






































NOVEMBER 2021

Leisure & lifestyle Activities Program Schedule (COVID – 19)

As advised: Only for small groups and maintaining social distancing

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1		2		3		4		5		6		7	
9.30am: Exercise class 10.15am Art Therapy S.B 2.30: Parachute game 3.30pm 1:1 Hand care		9.30am Meditation & Yoga 10.00am: The horse race game CH 2.00pm Melbourne cup & fashion parade CH		9.30am Morning exercise 11.00am: Spiritual discussion with Father Constantine 2.00pm: Bingo (CH) 3.00pm: Sandwich Day		9.30am Zumba with Zana 8.30 Men's Breakfast Club 10.00am: Bus Trip 1.30pm: Hangman CM 2.30pm: Chair Yoga-CH 3.00pm Rummy tiles CH		9.30am: Exercises Physio H 10.00am: Coffee Club 2.30pm: Meditation & relaxation class CM 1.30pm: Room visit.		10.00: Room visits 10.30am Nacho Day SB 1.30pm: Karaoke L1 3.00pm: Classical music DVD (CM)		10.30am: Cooking & sharing recipes (S.B.) 1.30pm: Tribute to Adolphe Sax's CM 4.00 Movie matinee	
8		9		10		11		12		13		14	
9.30am Exercises class 10.15am Art Therapy S.B 2.00pm Holy Archangel religious celebration 3.30pm 1:1 Hand care		9.30am Meditation & Yoga 10.00am Coffee Club Inventors' Day discussion 1.15pm Art Therapy S.B 2.00pm: Reminiscing LM		9.30am Morning exercise 11.00am: Spiritual discussion with Father Constantine 2.00pm: Bingo (CH) 3.00pm: Men's Group-LM		9.30am Zumba with Zana 10.30am Lest we forget - Remembrance Day (CH) 2.30pm: Chair Yoga-CH 3.00pm: Quiz CM		9.30am: Exercises Physio H 10.00am: Coffee Club 2.30pm: Meditation & relaxation class CM 1.30pm: Room visit.		10.00: Room visits 11.00am BBQ & World Kindness Day CH 3.00pm: NAIDOC Week		10.00am: Pavarotti – concert DVD (SB) 1.30pm: World music & Philosophy Day CH 3.00pm: Movie matinee (CM)	
15		16		17		18		19		20		21	
9.30am: Exercise class 10.15pm Art Therapy S.B 2.30pm Balloon games 3.30pm 1:1 Hand care		9.30am Meditation & Yoga 10.3am Coffee club 1.15pm Art Therapy S.B 3.15pm: Friendship club		9.30am Morning exercises 11.00am: Service with Father Constantine (C) 2.00pm: Bingo (SB) 3.00pm: Book Club S.B.		9.30am Zumba with Zana 11.00am: Catholic service 10.00am: Bus Trip 1.30pm: Trivia CM 2.30pm: Chair Yoga-CH		9.30am: Exercises Physio H 10.00am: Coffee Club 2.30pm: Meditation & relaxation class CM 1.30pm: Room visit		10.00: Room visits 11.00am Music Trivia 2.30pm: Ladies Club High Tea CH		1.30pm: Trivia with Taylah CH 2.00pm: Liturgy with F. Constantine 3.00 Movie matinee	
22		23		24		25		26		27		28	
9.30am: Exercise class 10.15am Art Therapy S.B. 2.30 Carpet bowling CH 3.30pm 1:1 Hand care		9.30am Meditation & Yoga 10.00am: Coffee Club (H) 1.30 Residents Meeting CH 2.00pm: Ice cream trolley		9.30am Morning exercises 11.00am: Discussion with Father Constantine CH 2.00pm: Bingo (SB) 3.00pm: Memories of me		9.30am Zumba with Zana 10.00am: Bus Trip 1.30pm Craft Therapy CH 2.30pm: Chair Yoga-CH		9.30am: Exercises Physio H 10.00am: Coffee Club 2.30pm: Meditation & relaxation class CM 3.00pm: Room visit		10.00: Room visits 2.00pm Happy Hour 3.30pm: Armchair travel to Canada -CM		10.00am: Coking with Maria SB 1.30pm: Quiz-CM 4.00 Predinner drinks	
29		30		31		 		 		 		KEY (DM) = Dining Mainstream (CS) = Coffee Shop (CH) = Community Hall (CM) = Cinema Mainstream (L M) Library Mainstream (D.L.1) Dining Level 1 (S.B.) Sport Bar	
9.30am: Exercise class 10.15am Art Therapy S.B. 2.30 Quoits game -CH 3.30pm 1:1 Hand care		9.30am Meditation & Yoga 10.00am: Coffee Club & Fruit Salad CH 1.15pm Art Therapy S.B 2.00pm: Garden Club		9.30am Morning exercises 10.00am: Scattergories LM 2.00pm: Bingo (SB) 3.00pm: Ladies Talk LM 4.00am: Singalong SB									