingo (2nd)</p>	<p>10:00 Seated Exercise (2nd)</p> <p>10:45 Arm Chair Travel - Cuba (25m) (Pub)</p> <p>1:15 Chicken Foot Dominoes (Main)</p> <p><b>2:00 Welcome Home Resident Social (Main)</b></p>	<p>10:00 Aquasize (Pool)</p> <p>10:00 Seated Exercise (2nd)</p> <p>10:45 25 Most Beautiful Horses on Planet Earth and Trivia (20m) (Pub)</p> <p>1:15 Card Bingo (Main)</p> <p>3:00 Artfull Enrichment : Clay Garden Gnome ( Limit 8) (Main)</p>	<p>9:45 Pool Volleyball (Pool)</p> <p>10:00 Seated Exercise (2nd)</p> <p>11:00 Wordle Unlimited (5th)</p> <p>1:15 Bingo (No Cost) (Main)</p>	<p>10:00 Seated Exercise (2nd)</p> <p>11:00 Who am I ? (2nd)</p> <p>1:30 Bean Bag Toss (Main)</p>