



November 2023 ACTIVITY CALENDAR - DURAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE		1	2	3	4	5
		10:30-2:00 Picnic Bus Trip [G] 11:00 Massage Therapy @ Level 1 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema	10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Carpet Bowls for G 11:00 Musical Exercises 2:00 Carpet Bowls for LG1 & L1 2:30 Movie @ Cinema	10:00 Bus Trip with Gfloor 11:00 Quoits @ Chapel Gfloor 11:00 Hand & Foot Spa @ Level 1 1:30 Bus Trip [LG2] 2:00 Live Concert & HAPPY HOUR 2:30 Movie @ Cinema	10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Movie @ Cinema 2:30 Music Therapy for LG2	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
6	Melbourne Cup 7	8	9	10	11	12
10:00 Bus Trip with Gfloor 11:00 Pet Therapy "Pippa" 11:00 Musical Exercises 1:30 Craft Making 1:30 Bus Trip [LG2] 2:30 B I N G O 2:30 Movie @ Cinema	10:00 Bus Trip with LG1 10:00 MELB SWEEPS 2023 10:30 Jewellery Making 11:00 Yoga Class 3:00 RACE @ Lounge Gfloor 	10:30-2:00 Picnic Bus Trip [LG1] 10:30 Church Service 11:00 Massage Therapy @ Level 1 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema 2:30 Ice Cream Trolley @ G	10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Carpet Bowls 11:00 Musical Exercises 2:30 Residents' Meeting 2:30 Movie @ Cinema	10:00 Bus Trip with Gfloor 11:00 Pet Therapy "Leo" 11:00 B I N G O @ Back Dining Rm. G 1:30 Bus Trip [LG2] 2:00 Live Concert & HAPPY HOUR 2:30 Movie @ Cinema	10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Movie @ Cinema 2:30 Music Therapy for LG2	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
13	14	15	16	17	18	19
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	10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 2:00 Diwali Celebration 	10:30 Jewellery Bus Trip 10:30 Church Service 11:00 Massage Therapy @ Level 1 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema 2:30 Ice Cream Trolley [LG1]	10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Carpet Bowls for G 11:00 Musical Exercises 2:00 Carpet Bowls for LG1 & L1 2:30 Movie @ Cinema	10:00 Bus Trip with Gfloor 11:00 Quoits @ Chapel Gfloor 11:00 Hand & Foot Spa @ Level 1 1:30 Bus Trip [LG2] 2:00 Live Concert & HAPPY HOUR 2:30 Movie @ Cinema	10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Movie @ Cinema 2:30 Music Therapy for LG2	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
20	21	22	23	24	25	26
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	10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 11:00 Pet Therapy "Peach" 2:30 Food & Hospitality Meeting 2:30 Movie @ Cinema	10:30-2:00 Picnic Bus Trip [LG2] 10:30 Church Service 11:00 Massage Therapy @ Level 1 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema 2:30 Ice Cream Trolley @ LG2	10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 2:00 LIVE Concert & HAPPY HOUR 2:30 Movie @ Cinema	10:00 Bus Trip with Gfloor 11:00 Hand & Foot Spa @ Level 1 11:00 B I N G O @ Back Dining Rm. G 11:00 Carpet Bowls for G 1:30 Bus Trip [LG2] 2:00 Carpet Bowls for LG1 & L1 2:30 Movie @ Cinema	10:30 Coffee & Chat 11:00 Musical Exercises 11:00 Quoits @ LG1 2:00 Carpet Bowls 2:30 Movie @ Cinema 2:30 Music Therapy for LG2	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
27	28	29	30			EXTRA ACTIVITIES :
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	10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 11:00 Carpet Bowls for G 2:00 Quoits for LG2 2:00 Carpet Bowls for LG1 & L1 2:30 Movie @ Cinema	10:30-2:00 Picnic Bus Trip [L1] 10:30 Church Service 11:00 Massage Therapy @ Level 1 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema 2:30 Ice Cream Trolley @ L1	10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Carpet Bowls for G 11:00 Musical Exercises 2:00 Carpet Bowls for LG1 & L1 2:30 Movie @ Cinema	GYM Sessions : by appointment Massage Therapy : by appointment Walk and Talk : by appointment Hornsby Library Visit :02 & 30 NOV Residents' Meeting : Monthly Residents' Christmas Party 15 Dec		