

SEPTEMBER 2023 ACTIVITY CALENDAR - MACLEAY VALLEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
In House TV each day Channel 700, 701, 702, 703				1	2	3
				9.30 - Coffee in the Café 10.30 - Morning tea on the veranda 11.00 - Church Karaoke 2.00 - Happy Hour 	10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
 4 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 9.45 - Seated exercises 10.00 - Craft Group 2.00 - Bingo 	5 9.30 - Coffee in Cafe 9.45 - Seated Exercises 10.30 - Bingo 2.00 - Falls Prevention Exercises 2.00 - Quizzes 	6 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 	 7 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	 8 9.30 - Coffee in the Café 10.30 - Relaxing pampering 11.00 - Church Karaoke 2.00 - Happy Hour 	9 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	10 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
11 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	12 9:30 - Coffee in the Cafe 10.30 - Bingo 11.15 - Falls Prevention Exercises 2.00 - Quizzes 	13 9.00 - Walking Group 9.30 - Coffee in the Café 10.30 - Table Games 2.00 - Milkshakes and Music 	14 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 	15 9.30 - Coffee in the Café 10.45 - Story Circle 11.00 - Church Karaoke 2.00 - Happy Hour 	16 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	17 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
18 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Bingo 	19 9.30 - Coffee in Cafe 10.30 - Bingo 11.15 - Falls prevention exercises 2.00 - Quizzes 	20 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 2.00 - Residents birthday Party 3.30 - Residents Advisory Committee Meeting 	21 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 	22 9.30 - Coffee in the Café 10.45 - Scratch art 11.00 - Church Karaoke 2.00 - Happy Hour 	23 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	24 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 11.15 - Church service 1.00 - Afternoon Movie 
25 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	26 9:30 - Coffee in Cafe 10.30 - Nerf Shooting Gallery 11.15 - Falls Prevention Exercises 2.00 - Quizzes 	27 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 - FOOTY DAY  	28 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 	28	29	30