


| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   | Sunday   |
|--|--|--|---|---|--|--|
| <b>1</b> <b>Queens Birthday</b><br><b>Public Holiday</b><br>Games<br>Residents Choice<br>DVD Movies / TV<br>Word Search, Board<br>Games, Crosswords  | <b>2</b><br>9:15am Exercises <br>10:30am Bingo (TV)<br>1:30pm <b>Happy Hour</b><br>with <b>Sterle Buchanan</b><br>from <b>Tapestry Music</b><br>(Esida ST)  | <b>3</b><br>9:15am Exercises<br>10:30am Sing-a-Long<br>with <b>Rae (Esida)</b> <br>1:30pm Word Game<br>(TV)                                     | <b>4</b> <b>World Animal Day</b><br>9:15am Exercises<br>10:30am Animal<br>Trivia (Esida)<br>1:30pm Hoy (TV)   | <b>5</b><br>9:15am Exercises<br>10:30am <b>Concert with</b><br><b>Dennis (ST)</b> <br>1:30pm Bocce (B)<br>or Circle of Men (ST)  | <b>6</b><br>9:15am Whiteboard<br>Quiz (TV)<br>10:30am Quoits (TV)<br>1:30pm Movie  | <b>7</b><br>9:15am Trivia<br>10:30am Games<br>Residents Choice<br>11:30am Songs of Praise<br>Channel ABC<br>1:30pm Movie   |
| <b>8</b><br>9:15am Exercises<br>10:30am Bingo (TV)<br>10:30am Knitting &<br>Knatters (WW)<br>1:30pm Art & Craft (A)  | <b>9</b><br>9:15am <b>Shopping Trip</b> <br>9:15am Exercises <br>10:30am <i>Anglican</i><br><i>Church Service (WW)</i><br>1:30pm Nail Pamper<br>(WW) | <b>10</b><br>9:15am Exercises<br>10:45am <b>Resident &amp;</b><br><b>Relative Meeting (WW)</b><br>1:30pm Whiteboard<br>Game (Esida)<br>1:30pm Giving back to<br>the community  | <b>11</b><br>9:15am Exercises<br>10:00am <b>Les on</b><br><b>Piano (TV)</b> <br>1:30pm Hoy (TV)  | <b>12</b><br>9:15am Exercises<br>10:30am Men's<br>Workshop (Lodge B)<br>10:30am Sing-a-Long<br>with <b>Rae (Esida)</b><br>1:30pm Bocce (B)<br>or Circle of Men (ST)   | <b>13</b><br>9:15am Whiteboard<br>Quiz (TV)<br>10:30am Quoits (TV)<br>1:30pm Movie   | <b>14</b><br>9:15am Trivia<br>10:30am Games<br>Residents Choice<br>11:30am Songs of Praise<br>Channel ABC<br>1:30pm Movie  |
| <b>15</b> <br>9:15am Exercises<br>9:45am <b>Community</b><br><b>outing Picnic in the Park</b><br>10:30am Bingo (TV)<br>1:30pm Art & Craft (A)   | <b>16</b> <br>9:15am Exercises<br>10:30am <b>Citipointe</b><br><b>Singers (TV)</b><br>1:30pm Resident<br>updated photographs<br>(WW)  | <b>17</b><br>9:15am Exercises<br>10:30am Book<br>Folding (Lodge D)<br>10:30am Reminiscing<br>(TV)<br>1:30pm Scattergories<br>(TV)  | <b>18</b><br>9:15am Exercises<br>10:30am Name that<br>Tune Game (TV)<br>1:30pm Hoy (TV)   | <b>19</b> <br>9:15am Exercises<br>10:30am <b>Music with Ray</b><br><b>Thompson (Boulevard)</b><br>10:30am Men's<br>Workshop (Lodge B)<br>1:30pm Bocce (B)<br>or Circle of Men (ST) | <b>20</b><br>9:15am Whiteboard<br>Quiz (TV)<br>10:30am Quoits (TV)<br>1:30pm Movie   | <b>21</b><br>9:15am Trivia<br>10:30am Games<br>Residents Choice<br>11:30am Songs of Praise<br>Channel ABC<br>1:30pm Movie<br>1:30pm <b>Paper Craft with</b><br><b>Robyn (Avenue)</b> |
