

Activity Programme for Residents in  
St. Johannes Heim/St. Johannes Gardens/St. Johannes Park



Weekdays					Weekdays				
DATE	MORNINGS	Where	AFTERNOON	Where	DATE	MORNINGS	Where	AFTERNOON	Where
01. Monday <i>Hr. Stellbrink (SJP)</i>	09:30 Aerobics - 30 Min 10:30 Aerobics - Frail Care 10:30 Spiele (Vol)	BS FC BS	15:00 Bingo (GK)	BS	17. Wednesday <i>Fr. Sachse (SJP)</i>	09:00 Shopping Trip - N1 City 		15:15 Worship - Pastor Meylahn	EZ
02. Tuesday <i>Mev Coetzee (SJP)</i>	10:00 Thüringer Butcher 10:30 Morning Activity with nurses	RA	15:30 Afternoon Activity with nurses	BS	18. Thursday 	09:30 Aerobics - 30 Min (Vol) 10:30 Spiele (Vol)	BS BS	15:30 Gespräche und spazieren (Vol)	VW
03. Wednesday	9:00 Shopping Trip - N1 City 		15:15 Worship - Pastor Sadiki	EZ	19. Friday <i>Mrs Fraser (SJP) Fr. Siemen (SJP)</i>	09:30 Aerobics - 30 Min (Vol) 10:30 Brain Gym (Vol) 	BS BS	15:30 Vorlesen (Vol) 	
04. Thursday <i>Fr. Stellbrink (SJP)</i>	09:30 Aerobics - 30 Min (Vol) 10:30 Gespräche und Kennenlernen (Vol)	BS	15:30 Vorlesen (Vol) 	BS	20. Saturday <i>Hr. Berg (SJP)</i>		14:15 - 15:30 <b>Café Tradition</b>		EZ
05. Friday	09:30 Aerobics - 30 Min (Vol) 10:30 Brain Gym (Vol) 	BS BS	15:00 Spiele (Vol)	BS	21. Sunday				
06. Saturday <i>Mrs. Cornellsen (SJP)</i>		14:15 - 15:30 <b>Café Tradition</b>		EZ	22. Monday 	09:30 Aerobics - 30 Min 10:15 Chat-Café (RM) 10:30 Aerobics - Frail Care	BS BS FC	15:00 Bingo (GK)	BS
07. Sunday					23. Tuesday 	09:30 Aerobics - 30 Min (Vol) 10:30 Basteln (Vol)	BS BS	15:30 Vorlesen (Vol) 	BS
08. Monday 	09:30 Aerobics - 30 Min 10:30 Aerobics - Frail Care	BS FC	15:30 Gespräche und spazieren (Vol)		24. Wednesday <i>Fr. Buchmüller (SJP)</i>	09:00 Shopping Trip - Tygervally 		15:30 Spiele (Vol)	BS
09. Tuesday	09:30 Aerobics - 30 Min (Vol) 10:00 CHOC Handover 10:30 Boardgames (Vol)	BS HH BS	14:00 Austrian Seniors Club Meet 15:30 Vorlesen (Vol) 	BS BS	25. Thursday 	09:30 Aerobics - 30 Min (Vol) 10:30 Vorlesen (Vol) 	BS BS	14:30 Festliches Geburtstagsingen (SJM) 	EZ
10. Wednesday 	9:00 Shopping Trip - Tygervally	BS	15:30 Volksliedersingen (SJM) 	EZ	26. Friday <i>Fr. Laufer-Kaufmann (SJP)</i>	09:30 Aerobics - 30 Min (Vol) 10:30 Brain Gym (Vol) 	BS BS	15:00 Movie: Notting Hill (1999 - English)	VW
11. Thursday	09:30 Aerobics - 30 Min (Vol) 10:30 Spiele (Vol)	BS BS	15:30 Gespräche (Vol)		27. Saturday		14:15 - 15:30 <b>Café Tradition</b>		EZ
12. Friday	09:30 Aerobics - 30 Min (Vol) 10:30 Brain Gym (Vol) 	BS BS	15:00 Movie: Hachiko (2010- Deutsch)	VW	28. Sunday <i>Fr. Müggenburg (SJP)</i>				
13. Saturday		14:15 - 15:30 <b>Café Tradition</b>		EZ	29. Monday <i>Mr. Peters (SJP) Hr. Windholtz (SJP)</i>	09:30 Aerobics - 30 Min 10:30 Aerobics - Frail Care 	BS FC	15:00 Bingo (GK)	BS
14. Sunday		10:30 Church Service		VW	30. Tuesday	09:30 Aerobics - 30 Min (Vol) 10:30 Boardgames (Vol)	BS BS	15:30 Vorlesen (Vol) 	BS
15. Monday <i>Hr. Guyer (SJP)</i> 	09:30 Aerobics - 30 Min 10:15 Chat-Café (RM) 10:30 Aerobics - Frail Care	BS BS FC	15:00 Bingo (GK)	BS	31. Wednesday <i>Fr. Blaich (SJP) Mr. Fraser (SJP)</i>	09:00 - 12:00 Extended Shopping Trip - N1 City 		15:30 Spiele (Vol)	EZ BS
16. Tuesday	09:30 Aerobics - 30 Min (Vol) 10:30 Boardgames (Vol)	BS BS	15:30 Vorlesen (Vol) 	BS					

Where:

TR = Tagesraum / Common Room  
 BS = Bastelstube / Art & Craft Room  
 FC = Frail Care  
 MF = Middle Floor  
 JH = Johanniter  
 Grds = Gardens  
 HH = Happy Hoekie Gardens  
 MH = Music Hoekie above Happy Hoekie  
 EZ = Esszimmer / Dining Room  
 HF = Heim Flat Common Area  
 BR = Boardroom  
 RA = Empfang / Reception Area  
 VW = Voluntärwohnung / Volunteer Flat  
 MV = Mountain View Hall

Thank you to our SJH Volunteers:

SG: Susanne Gebhardt  
 RM: Romy Mueller  
 GK: Graciela Körte  
 Vol: Volunteers  
 HN: Heim Staff / Nurses  
 SJM: St. Johannes Music Team

PS: Petra Schindler (Kath. Past.)