

ACTIVITIES FOR OCTOBER 2019

wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1		1 10.00 Exercise to Music 10.00 Shopping 11.00 Painting 2.00 Manicures Hairdresser	2 10.00 Exercises 11.00 Pink decorations 2.00 Bell Ringing	3 Hairdresser 2.00 Knitting Group (Independent Activity)	4 10.00 Exercises 11.00 Church-Frontline 2.00 Bingo Afternoon	5 2.00 Cuppa & Walking Group	6 Daylight Savings Starts 2.00 Cuppa and Indoor Gardening
2	7 LABOUR DAY PUBLIC HOLIDAY	8 10.00 Exercises 10.00 Shopping 11.00 Bowls 2.00 Sadie Michael Fashion Parade	9 10.00 Exerc/Weights 11.00 Bingo 2.00 Bell Ringing	10 Podiatrist visit Hairdresser 2.00 Knitting Group (Independent Activity)	11 10.00 Exercises 11.00 Trivia 2.00 Bingo Afternoon	12 2.00 Music & a Cuppa	13 2.00 Cards
3	14 10.00 Exercises 11.00 Bingo	15 10.00 Exercises 10.00 Shopping 10.30 Pink Morning Tea 2.00 Birthday Party & Happy Hour	16 10.00 Exerc/Weights 11.00 Craft with High Schoolers 2.00 View Club Singers' Concert	17 Hairdresser 2.00 Knitting Group (Independent Activity) 3.00 Library Van	18 10.00 Exercises 11.00 Church-Catholic 2.00 Ladies Afternoon Tea	19 2.00 Cuppa & Walking Group	20 2.00 Findaword
4	21 10.00 Exercises 11.00 Bingo 2.30 Fellowship Afternoon 7pm Kanandah's AGM	22 10.00 Exercises 11.00 Music with Karen 10.00 Shopping 2.00 Manicures Hairdresser	23 10.00 Exerc/Weights 12.00 BBQ in the Park Outing	24 Hairdresser 2.00 Knitting Group (Independent Activity)	25 10.00 Exercises 11.00 Church-Anglican 2.00 Bingo Afternoon	26 2.00 Video & a Cuppa	27 12.00 DOURO LODGE FAMILY BBQ 3.00 Cuppa & a chat
5	28 10.00 Exercises 11.00 Bingo	29 10.00 Exercises 10.00 Shopping 11.00 Craft 2.30 Men's Pool Arvo at Pioneer House	30 10.00 Exerc/Weights 11.00 Craft with High Schoolers	31 Hairdresser 2.00 Knitting Group (Independent Activity)			