RAIN Monthly Activity September 2026

CHSP RESPITE DAY CARE GROUP - 1

Day and Date	Program	Location	Person In charge
Monday 07/09/2026	Strength and Agility Exercise, Art & Craft Activity	RAIN Centre	Gita, Hari
Monday 14/09/2026	Strength and Agility Exercise and visit to Ganesh Temple Homebush	RAIN Centre	Gita, Hari
Monday 21/09/2026	Strength and Agility Exercise and Bingo	RAIN Centre	Gita, Hari
Monday 28/09/2026	Strength and Agility Exercise and Ramayana Session	RAIN Centre	Gita, Hari

CHSP RESPITE DAY CARE GROUP - 2

Day and Date	Program	Location	Person In charge
Tuesday 01/09/2026	Strength and Agility Exercise & Art on Bottle activity	RAIN Centre	Rita, Hari
Tuesday 08/09/2026	Strength and Agility Exercise & Art on Bottle activity	RAIN Centre	Rita, Hari
Tuesday 15/09/2026	Strength and Agility Exercise & Crossword Puzzle	RAIN Centre	Rita, Hari
Tuesday 22/09/2026	Strength and Agility Exercise, Word Game, and Lunch at Patio	RAIN Centre	Rita, Hari
Tuesday 29/09/2026	Strength and Agility Exercise & Collage on Picture Frame	RAIN Centre	Rita, Hari

CHSP SOCIAL SUPPORT GROUP

Day and Date	Program	Location	Person In charge
Thursday 03/09/2026	Prayers, Strength and Agility Exercise and Bingo	Hurstville Senior Centre	Gita, Hari
Thursday 10/09/2026	Prayers, Talk by Angela (physiotherapist) & Q/A by Adarshji and group	Hurstville Senior Centre	Gita, Hari
Thursday 17/09/2026	Prayers, General knowledge, Talk by Jayanti and simple strategies to prevent the onset of Dementia.	Hurstville Senior Centre	Gita, Hari
Thursday 24/09/2026	Prayers, Antakshari and Monthly Birthday Celebration	Hurstville Senior Centre	Gita, Hari

CHSP SOCIAL SUPPORT - Ashfield Centre

Day and Date	Program	Location	Person in charge
Wednesday 02/09/2026	Outing at Auburn Cherry Blossom Festival	Auburn	Gita, Hari
Wednesday 09/09/2026	Physical exercise and Word Formation Game	Ashfield	Usha Chawla, Anju Srivastava
Wednesday 23/09/2026	Physical Exercise and Bingo	Ashfield	Usha Chawla, Anju Srivastava
Wednesday 30/09/2026	Pitru puja at 11 am, followed by Prasad and Maha Prasad	RAIN Centre	Gita, Hari

Janmashtami Celebration on Friday 4/09/2026 from 10:30 am – 12 pm Nandabhayo, followed by lunch at RAIN Centre

Please note: RAIN apologizes for any change in the activity without prior notice due to unforeseen reasons