

Mainstream & Moorditj – May 2026

| Monday | Tuesday | Wednesday | Thursday including Moorditj | Friday |
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| <p>4 Morning Tea in Centre, Exercises, Whiteboard Thinking Games, Lunch, Reminiscence, Cuppa and a chat.</p>  | <p>5 Morning Tea in the Centre</p>  <p>Mothers day card making</p> <p>Lunch in Centre Memory Box</p> | <p>6</p> | <p>7 Outing Day!!</p>  <p>MT @ Kent St Weir Lunch @ Tang Palace Chinese</p> | <p>8</p>  <p>Mother's Day High Tea!</p> |
| <p>11 Morning Tea in the Centre</p> <p>Morning Yoga then Pamper Day Quizzes and Bingo</p>  | <p>12 Morning Tea in Centre</p> <p>Painting Painting Painting!!! Lets do a mural!!!</p>  <p>Lunch in Centre, More Painting!!</p> | <p>13</p> | <p>14</p>  <p>Morning Tea in Centre, Floor games, Lunch, Scenic Drive through the hills</p> | <p>15</p> |
| <p>18 Morning Tea in the Centre Sensory Activities</p> <p>Lunch in the Centre</p>  <p>Chair Stretches - Yoga</p> | <p>19 PLANT A TREE DAY! Exercises Plant some succulents</p> <p>Nursery rhyme quizzes</p>  | <p>20</p> | <p>21 Morning Tea in the Centre Morning Stretches and Pamper Day</p>  <p>Lunch in the Centre and Bingo</p> | <p>22</p> |
| <p>25 Morning Tea in centre Uno, Yahtzee & dominoes</p>  <p>Jewellery making</p> | <p>26 Outing day!! Mt in Centre Puzzles and Quizzes Lunch @ Last Drop Elizabethan</p>  | <p>27</p> | <p>28 Reconciliation Week! Leaf painting Dreamtime Videos</p>  | <p>29</p> |

Activities and outings are created from client requests and interests

Please book on 6558 0822.

Activities may be subject to change.

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