



SEPTEMBER

2026

Annemarie Lemming - Day Program Coordinator
jbcare_dayprogram@lumiicare.com.au
Phone: (02) 9135 4868



SEPTEMBER 2026

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  AM/PM Father's day craft, other games and craft  PM Select a room at the Day Program for free time 	AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  AM/PM Shine Shed \$15  PM Select a room at the Day Program for free time 	AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  AM/PM Father's day craft, other games and craft  PM Select a room at the Day Program for free time 	AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  AM/PM Bowling \$8  PM Select a room at the Day Program for free time 
	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 

ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE \$5 FOR ANY LUNCHESES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.

SEPTEMBER 2026

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park.  AM/PM Cooking loaded potatoes  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park.  AM/PM Game competition table tennis & air hockey  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park.  AM/PM Lunch at Oran Park \$20  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park.  AM/PM Craft, game day & minute to win  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park.  AM/PM Doohan Park, Oran Park for tennis, play in the park and lunch  PM Select a room at the Day Program for free time 
BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 

ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE \$5 FOR ANY LUNCHESES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.

SEPTEMBER 2026

MONDAY 14

AM

JB Cafe Open



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



AM/PM

Movie & Snack day \$5



PM

Select a room at the Day Program for free time



TUESDAY 15

AM

JB Cafe Open



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



AM/PM

Craft & Game day



PM

Select a room at the Day Program for free time



WEDNESDAY 16

AM

JB Cafe Open



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



AM/PM

BBQ & ball games at the Botanical Gardens \$5



PM

Select a room at the Day Program for free time



THURSDAY 17

AM

JB Cafe Open



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



AM/PM

Game and craft day/ Bowling \$8



PM

Select a room at the Day Program for free time



FRIDAY 18

AM

JB Cafe Open



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



AM/PM

Eagle Vale Duck pond



PM

Select a room at the Day Program for free time



BRING WATER BOTTLE
BRING OWN LUNCH



BRING WATER BOTTLE
BRING OWN LUNCH



BRING WATER BOTTLE



BRING WATER BOTTLE
BRING OWN LUNCH



BRING WATER BOTTLE
BRING OWN LUNCH



ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE \$5 FOR ANY LUNCHES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.

SEPTEMBER 2026

MONDAY 21

AM

JB Cafe Open



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



AM/PM

Fairfield adventure park for lunch



PM

Select a room at the Day Program for free time



TUESDAY 22

AM

JB Cafe Open



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



AM/PM

Craft, game & bingo with prizes



PM

Select a room at the Day Program for free time



WEDNESDAY 23

AM

JB Cafe Open



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



AM/PM

Go Karting \$30



PM

Select a room at the Day Program for free time



THURSDAY 24

AM

JB Cafe Open



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



AM/PM

Game & craft day



PM

Select a room at the Day Program for free time



FRIDAY 25

AM

JB Cafe Open



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



AM/PM

Gym day



PM

Select a room at the Day Program for free time



BRING WATER BOTTLE
BRING OWN LUNCH



BRING WATER BOTTLE
BRING OWN LUNCH



BRING WATER BOTTLE
BRING OWN LUNCH



BRING WATER BOTTLE
BRING OWN LUNCH



BRING WATER BOTTLE
BRING OWN LUNCH



ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE \$5 FOR ANY LUNCHESES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.

SEPTEMBER 2026

MONDAY 28

AM

JB Cafe Open



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



AM/PM

Catch train to Circular Quay have lunch in the park. Bring opal card or key card for travel. Plus, companion card



PM

Select a room at the Day Program for free time



TUESDAY 29

AM

JB Cafe Open



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



AM/PM

Craft and games/ Taco Tuesday \$5



PM

Select a room at the Day Program for free time



WEDNESDAY 30

AM

JB Cafe Open



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



AM/PM

All sports centre for cricket



PM

Select a room at the Day Program for free time



BRING WATER BOTTLE
BRING OWN LUNCH



BRING OWN LUNCH



BRING WATER BOTTLE
BRING OWN LUNCH



ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE \$5 FOR ANY LUNCHESES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.