| <b>22</b><br>9:15am Exercises<br>10:30am Battle of the<br>Brains (TV)<br>1:30pm Art & Craft (A)  | <b>23</b> <br>9:15am Exercises<br>9:15am <b>Community</b><br><b>Outing Queensland Art</b><br><b>Gallery</b><br>10:30am Bingo (TV)<br>1:30pm Bobs (Lodge B)  | <b>24</b> <br>9:15am Exercises<br>10:30am <i>Uniting Church</i><br><i>Service (WW)</i><br>1:30pm Esida Choir<br>(Lodge B)<br>1:30pm Word Game | <b>25</b> <br>9:15am Exercises <br>10:00am <b>Les on</b><br><b>Piano (TV)</b><br>10:30am <i>Catholic Church</i><br><i>Service (WW)</i><br>1:30pm Hoy (TV) | <b>26</b><br>9:15am Exercises<br>10:30am Men's Workshop<br>(Lodge B)<br>10:30am Sing-a-Long<br>with <b>Rae (Esida)</b><br>1:30pm Bocce (B)<br>or Circle of Men (ST)<br>2:30pm Ladies High Tea<br>(WW)   | <b>27</b><br>9:15am Whiteboard<br>Quiz (TV)<br>10:30am Quoits (TV)<br>1:30pm Movie<br>2:30pm <b>Murri- Wan-</b><br><b>tok SDA Church Sing-</b><br><b>ers (Esida Boulevard)</b> | <b>28</b> <b>Grandparents Day</b><br>9:15am Trivia<br>10:30am Games<br>Residents Choice<br>11:30am Songs of Praise<br>Channel ABC<br>1:30pm Movie                                    |
| <b>29</b> <br>9:15am Exercises<br>10:15am <b>Outing C&amp;K</b><br><b>Early Learning Centre</b><br>10:30am Hoy (TV)<br>1:30pm Art & Craft (A) | <b>30</b> <br>9:15am Exercises<br>10:30am Pre Halloween<br>Theme Activities<br>(Esida)<br>1:30pm <b>Happy Hour</b><br>with <b>Patti (Lodge)</b>   | <b>31</b> <b>Halloween</b><br>9:15am Exercises<br>10:30am Word Game<br>(TV)<br>1:30pm Cooking /<br>Baking (Lodge B)  |   |   |  |  |

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| <b>1</b> <b>Queens Birthday Public Holiday</b><br>Games<br>Residents Choice<br>DVD Movies / TV<br>Word Search, Board Games, Crosswords | <b>2</b><br>9:30am Exercises (B)<br>10:30am Bingo (Esida)<br><b>1:30pm Happy Hour with Sterle Buchanan from Tapestry Music (Esida ST)</b> 🎵 | <b>3</b><br>9:30am Exercises (B)<br>10:30am Sing-a-Long with Rae (Esida)<br>10:30am Reminiscing – School Days (D)<br>1:30pm Card Games (D)                       | <b>4. World Animal Day</b><br>9:30am Exercises (B)<br>10:30am Animal Trivia (TV)<br>1:30pm Art & Craft (D)                                   | <b>5</b><br>9:30am Fun Friday Exercises (D)<br><b>10:30am Concert with Dennis (Esida)</b> 🎵<br>1:30pm Bocce (B) or Circle of Men (Esida)   | <b>6</b><br>9:30am Golden Melodies Sing-a-Long (D)<br>10:30am Movie (D)<br>1:30pm Hoy (D)  | <b>7</b><br>9:00am Golden Melodies Sing-a-Long (D)<br>10:30am Musical Film<br>11:30am Songs of Praise Channel ABC<br>1:30pm Bingo (D)   |  |  |
| <b>8</b><br>9:30am Exercises (B)<br>10:30am Bingo (TV)<br>10:30am Knitting & Knatters (WW)<br>1:30pm Bobs (B)                          | <b>9</b> 🚌<br><b>9:00am Shopping Trip</b><br>9:30am Exercises (B) 🕊️<br>10:30am Anglican Church Service (WW)<br>1:30pm Nail Pamper (WW)     | <b>10</b><br>9:30am Exercises (B)<br><b>10:45am Residents &amp; Relatives Meeting (WW)</b><br>1:30pm Whiteboard Game (TV)<br>1:30pm Giving back to the community | <b>11</b><br>9:30am Exercises (B)<br><b>10:00am