



**Activity Programme for Residents in  
St. Johannis Heim/St. Johannis Gardens/St. Johannis Park**

Birthdays			Birthdays						
DATE	MORNINGS	Where	AFTERNOON	Where	DATE	MORNINGS	Where	AFTERNOON	Where
01. Tuesday	10:00 Thüringer Butcher 10:30 Morning Activity with staff	MVL	15:30 Afternoon Activity with staff		17. Thursday	09:30 Aerobics - 30 Min 10:30 Aerobics - Frail Care	MVA FC	14:30 DVD - Helmut Lotti goes Classic (red album)	MV
02. Wednesday <i>Fr. B. bus (SJM)</i>	9:00 Shopping Trip - Tygervalley 		15:15 Worship - Pastor Sadiki	MV	18. Friday	09:30 Aerobics - 30 Min (Vol) 10:30 Brain Gym (Vol)	MVA MVA	15:30 Ballon Tennis & other games (Vol)	MVA
03. Thursday	09:30 Aerobics - 30 Min (Vol) 10:30 Aerobics - Frail Care (Vol) 	MVA FC	14:30 Concert: The Singing Companions 14:30 Heim Committee Meeting	MV BR	19. Saturday <i>Fr. Arnold (SJM)</i>	14:30 - 16:00 <b>Café Tradition</b> 		EZ	
04. Friday	09:30 Aerobics - 30 Min 10:30 Brain Gym (Vol) 	MVA MVA	15:30 Board Games (Vol) 	MVA	20. Sunday				
05. Saturday <i>Fr. Schickel (SJM)</i>	10:00 Private Function	MVL & EZG	11:30 - 16:00 <b>Café Tradition</b> 	EZ	21. Monday <i>Fr. Barkewski (SJM) Fr. Sackmann (SJM)</i>	09:30 Aerobics - 30 Min 10:00 Seniorentreffen (PS) 10:15 Chat-Café (RM) 10:30 Aerobics - Frail Care	MVA HF MVA FC	15:00 Bingo (GK)	MVA
06. Sunday	10:30 Church Service			MV	22. Tuesday <i>Fr. Windholz (SJM)</i>	09:30 Aerobics - 30 Min 10:30 Board Games (Vol)	MVA MVA	15:30 Vorlesen 	MVB
07. Monday <i>Fr. Kuhn (SJM)</i>	09:30 Aerobics - 30 Min 10:15 Chat-Café (RM) 10:30 Aerobics - Frail Care 	MVA MVA FC	15:00 Bingo (Vol)	MVA	23. Wednesday	09:00 Shopping Trip - N1 City 		15:00 MC Feedback 15:30 Gespräche und Spazieren	MV
08. Tuesday <i>Fr. Gier (SJM)</i>	08:00 Nurses Meeting 09:30 Aerobics - 30 Min 10:30 Basteln (Vol)	MVL MVA MVA	14:00 Austrian Seniors Club Meet 15:30 Vorlesen (Vol) 	MVL MVB	24. Thursday	09:30 Aerobics - 30 Min (Vol) 10:30 Aerobics - Frail Care (Vol) 	MVA FC	14:30 Festliches Geburtstagsingen (SJM) 	MVL
09. Wednesday	09:00 Shopping Trip - N1 City 	MV	15:30 Volksliedersingen (SJM) 	MV MVL	25. Friday	09:30 Aerobics - 30 Min 10:30 Brain Gym (Vol)	MVA MVA	15:00 Movie: Rosamunde Pilcher: Schlafender Tiger (Deutsch)	MVL
10. Thursday <i>Mrs. Van Der Berg (SJM)</i>	09:30 Aerobics - 30 Min 10:30 Aerobics - Frail Care 	MV MVA FC	15:30 Board Games 	MVA	26. Saturday	<b>BAZAAR!</b>			
11. Friday <i>Fr. Malzer (SJM)</i>	09:30 Aerobics - 30 Min 10:30 Brain Gym (Vol)	MVA MVA	14:30 DVD - Andre Ricu: My African Dream	MV	27. Sunday				
12. Saturday	14:30 - 16:00 <b>Café Tradition</b> 			EZ	28. Monday 	09:30 Aerobics - 30 Min 10:15 Chat-Café (RM) 10:30 Aerobics - Frail Care 	MVA FC	15:00 Bingo (GK)	BS
13. Sunday	10:30 Church Service				29. Tuesday	09:30 Aerobics - 30 Min 10:30 Board Games (Vol)	MVA MVA	15:30 Vorlesen 	MVB
14. Monday 	09:30 Aerobics - 30 Min 10:15 Chat-Café (RM) 10:30 Aerobics - Frail Care 	MVA MVA FC	15:00 Bingo (Vol)	MVA	30. Wednesday	09:00 - 12:00 Extended Shopping Trip - Tygervalley 		15:30 Ballon Tennis & other games (Vol)	MVA
15. Tuesday <i>Fr. Kriebel (SJM)</i>	08:00 Nurses Meeting 09:30 Aerobics - 30 Min 10:30 Gespräche und Spazieren	MVL MVA	15:00 Gardens Meeting with Angela Deary 15:30 Vorlesen 17:00 MC Meeting 	HH MVB MVA					
16. Wednesday	09:00 Shopping Trip - Tygervalley 		15:15 Worship - Pastor Meylahn	MV					

Where:

- MV = Mountain View Hall
- MVL = Mountain View Lounge
- MVA = Mountain View Activity Room
- MVB = Mountain View Bibliothek / Library
- FC = Frail Care
- MF = Middle Floor
- JH = Johanniter
- Grds = Gardens
- HH = Happy Hoekie Gardens
- MH = Music Hoekie above Happy Hoekie
- EZ = Esszimmer / Dining Room
- EZG = Esszimmer Garten / Dining Room Garden
- HF = Heim Flat Common Area
- BR = Boardroom
- RA = Empfang / Reception Area
- VW = Volunt ärwohnung / Volunteer Flat

Thank you to our SJH Volunteers:

- SG: Susanne Gebhardt
- RM: Romy Mueller
- GK: Graciela K örte
- Vol: Volunteers
- HN: Heim Staff / Nurses
- SJM: St. Johannis Music Team

PS: Petra Schindler (Kath. Past.)