



NOVEMBER 2023 ACTIVITY CALENDAR - INSERT HOME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>		<p>1</p> <p>10.15 Ball Games 10.45 Balloon Tennis 1.30 Film 2.30 Concert: Leyla</p>	<p>2</p> <p>10.30 Chair Exercises (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Melbourne Cup Arts! Colouring & Painting (1st)</p>	<p>3</p> <p>10.30 Gentle Exercises (G) 10.45 Manicures & Documentary (G) 1.30 Film 2.30 Word Games Decorate for Melbourne Cup</p>	<p>4</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p> 	<p>5</p> <p>10.45 Morning Stretches & Meditation (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)</p>
<p>6</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BW) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Men's Club 2.30 Knitting & Wool Craft (G)</p>	<p>7</p> <p>Melbourne Cup Day 10.00 Sweepstakes (G) 12.00 Melbourne Cup Luncheon 3.00 Watch the Race that stops a Nation (G)</p>	<p>8</p> <p>10.15 Word Games (G) 10.45 Carpet Bowling (G) 1.30 Film 2.30 Concert: Larry & Robyn</p> 	<p>9</p> <p>10.30 Bingo (1st) 1.30 Film 1.30 Scenic Bus Trip 2.30 Science Art & Craft (1st)</p>	<p>10</p> <p>9.45 Coffee Club 10.45 Exercise & Trivia (G) 1.30 Film 2.30 Science Quiz (1st) World Science Day</p>	<p>11</p> <p>10.30 Morning Stretches (G) 11.00 Remembrance (G) 11.15 Book Club Reading(G) 1.30 Movie 2.15 Bingo (1st)</p>  <p>Remembrance Day</p>	<p>12</p> <p>10..45 Darts (G) 1.30 Movie 2.30 Happy Hour & Word Game(G) Diwali</p>
<p>13</p> <p>9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 10.45Music Therapy (BW) 1.30 Movie/Documentary 2.15 Bingo (1st) * Decorate For XMAS World Kindness Day</p>	<p>14</p> <p>9.30 Coffee Club (G) 10.45 Uke Sing A Long 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Holy Communion Claude Monet's Birthday</p>	<p>15</p> <p>10.15 Stetches 10.45 Reminiscing 1.30 Film 2.30 Concert: Hugh Moran</p>	<p>16</p> <p>10.30 Morning Stretches (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st) * Decorate for Xmas</p>	<p>17</p> <p>10.30 Movement to Music (G) 10.45 Gardening (Courtyard) 1.30 Film 2.30 Love in Action (BW) 2.30 Trivia (1st)</p> 	<p>18</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>19</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G) International Men's Day</p>
<p>20</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Carpet Bowls (G) 1.30 Movie/Documentary 2.15 Knitting & Wool Craft (G) 2.30 Men's Club (1st)</p>	<p>21</p> <p>10am: Market Day 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Create & Craft (BW)</p>	<p>22</p> <p>10.30 Concert Special: Sacred Heart School & Ice Creams 1.30 Film 2.15 Bingo (1st)</p> 	<p>23</p> <p>10.3 Morning Stretches (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Christmas Arts and Crafts (1st)</p>	<p>24</p> <p>10.30 Gentle Exercises (G) 10.45 Manicures & Documentary (G) 1.30 Film 2.30 Christmas Craft (1st) *Decorate for Xmas</p>	<p>25</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) White Ribbon Day</p>	<p>26</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Monthly Birthday Celebrations, Happy Hour & Word Games</p>
<p>27</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 1.30 Special: Mona Vale Public School Concert and Ice-creams</p>	<p>28</p> <p>9.45 Coffee Club (G) 11.00 Resident Meeting (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Create & Craft (BW)</p>	<p>29</p> <p>10.15 Ball Games 10.45 Summer Reminiscing & Trivia 1.30 Film 2.30 Concert : Paul Classical Guitar</p>	<p>30</p> <p>10.30 Morning Stretches (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Christmas Prep Last Day of Spring</p>			