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LIFESTYLE OPTIC	ONS FOR AGEI	NG ALISTRALIA

## NOVEMBER 2021

Leisure & lifestyle Activities Program Schedule (COVID – 19)
As advised: Only for small groups and maintaining social distancing

LIFESTYLE OPTIONS FOR AGEING AUSTRALIA		NOVEMBER 2021		As advised: Only for small groups and maintaining social distancing			
Monday	Tuesday	Wednesday	Thursday		Friday	Saturday	Sunday
1	2	3 Sandvich Day, everyone!	BREAKFAST FAITH, FOOD & FELLOWSHIP	5	WITHOUT BORDERS	Anational Macho's Day	7 MOVIE NIGHT
9.30am: Exercise class	9.30amMeditation&Yoga	9.30amMorning exercise	9.30amZumba with Zana	9.30am	: Exercises Physio H	10.00: Room visits	10.30am: Cooking &
10.15am Art Therapy	10.00am: The horse race	11.00am: Spiritual	8.30Men's Breakfast Club	10.00ar	m: Coffee Club	10.30amNacho Day	sharing recipes (S.B.)
S.B	game CH	discussion with Father	10.00am: Bus Trip	2.30pm	n: Meditation &	SB	1.30pm: Tribute to
2.30: Parachute game	2.00pmMelbourne cup	Constantine	1.30pm: Hangman CM	relaxati	ion class CM	1.30pm: Karaoke L1	Adolphe Sax's CM
3.30pm1:1Hand care	& fashion parade CH	2.00pm: Bingo (CH)	2.30pm: Chair Yoga-CH	1.30pm	n: Room visit.	3.00pm: Classical	4.00Movie matinee
		3.00pm:Sandwich Day	3.00pm Rummy tiles CH			music DVD (CM)	
8	9  * * * * * * * * * * * * * * * * * * *	Men's Group	Lest we forget Remembrance Day 2019	12	COFFEE	13 NAIDOC WEEK	14 Sing Along
9.30amExercises class	9.30amMeditation&Yoga	9.30amMorning exercise	9.30am Zumba with Zana	9.30am	: Exercises Physio H	10.00: Room visits	10.00am: Pavarotti –
10.15am Art Therapy	10.00amCoffee Club	11.00am: Spiritual	10.30am Lest we forget -	10.00ar	m: Coffee Club	11.00amBBQ&World	concert DVD (SB)
S.B	Inventors' Day discussion	discussion with Father	Remembrance Day (CH)	2.30pm	n: Meditation &	Kindness Day CH	1.30pm: World music
2.00pmHolyArchangel	1.15pm Art Therapy S.B	Constantine	2.30pm: Chair Yoga-CH	relaxati	ion class CM	3.00pm: NAIDOC	&Philosophy Day CH
religious celebration	2.00pm: Reminiscing LM	2.00pm: Bingo (CH)	3.00pm: Quiz CM	1.30pm	n: Room visit.	Week	3.00pm: Movie
3.30pm1:1Hand care		3.00pm: Men's Group-LM					matinee (CM)
15	THE COFFEE CLUB	17	18	19		20	THE PRINTING OF THE
9.30am: Exercise class	9.30amMeditation&Yoga	9.30amMorning exercises	9.30amZumba with Zana	9.30am	: Exercises Physio H	10.00: Room visits	1.30pm: Trivia with
10.15pm Art Therapy	10.3am Coffee club	11.00am: Service with	11.00am: Catholic service	10.00ar	m: Coffee Club	11.00amMusicTrivia	Taylah CH
S.B	1.15pm Art Therapy S.B	Father Constantine (C)	10.00am: Bus Trip	2.30pm	n: Meditation &	2.30pm: Ladies Club	2.00pm: Liturgy with
2.30pmBalloon games	3.15pm: Friendship club	2.00pm: Bingo (SB)	1.30pm: Trivia CM		ion class CM	High Tea CH	F. Constantine
3.30pm1:1Hand care		3.00pm: Book Club S.B.	2.30pm: Chair Yoga-CH		n: Room visit		3.00Movie matinee
22 ART THERAPY	23	24	25 Secontine con	26	COFFEE CLUB	27	28 cooking
9.30am: Exercise class	9.30amMeditation&Yoga	9.30am Morning exercises	9.30amZumba with Zana		: Exercises Physio H	10.00: Room visits	10.00am: Coking with
10.15am Art Therapy	10.00am: Coffee Club (H	11.00am: Discussion with	10.00am: Bus Trip		m: Coffee Club	2.00pm Happy Hour	Maria SB
S.B.	1.30Residents Meeting	Father Constantine CH	1.30pm Craft Therapy CH	-	n: Meditation &	3.30pm: Armchair	1.30pm: Quiz-CM
2.30Carpet bowling CH	CH	2.00pm: Bingo (SB)	2.30pm: Chair Yoga-CH		ion class CM	travel to Canada -CM	4.00 Predinner drinks
3.30pm1:1Hand care	2.00pm:lce cream trolley	3.00pm: Memories of me		3.00pm	n: Room visit		
29	30 Garden Club	31 The Tadies Club	MELHOURNE CUP 2021		LEST WE FORGET	(BBQ)	KEY
9.30am: Exercise class	9.30amMeditation&Yoga	9.30am Morning exercises	MELBOURNE CUP				DM) = Dinning Mainstream
10.15am Art Therapy	10.00am: Coffee Cub	1000am: Scattergories LM	MELL		REMEMBRANCE <b>Service</b>		CS) = Coffee Shop (CH) = Community Hall
S.B.	&Fruit Salad CH	2.00pm: Bingo (SB)			ALIVIEIVIDINAINUE		(CM)= Cinema Mainstream
2.30 Quoits game -CH	1.15pm Art Therapy S.B	3.00pm: Ladies Talk LM		WE WILL REMEM	BERTHEM DAY 11		(L M) Library Mainstream
3.30pm1:1Hand care	2.00pm: Garden Club	4.00am: Singalong SB			NOVEMBER		(D.L.1) Dinning Level 1 (S.B.) Sport Bar