Les on Piano (TV)</b> 🎵<br>10:30am Hoy (D)<br>1:30pm Art & Craft (D)                         | <b>12</b><br>9:30am Fun Friday Exercises (D)<br>10:30am Men's Workshop (Lodge B)<br>10:30am Sing-a-long with Rae (Esida)<br>1:30pm Bocce (B) or Circle of Men (ST)                         | <b>13</b><br>9:30am Golden Melodies Sing-a-Long (D)<br>10:30am Movie (D)<br>1:30pm Hoy (D)   | <b>14</b><br>9:00am Golden Melodies Sing-a-Long (D)<br>10:30am Musical Film<br>11:30am Songs of Praise Channel ABC<br>1:30pm Bingo (D)  |  |  |
| <b>15</b> 🚌<br>9:30am Exercises (B)<br><b>9:45am Community Outing Picnic in the Park</b><br>10:30am Bingo (TV)<br>1:30pm Bobs (B)      | <b>16</b><br>9:30am Exercises (B)<br><b>10:30am Citipointe Singers (TV)</b> 🎵<br>1:30pm Resident updated Photographs (Esida WW)             | <b>17</b><br>9:30am Exercises (B)<br>10:30am Book Folding (D)<br>1:30pm Scattergories (Esida TV)   | <b>18</b><br>9:30am Exercises (B)<br>10:30am Name that Tune Game (TV)<br>1:30pm Art & Craft (D)  | <b>19</b><br>9:30am Fun Friday Exercises (D)<br><b>10:30am Music with Ray Thompson (Esida Boulevard)</b> 🎵<br>10:30am Men's Workshop (Lodge B)<br>1:30pm Bocce (B) or Circle of Men (ST)   | <b>20</b><br>9:30am Golden Melodies Sing-a-Long (D)<br>10:30am Movie (D)<br>1:30pm Hoy (D)   | <b>21</b><br>9:00am Golden Melodies Sing-a-Long (D)<br>10:30am Musical Film<br>11:30am Songs of Praise Channel ABC<br>1:30pm Bingo (D)<br><b>1:30pm Paper Craft with Robyn (Avenue)</b> |  |  |
| <b>22</b><br>9:30am Exercises (B)<br>10:30am Battle of the Brains (Esida TV)<br>1:30pm Bobs (B)  | <b>23</b> 🚌<br>9:30am Exercises (B)<br><b>9:15am Outing Queens-land Art Gallery</b><br>10:30am Bingo (TV)<br>1:30pm Monopoly (D)            | <b>24</b><br>9:30am Exercises (B)<br>10:30am Uniting Church Service (WW) 🕊️<br>1:30pm Esida Choir (Lodge B) 🕊️<br>1:30pm Word Game                               | <b>25</b><br>9:30am Exercises (B)<br><b>10:00am Les on Piano (TV)</b> 🎵<br>10:30am Catholic Church Service (WW) 🕊️<br>1:30pm Art & Craft (D) | <b>26</b><br>9:30am Fun Friday Exercises (D)<br>10:30am Men Workshop (Lodge B)<br>10:30am Sing-a-Long with Rae (Esida)<br>1:30pm Bocce (B) or Circle of Men (ST)<br>2:30pm Ladies High Tea | <b>27</b><br>9:30am Golden Melodies Sing-a-long (D)<br>10:30am Movie (D) 🎵<br><b>2:30pm Murri- Wantok SDA Church Singers (Esida Boulevard)</b> | <b>28</b> <b>Grandparents Day</b><br>9:00am Golden Melodies Sing-a-Long (D)<br>10:30am Musical Film<br>11:30am Songs of Praise Channel ABC<br>1:30pm Bingo (D)                          |  |  |
| <b>29</b> 🚌<br>9:30am Exercises (B)<br><b>10:15am Outing C&amp;K Early Learning Centre</b><br>10:30am Trivia (D)<br>1:30pm Bobs (B)    | <b>30</b><br>9:30am Exercises (B)<br>10:30am Pre Halloween Theme Activities (Esida)<br><b>1:30pm Happy Hour with Patti (Lodge)</b> 🎵        | <b>31</b> <b>Halloween</b><br>9:30am Exercises (B)<br>10:30am Card Game (D)<br>1:30pm Cooking / Baking (B)   |    |  |  |   |  |  |