

SENIORS WEEK MON 2<sup>nd</sup> -15<sup>th</sup>  
 NEWS WITH NADA Mon 2<sup>nd</sup>  
 ANSTO TOUR TUES 3<sup>rd</sup>  
 INTERNATIONAL WOMANS DAY SUN 8<sup>th</sup>  
 SAINT PATRICKS DAY TUE 17<sup>th</sup>  
 NATIONAL CLOSE THE GAP DAY THU 19<sup>th</sup>  
 HARMONY DAY SAT 21<sup>st</sup>  
 SOCIAL CHATS MON 30<sup>th</sup>



**MEDICAL ASSISTANCE and EMERGENCY  
 PRESS YOUR INS LIFEGUARD PENDANT OR BUTTON**

Activate Alarm to Speak with an INS Professional  
 Remember to test your INS box every month  
 by pressing the button and speaking with the operator.

**FOR ALL OTHER ASSISTANCE**

**RECEPTION 8708 4716**  
 Weekdays: 9:00am - 4:00pm  
 Closed daily for lunch (30 mins)

**HAIRDRESSER:**  
 Maryanne 0409 248 711  
**MASSAGE:** Marie 0414 844 764  
**PHYSIO:** Omer 9584 0487  
**PHYSIO:** Andrew 9553 8145  
**PODIATRIST:** Jason 95841550  
**C&M Café:** 8502 6930  
**BP RESTAURANT:** Daniel 9157 3323  
 Tuesday-Sunday 10:00am - 2:00pm  
 Tuesday-Saturday from 5:00pm

