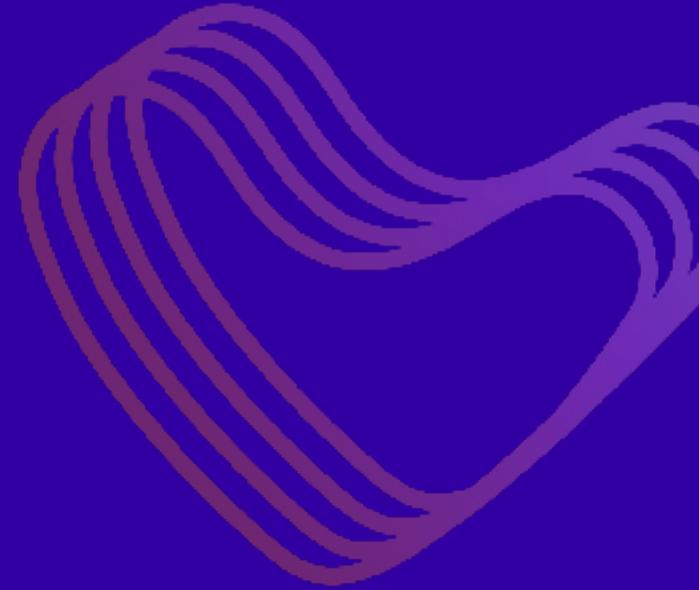


JB Care *by*

LumiaCare



MARCH ACTIVITIES

2026

Annemarie Lemming - Team Leader of Day Program
jbcare_dayprogram@lumiacare.com.au
Phone: (02) 9135 4868

MARCH

MONDAY 2

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

PEMBROKE PARK MINTO



PM

Select a room at the Day Program for free time



TUESDAY 3

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

CRAFTS & GAME DAY



BBQ LUNCH
\$5.00



PM

Select a room at the Day Program for free time



WEDNESDAY 4

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

EAGLEVALE POOLS
Swimming \$5.40



PM

Select a room at the Day Program for free time



THURSDAY 5

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

MOVIE & SNACK DAY
\$5.00



PM

Select a room at the Day Program for free time



FRIDAY 6

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

FAIRFIELD ADVENTURE PARK

Play & lunch



PM

Select a room at the Day Program for free time



Bring:
Water Bottle &
Own Lunch



Bring:
Water Bottle



Bring:
Water Bottle &
Own Lunch



Bring:
Water Bottle &
Own Lunch



Bring:
Water Bottle &
Own Lunch



ACTIVITIES ARE SUBJECT TO CHANGE

Please wear comfortable shoes and clothing, a sun hat, and apply sunscreen for all outings. It will be \$5 for any lunches provided at JB Care as shown on the calendar. No lunch is needed on these days if you would like to participate. If you do not wish to participate, please bring your own lunch.

MARCH

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>
<p>AM/PM</p> <p>CITY BOWLING CAMPBELLTOWN \$10.00</p> 	<p>AM/PM</p>  <p>ARTS & CRAFT</p>	<p>AM/PM</p> <p>WOLLONGONG PARK Lunch & Play</p> 	<p>AM/PM</p>  <p>ARTS & CRAFT</p>	<p>AM/PM</p> <p>BRADBURY POOLS Swimming \$5.40</p> 
<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 

Bring: Water Bottle & Own Lunch  | Bring: Water Bottle & Own Lunch  | Bring: Water Bottle & Own Lunch  | Bring: Water Bottle & Own Lunch  | Bring: Water Bottle & Own Lunch 

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MARCH

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>
<p>AM/PM</p> <p>OP SHOPPING Bring Spending Money</p> 	<p>AM/PM</p> <p>COOKING Stir Fry \$5.00</p> 	<p>AM/PM</p> <p>DOOHAN PARK Tennis & Ball games</p> 	<p>AM/PM</p> <p>SPLIT GROUP ATTEND PARTICIPANT POOL PARTY \$5.40</p> 	<p>AM/PM</p> <p>ORAN PARK PODIUM for Lunch \$20</p> 
<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 

<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle</p> 	<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle</p> 
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MARCH

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p>
<p>AM/PM</p> <p>CITY BOWLING CAMPBELLTOWN \$10.00</p> 	<p>AM/PM</p> <p>TASH BIRTHDAY Let's Celebrate </p>	<p>AM/PM</p> <p>BOTANICAL GARDENS BBQ & ball games \$5.00</p> 	<p>AM/PM</p> <p>LOUI TURNS 2! Let's Party! </p>	<p>AM/PM</p> <p>CITY BOWLING CAMPBELLTOWN \$10.00</p> 
<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>PM</p> <p>Select a room at the Day Program for free time</p> 

<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle</p> 	<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle & Own Lunch</p> 
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MARCH

MONDAY 30

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

MOVIE & GAME DAY



PM

Select a room at the Day Program for free time



TUESDAY 31

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

COOKING

Taco's \$5.00



GAMES & CRAFTS

PM

Select a room at the Day Program for free time



Bring:
Water Bottle &
Own Lunch



Bring:
Water Bottle



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