



OCTOBER 2022 ACTIVITY CALENDAR - MACLEAY VALLEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Hairdresser & Beautician 8.00 - Live Stream Music with Joe Robinson 9.30 - Coffee in the Café 10.00 - Craft Group 10.30 - 1:1 Support Visits 2.00 - Quizz/Games	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE		In House TV each day Channel 700, 701, 702, 703		1 Coffee in Café 10.20 - Table Games Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie	2 9.00 - Church Karaoke 10.20 - Bingo Independent Activities 1.00 - Afternoon Movie
3 Hairdresser & Beautician 8.00 - Live Stream Music with Joe Robinson 9.30 - Coffee in the Café 10.00 - Craft Group 10.30 - 1:1 Support Visits 2.00 - Quizz/Games	4 10.15 - Seated Fitness 10.45 - 1:1 Support Visits 2.00 - Bingo 3.15 - Armchair Travel 3.15 - Falls Prevention	5 10.00 - Shopping Kiosk 10.00 - Walking Group 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Milkshakes with Music 2.00pm Church Karaoke	6 9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.15 - Carpet Bowls 1.15 - Scenic Outing with Ice-cream 3.15 - Library Trolley Visits	7 9.30 - Coffee in the Café 10.15 - Seated Fitness Fun 10.45 - Bingo 11.00 - Church Karoke 1.30 - 2.30 Happy Hour	8 10.20 - Table Games Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie	9 9.00 - Church Karaoke 10.20 - Bingo Independent Activities 1.00 - Afternoon Movie
10 Hairdresser & Beautician 8.00 - Live Stream Music with Joe Robinson 9.30 - Coffee in the Café 10.00 - Craft Group 10.30 - 1:1 Support Visits 2.00 - Quizz/Games	11 10.15 - Seated Fitness 10.45 - 1:1 Support Visits 2.00 - Bingo 3.15 - Armchair Travel 3.15 - Falls Prevention	12 10.00 - Shopping Kiosk 10.00 - Walking Group 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Drumming 2.00pm Church Karaoke	13 9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.15 - Carpet Bowls 1.15 - Scenic Outing with Ice-cream 3.15 - Library Trolley Visits	14 9.30 - Coffee in the Café 10.15 - Seated Fitness Fun 10.45 - Bingo 11.00 - Church Karoke 1.30 - 2.30 Happy Hour	15 10.20 - Table Games Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie	16 9.00 - Church Karaoke 10.20 - Bingo Independent Activities 1.00 - Afternoon Movie
17 Hairdresser & Beautician 8.00 - Live Stream Music with Joe Robinson 9.30 - Coffee in the Café 10.00 - Craft Group 10.30 - 1:1 Support Visits 2.00 - Quizz/Games	18 10.15 - Seated Fitness 10.45 - 1:1 Support Visits 2.00 - Bingo 3.15 - Armchair Travel 3.15 - Falls Prevention	19 10.00 - Shopping Kiosk 10.00 - Walking Group 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Milkshakes with Music 2.00pm Church Karaoke	20 9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.15 - Carpet Bowls 1.15 - Scenic Outing with Ice-cream 3.15 - Library Trolley Visits	21 9.30 - Coffee in the Café 10.15 - Seated Fitness Fun 10.45 - Bingo 11.00 - Church Karoke 1.30 - 2.30 Happy Hour	22 10.20 - Table Games Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie	23 9.00 - Church Karaoke 10.20 - Bingo Independent Activities 1.00 - Afternoon Movie
24 Hairdresser & Beautician 8.00 - Live Stream Music with Joe Robinson 9.30 - Coffee in the Café 10.00 - Craft Group 10.30 - 1:1 Support Visits 2.00 - Quizz/Games	25 10.15 - Seated Fitness 10.45 - 1:1 Support Visits 2.00 - Bingo 3.15 - Armchair Travel 3.15 - Falls Prevention	26 10.00 - Shopping Kiosk 10.00 - Walking Group 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Drumming	27 9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.15 - Carpet Bowls 1.15 - Scenic Outing with Ice-cream 3.15 - Library Trolley Visits	28 9.30 - Coffee in the Café 10.15 - Seated Fitness Fun 10.45 - Bingo 11.00 - Church Karoke 1.30 - 2.30 Happy Hour	29 10.20 - Table Games Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie	30 9.00 - Church Karaoke 10.20 - Bingo Independent Activities 1.00 - Afternoon Movie

2.00pm Church Karaoke