

NOVEMBER 2023 ACTIVITY CALENDAR - MACLEAY VALLEY

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