**SUNDAY 1<sup>ST</sup>**  
**RIVERHIGH**  
 Tuesday - Sunday

MONDAY 2 <sup>ND</sup>	TUESDAY 3 <sup>RD</sup>	WEDNESDAY 4 <sup>TH</sup>	THURSDAY 5 <sup>TH</sup>	FRIDAY 6 <sup>TH</sup>	SATURDAY 7 <sup>TH</sup>	SUNDAY 8 <sup>TH</sup>
<b>9:30am NEWS</b> with NADA <b>11:00am PHYSIO EXERCISE CLASS</b> <b>2:00pm CRAFT CONNECTIONS</b> <b>3:00pm MOVIE</b> <b>The Presidio</b> Sean Connery & Meg Ryan	- <b>PHYSIOTHERAPIST</b> -  <b>Bus Cancelled today</b>  <b>9:45am ANSTO NUCLEAR REACTOR TOUR</b>	- <b>MASSAGE</b> -  <b>2:00pm CRAFT CONNECTIONS</b>  <b>3:00pm MOVIE</b> <b>Weekend at Bernies</b> Andrew McCarthy & Jonathan Silverman	<b>9:00am Dance Exercise</b>  <b>10:10am</b> BUS Roselands &Hurstville  <b>11:00am</b> PHYSIO EXERCISE CLASS	- <b>MASSAGE</b> - <b>9:50am</b> BUS to Menai  <b>11:00am</b> WATER AEROBICS  <b>5.000pm</b> HAPPY HOUR	<b>9.00am</b> DANCE & EXERCISE  <b>1:30pm</b> CARDS/GAMES	<b>INTERNATIONAL WOMANS DAY</b>  <b>C&amp;M CAFÉ</b> 7:00am – 2:30pm  <b>RIVERHIGH</b> 10:00am – 2:00pm
MONDAY 9 <sup>TH</sup>	TUESDAY 10 <sup>TH</sup>	WEDNESDAY 11 <sup>TH</sup>	THURSDAY 12 <sup>TH</sup>	FRIDAY 13 <sup>TH</sup>	SATURDAY 14 <sup>TH</sup>	SUNDAY 15 <sup>TH</sup>
<b>10:10am</b> <b>Sydney Outlet Village</b> <b>11:00am PHYSIO EXERCISE CLASS</b> <b>2:00pm CRAFT CONNECTIONS</b> <b>3:00pm MOVIE</b> <b>Language of the Enemy</b> Eion Bailey & Linda Hardy	- <b>PHYSIOTHERAPIST</b> -  <b>10:10am</b> BUS Miranda & Menai  <b>4.00pm</b> BINGO	<b>2:00pm CRAFT CONNECTIONS</b>  <b>3:00pm MOVIE</b> <b>Changeling</b> Angelina Jolie & John Malkovich	<b>9:00am Dance Exercise</b>  <b>10:10am</b> BUS Roselands &Hurstville  <b>11:00am</b> PHYSIO EXERCISE CLASS	<b>9:50am</b> BUS to Menai  <b>11:00am</b> WATER AEROBICS  <b>5:00pm</b> HAPPY HOUR	<b>9.00am</b> DANCE & EXERCISE  <b>1:30pm</b> CARDS/GAMES	<b>C&amp;M CAFÉ</b> 7:00am – 2:30pm  <b>RIVERHIGH</b> 10:00am – 2:00pm
MONDAY 16 <sup>TH</sup>	ST PATRICKS DAY 17 <sup>TH</sup>	WEDNESDAY 18 <sup>TH</sup>	THURSDAY 19 <sup>TH</sup>	FRIDAY 20 <sup>TH</sup>	SATURDAY 21 <sup>ST</sup>	SUNDAY 22 <sup>ND</sup>
<b>11:00am PHYSIO EXERCISE CLASS</b> <b>2:00pm CRAFT CONNECTIONS</b> <b>3:00pm MOVIE</b> <b>Frantic</b> Harrisson Ford & Emmanuelle Seigner.	- <b>PHYSIOTHERAPIST</b> - <b>10:10am</b> BUS Miranda & Menai <b>12:00pm – 2:00pm</b> SAINT PATRICKS DAY LUNCH RIVERHIGH BP  	<b>2:00pm CRAFT CONNECTIONS</b>  <b>3:00pm MOVIE</b> <b>The Last Samurai</b> Tom Cruise	<b>9:00am Dance Exercise</b> <b>10:00am</b> Watson’s Bay by Train <b>10:10am</b> BUS Roselands & Hurstville <b>11:00am</b> PHYSIO EXERCISE CLASS	<b>9:50am</b> BUS to Menai <b>11:00am</b> WATER AEROBICS <b>5:00pm</b> HAPPY HOUR <b>BIRTHDAY BASH</b>	- <b>HARMONY DAY</b> -  <b>9.00am</b> DANCE & EXERCISE  <b>1:30pm</b> CARDS/GAMES	<b>C&amp;M CAFÉ</b> 7:00am – 2:30pm  <b>RIVERHIGH</b> 10:00am – 2:00pm
MONDAY 23 <sup>RD</sup>	TUESDAY 24 <sup>TH</sup>	WEDNESDAY 25 <sup>TH</sup>	THURSDAY 26 <sup>TH</sup>	FRIDAY 27 <sup>TH</sup>	SATURDAY 28 <sup>TH</sup>	SUNDAY 29 <sup>TH</sup>
<b>11:00am PHYSIO EXERCISE CLASS</b> <b>2:00pm CRAFT CONNECTIONS</b> <b>3:00pm MOVIE</b> <b>The Cape Town Affair</b> James Brolin & Jacqueline Bisset	- <b>PHYSIOTHERAPIST</b> -  <b>10:10am</b> BUS Miranda & Menai	<b>2:00pm CRAFT CONNECTIONS</b>  <b>3:00pm MOVIE</b> <b>West Side Story</b> Natalie Wood	<b>9:00am Dance Exercise</b>  <b>10:10am</b> BUS Roselands &Hurstville  <b>11:00am</b> PHYSIO EXERCISE CLASS	<b>9:50am</b> BUS to Menai <b>11:00am</b> WATER AEROBICS <b>3.30pm</b> <b>Beauty Point ENTERTAINER</b> James Saxman <b>5:00pm</b> HAPPY HOUR <b>TRIVIA</b>	<b>9.00am</b> DANCE & EXERCISE  <b>1:30pm</b> CARDS/GAMES	<b>PALM SUNDAY</b>
MONDAY 30 <sup>TH</sup>	TUESDAY 31 <sup>ST</sup>	<i>Happy Birthday. Wishing you a month full of sunshine, smiles, and celebrations!</i>				
<b>9.30am SOCIAL CHATS</b> <b>11:00am PHYSIO EXERCISE CLASS</b> <b>2:00pm CRAFT CONNECTIONS</b> <b>3:00pm MOVIE</b> <b>The Scarlet &amp; The Black</b> Gregory Peck & Christopher Plummer	- <b>PHYSIOTHERAPIST</b> -  <b>10:10am</b> BUS Miranda & Menai					