
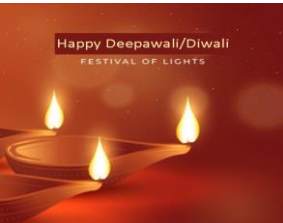



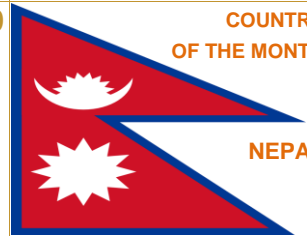


# NOVEMBER 2024 ACTIVITY CALENDAR - ORAN PARK HOUSE

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   | Sunday   |
|---|--|--|---|---|--|--|
| <p><b>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</b></p>  |  <p><i>All Saints' Day</i></p>  |  <p>Happy Deepawali/Diwali<br/>FESTIVAL OF LIGHTS</p>   |  <p>MELBOURNE CUP DAY</p>   | <p><b>1</b></p> <p><b>All Saints' Day / Diwali</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Meditation</p> <p>14:00 Happy Hour</p>      | <p><b>2</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>14:00 Music Afternoon<br/>Your choice on YouTube</p>         | <p><b>3</b></p> <p>10:30 Garden Socials and Ball Games</p>  <p>14:00 Film / Movie Afternoon<br/>Your choice on YouTube</p>  |
| <p><b>4</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>14:00 Armchair Travel to NEPAL</p> <p>RAOs to decorate for Melbourne Cup Day</p>    | <p><b>5</b></p> <p><b>Melbourne Cup Day</b></p> <p>10:30 Non-Denominational Church Service with Robyn</p> <p>11:00 Resident's Initiated Table Games, Films, Music</p> <p>14:00 Melbourne Cup Day Celebration, Sweeps &amp; Awarding</p> <p>Snacks &amp; Refreshments Available</p> | <p><b>6</b></p> <p>10:30 Bus Outing (Boronia)</p> <p>10:30 Morning Exercise</p> <p>11:00 Whiteboard Games</p> <p>14:00 Colouring &amp; Painting</p> <p>15:00 One on One</p>  | <p><b>7</b></p> <p>10:30 Pet Therapy (Level 2)</p> <p>11:00 Bingo</p> <p>14:00 Sensory Garden Visit</p> <p>15:00 One on One</p>   | <p><b>8</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Catholic Church Service</p> <p>14:00 Happy Hour</p>                                | <p><b>9</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>14:00 Film / Movie Afternoon<br/>Your choice on YouTube</p>  | <p><b>10</b></p> <p>10:30 Coffee Social in the Lounge Area</p>  <p>14:00 Music Afternoon<br/>Your choice on YouTube</p>     |
| <p><b>11</b></p> <p><b>Remembrance Day</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Food Focus Meeting</p> <p>14:00 Bingo</p> <p>15:00 One on One</p> | <p><b>12</b></p> <p>10:30 Entertainment with <i>Roger Menezes</i></p> <p>14:00 Pamper &amp; Nail Care</p> <p>15:00 One on One</p>  | <p><b>13</b></p> <p><b>World Kindness Day</b></p> <p>10:30 C2bMe Selfcare Session (Presenter: Sabrina)</p> <p>10:30 Bus Outing (Wattle)</p> <p>14:00 Yarning group (for interested residents)</p> <p>Sing-a-long for other Units</p> | <p><b>14</b></p> <p><b>Country of the Month Lunch Special</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>12:00 Nepal Lunch Menu</p> <p>14:00 Ice Cream Trolley</p> <p>15:00 One on One</p> | <p><b>15</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Card Game - Hoy</p> <p>14:00 Happy Hour</p>                                       | <p><b>16</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>14:00 Music Afternoon<br/>Your choice on YouTube</p>        | <p><b>17</b></p> <p>10:30 Garden Socials and Ball Games</p>  <p>14:00 Film / Movie Afternoon<br/>Your choice on YouTube</p> |
| <p><b>18</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>14:00 Ten Pin Bowling</p> <p>15:00 One on One</p>                                  | <p><b>19</b></p> <p><b>International Men's Day</b></p> <p>10:30 Residents and Relatives Meetings &amp; Leisure Activity Planning Meeting</p> <p>14:00 Film / Movie Afternoon</p> <p>15:00 One on One</p>   | <p><b>20</b></p> <p>10:30 Bus Outing (Waratah)</p> <p>10:30 Morning Exercise</p> <p>11:00 Quiz &amp; Trivia</p> <p>14:00 Colouring &amp; Painting</p> <p>15:00 One on One</p>  | <p><b>21</b></p> <p>10:30 Pet Therapy (Level 1)</p> <p>11:00 Bingo</p> <p>14:00 Sensory Garden Visit</p> <p>15:00 One on One</p>  | <p><b>22</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Meditation</p> <p>14:00 Happy Hour</p>  | <p><b>23</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>14:00 Film / Movie Afternoon<br/>Your choice on YouTube</p> | <p><b>24</b></p> <p>10:30 Coffee Social in the Lounge Area</p>  <p>14:00 Music Afternoon<br/>Your choice on YouTube</p>   |
| <p><b>25</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>14:00 Film / Movie Afternoon</p> <p>15:00 One on One</p>                           | <p><b>26</b></p> <p>10:30 Entertainment with <i>Ares of Singusasongmusic.com</i></p> <p>14:00 Pamper &amp; Nail Care</p> <p>15:00 One on One</p>   | <p><b>27</b></p> <p>10:30 C2bMe Selfcare Session (Presenter: Sabrina)</p> <p>10:30 Bus Outing (Banksia)</p> <p>14:00 Yarning group (for interested residents)</p> <p>Sing-a-long for other Units</p>                                 | <p><b>28</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>14:00 Ice Cream Trolley</p> <p>15:00 One on One</p>  | <p><b>29</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Card Game - Hoy</p> <p>14:00 Happy Hour<br/>Birthday of the Month Celebration</p> | <p><b>30</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Bingo</p> <p>14:00 Music Afternoon<br/>Your choice on YouTube</p>        | <p><b>COUNTRY OF THE MONTH</b></p> <p><b>NEPAL</b></p>    |