

















OCTOBER 2023 ACTIVITY CALENDAR - MACLEAY VALLEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30</p> <p>Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 9.45 - Seated exercises 10.00 - Craft Group 2.00 - Bingo</p> 	<p>31</p> <p>9.30 - Coffee in Cafe 9.45 - Seated Exercises 10.30 - Bingo 2.00 - Falls Prevention Exercises 2.00 - Quizzes</p> 	<p>In House TV each day Channel 700, 701, 702, 703</p>	<p>Thursday</p> 	<p>1</p> <p>9.30 - Coffee in the Café 10.30 - Morning tea on the veranda 11.00 - Church Karaoke 2.00 - Happy Hour</p> 	<p>2</p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p>1</p> <p>9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie</p> 
<p>2</p> <p>Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 9.45 - Seated exercises 10.00 - Craft Group 2.00 - Bingo</p> 	<p>3</p> <p>9.30 - Coffee in Cafe 9.45 - Seated Exercises 10.30 - abstract painting 2.00 - Falls Prevention Exercises 2.00 - Quizzes</p> 	<p>4</p> <p>9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 1.30 - Residents and Relatives meet 2.00 - Music and Milkshakes</p> 	<p>5</p> <p>9.30 - Coffee in the Café 10.15 - Bus Outing - luncheon 10.30 - Carpet Bowls 1.30 - Movie in Cinema 3.15 - Library Trolley Visits</p>	<p>6</p> <p>9.30 - Coffee in the Café 10.30 - Relaxing pampering 11.00 - Church Karaoke 2.00 - Happy Hour</p> 	<p>7</p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p>8</p> <p>9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie</p> 
<p>9</p> <p>Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Armchair Travel</p>	<p>10</p> <p>9:30 - Coffee in the Cafe 10.30 - Bingo 11.15 - Falls Prevention Exercises 2.00 - Quizzes</p> 	<p>11</p> <p>9.00 - Walking Group 9.30 - Coffee in the Café 10.30 - Table Games 2.00 - Virtual Reality 2.00 - Drumming</p> 	<p>12</p> <p>9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.30 - Chair hockey 1.15 - Scenic Bus outing 1.30 - Movie in Cinema 3.15 - Library Trolley Visits</p> 	<p>13</p> <p>9.30 - Coffee in the Café 10.45 - Cheese tasting 11.00 - Church Karaoke 2.00 - Happy Hour</p> 	<p>14</p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p>15</p> <p>9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie</p> 
<p>16</p> <p>Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Bingo</p> 	<p>17</p> <p>9.30 - Coffee in Cafe 10.30 - Carpet bowls 11.15 - Falls prevention exercises 2.00 - Quizzes</p> 	<p>18</p> <p>9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 10.30 - Shopping trip on the bus 2.00 - Drumming</p> 	<p>19</p> <p>9.30 - Coffee in the Café 10.15 - Bus Outing - luncheon 10.30 Carpet Bowls 1.30 - Movie in Cinema 3.15 - Library Trolley Visits</p> 	<p>20</p> <p>9.30 - Coffee in the Café 10.45 - Scratch art 11.00 - Church Karaoke 2.00 - Happy Hour</p> 	<p>21</p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p>22</p> <p>9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie</p> 
<p>23</p> <p>Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Armchair Travel</p>	<p>24</p> <p>9:30 - Coffee in Cafe 10.30 - Bingo 11.15 - Falls Prevention Exercises 2.00 - Quizzes</p> 	<p>25</p> <p>9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - Residents birthday Party 3.30 - Residents Advisory Committee Meeting</p> 	<p>26</p> <p>9.30 - Coffee in the Café 10.30 - Bus outing - luncheon 10.30 - Craft in Craft Room 1.30 - Movie in Cinema 3.15 - Library Trolley Visits</p> 	<p>27</p> <p>9.30 - Coffee in the Café 10.45 - Story Circle 11.00 - Church Karaoke 2.00 - Happy Hour</p>	<p>28</p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p>29</p> <p>9.00 - Church Karaoke 10.20 - Table Games Independent Activities 11.15 - Church service 1.00 - Afternoon Movie</p>