

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 September	29 September	30 September	1	2	3	4
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 2.00pm Musical - Andre Rieu Songs from my Heart 2.00pm Bridge Level 1 2.15pm 1:1 Visit	9.30am Gentle Exercises 10.00am Speaker ADA 10.30am Tea & Chat 11.00am Board Games 1.00pm Swimming 2.00pm Wine, Cheese & Pamper 2.00pm Yoga & Meditation	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Market Day 11.00am Gardening 11.15am Find a Word & Quiz 2.00pm Happy Hour Oktoberfest or Entertainment by Roz Online Shopping	9.30am Gentle Exercises 10.00am High Tea in Court Yard 11.00am Quits, Connect Four & Bean Bags 1.00pm Swimming 2.00pm Ten Pin Bowling 2.00pm Afternoon Tea on Balconies	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Putt Putt Golf 10.45am Exercise Walk 2.00pm Happy Hour - Special Treasures 2.00pm Musical - Resident Choice	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Quiz Games 10.45am Ball Activities 2.00pm Movie -The Catherine Cookson Collection 2.00pm Bingo	9.30am Zumba Exercises 10.00am Tea & Chat 10.00am Catholic Church 11.00am Words within a Word & Find A Word 2.00pm Movie: The Queen-Helen Mirren
5 n Public Holiday	6	7	8	9	10	11
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 2.00pm Musical - Johnny Cash 2.00pm Bridge Level 1 2.15pm 1:1 Visit	9.30am Gentle Exercises 10.00am Tea & Chat 10.30am Music Therapy SCS 10.30 am Exercise Walks 10.45am Board Games 1.00pm Swimming 2.00pm Wine, Cheese & Pamper or Yoga & Meditation	9.30am Gentle Exercises 10.00am Tea & Chat 11.00am Word within a Word 11.00am Gardening 2.00pm Cliff & Jim Entertainers or Armchair Travel to Germany Online Shopping	9.30am Gentle Exercises 10.00am Tea & Chat 11.00am Words within a Word or Sing Along 1.00pm Swimming 2.00pm Ten Pin Bowling 2.00pm Afternoon Tea on Balconies	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Putt Putt Golf 10.45am Exercise Walk 2.00pm Happy Hour 2.00pm Musical - Resident Choice 2.30pm Men's Shed	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Scattergories 10.45am Ball Activities 2.00pm Movie- The Catherine Cookson Collection 2.00pm Bingo	9.30am Zumba Exercises 10.00am Tea & Chat 10.00am Catholic Church 11.00am Words within a Word & Find A Word 2.00pm Movie: Yesterday - Himesh Patel Lily James & Ed Sheeran
12	13	14	15	16	17	18
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 1.00pm Ice Cream Cart 2.00pm Musical - BASH 2.00pm Bridge Level 1 2.15pm 1:1 Visit	9.30am Gentle Exercises 10.00am Tea & Chat Biggest Morning Tea 10.45am Board Games 1.00pm Swimming 2.00pm Wine, Cheese & Pamper 2.00pm Yoga & Meditation	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Market Day 11.00am Find a Word & Quiz 11.15am Gardening 2.00pm National Geographic Or Entertainment by Roz Online Shopping/ Library	9.30am Gentle Exercises 10.00am Tea & Chat 10.30am Han's Entertainer in Courtyard - TBC 11.00am Catholic Service 1.00pm Swimming 2.00pm Ten Pin Bowling 2.00pm Afternoon Tea on Balconies	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Putt Putt Golf 10.45am Exercise Walk 2.00pm Happy Hour - Special Moments 2.00pm Musical - Resident Choice	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Quiz Games 10.45am Ball Activities 2.00pm Movie- The Catherine Cookson Collection 2.00pm Bingo	9.30am Zumba Exercises 10.00am Tea & Chat 10.00am Catholic Church 11.00am Words within a Word & Find A Word 2.00pm Movie: Cat on a Hot Tin Roof - Elizabeth Taylor
19	20	21	22	23	24 AFL Grand Final	25 Grandparents Day
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 2.00pm Musical - John Lennon 2.00pm Bridge Level 1 2.15pm 1:1 Visit	9.30am Gentle Exercises 10.00am Tea & Chat 10.30am Music Therapy SCS 10.45am Board Games 1.00pm Swimming 2.00pm Wine, Cheese & Pamper, Daryl Entertainer or Yoga & Meditation	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Ecumenical Church 11.00am Gardening 11.15am Find a Word & Quiz 2.00pm Armchair Travel to China Online Shopping	9.30am Gentle Exercises 10.00am High Tea in Court Yard 11.00am Words within a Word 1.00pm Swimming 2.00pm Ten Pin Bowling 2.00pm Afternoon Tea on Balconies	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Putt Putt Golf 10.45am Exercise Walk 2.00pm Happy Hour 2.00pm Musical - Resident Choice 2.30pm Men's Shed	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Scattergories 10.45am Ball Activities 2.00pm Movie-The Catherine Cookson Collection 2.00pm Bingo	9.30am Zumba Exercises 10.00am Tea & Chat 10.00am Catholic Church 11.00am Words within a Word & Find A Word 2.00pm Movie: The Girl in the Park -Sigourney Weaver NRL Grand Final
26	27	28 Resident Meeting	29	30	31 Election/ Halloween	1 November
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 1.00pm Ice Cream Cart 2.00pm Musical - Pavarotti Forever 2.00pm Bridge Level 1	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Exercises Walk 10.45am Board Games 1.00pm Swimming 2.00pm Wine, Cheese & Pamper 2.00pm Yoga & Meditation	9.30am Gentle Exercises 10.00am Tea & Chat with Birthday Cake 10.30am Resident Meeting 11.00am Market Day 11.15am Find a Word & Quiz 2.00pm National Geographic or Entertainment by Roz Online Shopping	9.30am Gentle Exercises 10.00am High Tea 11.00am Gardening 11.00am Quits & Connect Four 11.45am Sea Grill Luncheon 1.00pm Swimming 2.00pm Ten Pin Bowling 2.00pm Afternoon Tea on Balconies	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Putt Putt Golf 10.45am Exercise Walk 2.00pm Happy Hour Halloween Dress Up 2.00pm Musical - Resident Choice	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Quiz Games 10.45am Ball Activities 2.00pm Movie- The Catherine Cookson Collection 2.00pm Bingo	9.30am Zumba Exercises 10.00am Tea & Chat 10.00am Catholic Church 11.00am Words within a Word & Find A Word 2.00pm Movie: Rain - Joan Crawford & Walter Huston