



OCTOBER 2023 ACTIVITY CALENDAR - DURAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 10:00 Bus Trip with Gfloor 11:00 Musical Exercises 11:00 Word Game @ L1 1:30 Bus Trip [LG2] 2:00 Grandparents' Day Celebration with Carl & Ej 2:30 Movie @ Cinema	HAPPY HALLOWEEN 31 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Musical Exercises 2:00 Carpet Bowls 2:00 Quoits for LG2 2:30 Movie @ Cinema 		DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	EXTRA ACTIVITIES : GYM Sessions : by appointment Walk and Talk : by appointment Hornsby Library Visit : 05 OCT Resident's Meeting : Monthly Spa : by appointment		1 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Songs of Praise 2:00 Carpet Bowls 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2
2 LABOUR DAY 11:00 Musical Exercises 1:30 Craft Making 2:30 B I N G O 2:30 Movie @ Cinema	3 10:00 Bus Trip with LG1 11:00 Pet Therapy "Peach" 11:00 Musical Exercises 2:00 Carpet Bowls 2:00 Quoits for LG2 2:30 Movie @ Cinema	4 10:30-2:00 Picnic Bus Trip [G] 11:00 Hand & Foot Spa @ Level 1 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema 2:30 Ice Cream Trolley @ G 3:00 Darts Game	5 10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Yoga Class 2:00 Carpet Bowls 2:30 Movie @ Cinema	6 10:00 Bus Trip with Gfloor 11:00 Hand & Foot Spa @ Level 1 11:00 B I N G O @ Back Dining Rm. G 1:30 Bus Trip [LG2] 2:00 Live Concert w/ Harry Court & Happy Hour 2:30 Movie @ Cinema	7 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Movie @ Cinema 3:00 Music Therapy for LG2	8 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2
9 10:00 Bus Trip with Gfloor 11:00 Musical Exercises 11:00 Pet Therapy "Pippa" 1:15 Carpet Bowl Competition 2:30 Movie @ Cinema	10 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 2:00 Quoits for LG2 2:30 Food & Hospitality Meeting 2:30 Movie @ Cinema	11 10:30-2:00 Picnic Bus Trip [LG1] 10:30 Church Service 11:00 Hand & Foot Spa @ Level 1 11:00 Musical Exercises 2:30 Residents' Meeting 2:30 Movie @ Cinema 2:30 Ice Cream Trolley [LG1]	12 10:00 Bus Trip with L1 10:30 Jewellery Making 10:30 Catholic Service 11:00 Musical Exercises 2:30 Thai Presentation 2:30 Movie @ Cinema THEME DAY - Thai Theme Day	13 10:00 Bus Trip with Gfloor 11:00 Quoits @ Chapel Gfloor 11:00 Pet Therapy "Leo" 1:30 Bus Trip [LG2] 2:00 Live Concert w/ Kristy Lee & Happy Hour 2:30 Movie @ Cinema	14 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Movie @ Cinema 3:00 Quoits for LG2	15 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2
16 10:00 Bus Trip with Gfloor 11:00 Musical Exercises 11:00 Quoits @ L1 1:30 Craft Making 1:30 Bus Trip [LG2] 2:30 B I N G O 2:30 Movie @ Cinema	17 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Musical Exercises 2:00 Carpet Bowls 2:00 Quoits for LG2 2:30 Movie @ Cinema	18 10:30-2:00 Picnic Bus Trip [LG2] 10:30 Church Service 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema 2:30 Ice Cream Trolley @ L1	19 10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Yoga Class 2:00 Carpet Bowls 2:30 Movie @ Cinema	20 10:00 Bus Trip with Gfloor 11:00 Hand & Foot Spa @ Level 1 11:00 B I N G O @ Back Dining Rm. G 1:30 Bus Trip [LG2] 2:00 LIVE Concert w/ Harry Court & Happy Hour 2:30 Movie @ Cinema	21 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Movie @ Cinema 3:00 Music Therapy for LG2	22 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2
23 10:00 Bus Trip with Gfloor 11:00 Musical Exercises 11:00 Word Game @ L1 1:30 Art Therapy 1:30 Bus Trip [LG2] 2:30 B I N G O 2:30 Movie @ Cinema	24 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 2:00 Carpet Bowls 2:00 Quoits for LG2 2:30 Movie @ Cinema	25 10:30-2:00 Picnic Bus Trip [L1] 10:30 Catholic Service w/ Priest 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema 2:30 Ice Cream Trolley [LG2] 3:00 Darts Game	26 10:00 Bus Trip with L1 10:30 Jewellery Making 11:00 Carpet Bowls 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema	27 10:00 Bus Trip with Gfloor 11:00 Hand & Foot Spa @ Level 1 11:00 Quoits @ Chapel Gfloor 1:30 Bus Trip [LG2] 1:30 Live Concert w/ Greg Dimmock & Happy Hour 2:30 Movie @ Cinema	28 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Movie @ Cinema 3:00 Quoits for LG2	HAPPY GRANDPARENTS DAY 29 10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2