



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>MOVEMBER</p>  <p>1st till 30th</p>			<p>1 10.30 CONCERT with Dennis Boland BBQ & HAPPY HOUR COVE </p>	<p>2 10.00 MOTHER DUCK Intergenerational Friendship group</p> <p>11.00 Seated Yoga</p> <p>Ice Cream Trolley</p>	<p>3 Red Cross Visitors All areas</p> <p>10.30 Sunshine Exercises Cove With Marilyn</p>	<p>4 101 Activities with Care Staff</p> <p>11.30 Songs of Praise ABC2</p>
<p>5 9.30 LET'S MOVE LIFESTYLE FITNESS for SENIORS</p> <p>10.30 Interfaith Communion Service </p> <p>2PM BINGO COVE</p>	<p>6 Melbourne Cup Day 9.30 STRETCH & FLEX GYM</p> <p>2PM SWEEPS & QUIZ Champagne & Nibbles</p> <p>10.00 Music Therapy </p>	<p>7 9.30 ZUMBA COVE</p> <p>Pampering & Massage All Areas</p> <p>REMINSCING DAY'S 30's 40's</p>	<p>8 9.30 EXERCISES OUTDOORS</p> <p>CREATIVE ARTS POPPIES FOR REMEMBRANCE</p> <p>ANZAC STORIES</p>	<p>9 9.30 REMEMBRANCE DAY SERVICE</p> <p>11.00 MUSIC THERAPY With Fiona </p> <p>Ice cream Trolley</p>	<p>10 Red Cross Visitors All areas</p> <p>10.30 Sunshine Exercises Cove With Marilyn</p>	<p>11 101 Activities with Care Staff</p> <p>11.30 Songs of Praise ABC2</p>
<p>12 9.30 LET'S MOVE LIFESTYLE FITNESS for SENIORS </p> <p>10.30 Interfaith Communion Service</p> <p>2PM BINGO COVE</p>	<p>13 9.30 STRETCH & FLEX GYM</p> <p>10.30 Citipointe Church Singers Cove</p> <p>QUIZ/WORD GAMES</p>	<p>14 9.30 ZUMBA COVE</p> <p>HAIRDRESSER VISIT</p> <p>PAMPERING & BEAUTIFUL NAILS 1:1</p>	<p>15 9.30 EXERCISES OUTDOORS</p> <p>10.30 SERIOUSLY Super Smoothies</p> <p>2PM CHOIR GROUP CLASSIC CAROLS All Welcome</p>	<p>16 9.00 PET THERAPY</p> <p>9.30 Seated Yoga and Meditation</p> <p>2PM COLOR MY WORLD CREATIVE MEMORIES CHRISTMAS CRAFT</p>	<p>17 Red Cross Visitors All areas</p> <p>10.30 Sunshine Exercises Cove With Marilyn</p>	<p>18 101 Activities with Care Staff</p> <p>11.30 Songs of Praise ABC2</p>
<p>19 9.30 LET'S MOVE LIFESTYLE FITNESS for SENIORS </p> <p>10.30 Interfaith Communion Service</p> <p>2PM BINGO COVE</p>	<p>20 9.30 STRETCH & FLEX GYM</p> <p>10.00 Catholic Mass With Father Alex </p> <p>11.00 MUSIC THERAPY With Fiona</p>	<p>21 9.30 ZUMBA COVE</p> <p>10.30 Gateway Church Visitors Morning Tea</p> <p>CREATIVE ARTS COLORS</p>	<p>22 9.30 EXERCISES OUTDOORS</p> <p>10.30 SERIOUSLY Super Smoothies</p> <p>2PM CHOIR GROUP CLASSIC CAROLS All Welcome</p>	<p>23 9.00 PET THERAPY</p> <p>9.30 Seated Yoga and Meditation</p> <p>2PM CRAFTY TIME XMAS—SALT DOUGH DECORATIONS</p> <p>Ice Cream Trolley</p>	<p>24 Red Cross Visitors All areas</p> <p>10.30 Sunshine Exercises Cove With Marilyn</p>	<p>25 101 Activities with Care Staff</p> <p>11.30 Songs of Praise ABC2</p> <p>10:45 MOVEMBER BBQ</p>
<p>26 9.30 LET'S MOVE LIFESTYLE FITNESS for SENIORS</p> <p>2PM BINGO COVE</p>	<p>27 9.30 STRETCH & FLEX GYM</p> <p>11.00 SINGALONG TERRACE </p>	<p>28 9.30 ZUMBA COVE With friends from GOOD START KINDY</p> <p>HAIRDRESSER VISIT</p>	<p>29 10.00 OUTING CARINA LEAGUES CLUB </p>	<p>30 9.00 PET THERAPY</p> <p>9.30 Seated Yoga and Meditation</p> <p>2PM CRAFTY TIME XMAS—DECORATIONS</p>		