

Lumia Care Social & Exercise Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
VERMOUNT	VERMOUNT	VERMOUNT	VERMOUNT
	DEMENTIA PROGRAM 9:30 am - 3:30 pm	ACTIVITY DAY PROGRAM 9:30 am - 3:30 pm	ACTIVITY DAY PROGRAM 9:30 am - 3:30 pm
IVANHOE	IVANHOE	IVANHOE	IVANHOE
		STRENGTH AND BALANCE 10:30 am - 11:30 am	GYM CIRCUIT 1:30 pm - 2:00 pm
BOX HILL	BOX HILL	BOX HILL	BOX HILL
ACTIVITY DAY PROGRAM 9:30 am - 3:30 pm	LOW LEVEL STRENGTH 10:00 am - 11:00 am 11:00 am - 12:00 pm HIGH LEVEL STRENGTH 1:00 pm - 2:00 pm 2:00 pm - 3:00 pm		LOW LEVEL BALANCE & CARDIO 10:00 am - 11:00 am 11:00 am - 2:00 pm HIGH LEVEL BALANCE & CARDIO 1:00 pm - 2:00 pm 2:00 pm - 3:00 pm