

ACTIVITIES FOR OCTOBER 2018

wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	1 LABOUR DAY PUBLIC HOLIDAY	2 10.00 Exerc/Weights 10.00 Shopping 11.00 Bingo 2.00 Manicures & Singer ? Hairdresser	3 10.00 Exercises 11.00 Darts 2.00 Bell Ringing	4 Hairdresser 2.00 Knitting Group (Independent Activity)	5 10.00 Exercises 11.00 Church-Frontlin 2.00 Bingo Afternoon	6 2.00 Music & a Cuppa (Independent Activity in Activity Room)	7 Daylight Savings 2.00 Dominoes (Independent Activity in Activity Room)
2	8 10.00 Exercises 11.00 Bingo 2.00 Cards	9 10.00 Exerc/Weights 10.00 Shopping 11.00 Ball Games 2.00Sadie Michael Fashion Parade	10 10.00 Exercises 11.00 Craft	11 Hairdresser 2.00 Knitting Group (Independent Activity)	12 10.00 Exercises 11.00 Church-Presbyt 2.00 Bingo Afternoon	13 2.00 Video & a Cuppa (Independent Activity in Activity Room)	14 2.00 Findaword (Independent Activity in Activity Room)
PINK WEEK	15 10.00 Exercises 11.00 Bingo 2.30 Fellowship Afternoon	16 10.00 Exerc/Weights 10.00 Shopping 10.30 PINK Morning Tea 2.00 Manicures Hairdresser	17 10.00 Exercises 11.00 Bobs 2.00 Bell Ringing	18 Hairdresser 2.00 Knitting Group (Independent Activity) 3.00 Library Van	19 10.00 Exercises 11.00 Church-Catholic 2.00 Ladies Afternoon Tea	20 2.00 Music & a Cuppa (Independent Activity in Activity Room)	21 12.00 DOURO LODGE FAMILY BBQ 3.00 Cuppa & a chat
	22 10.00 Exercises 11.00 Bingo 2.00 Gardening	23 10.00 Exerc/Weights 10.00 Shopping 11.00 Music with Karen 2.00 Manicures Hairdresser	24 10.00 Morning Tea Outing 2.00 Bingo Afternoon	25 Hairdresser 2.00 Knitting Group (Independent Activity)	26 10.00 Exercises 11.00 Church-Anglica 2.00 Ladies High Tea	27 2.00 Video & a Cuppa (Independent Activity in Activity Room)	28 2.00 Cards (Independent Activity in Activity Room)
5	29 8.00 Douro & Mortimer Men's Breakfast 10.00 Exercises 11.00 Bingo	30 10.00 Exerc/Weights 10.00 Shopping 11.00 Golf 2.00 Birthday Party & Happy Hour	31 10.00 Exercises 11.00 Painting				