

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30						1
9:45am Exercise 10:30am Bingo 2:00pm Friendship Group		November Birthdays  14th - Lex 26th - John D 28th - Judith				9:30am Exercise 10:30am Card Games 11:00am Songs of Praise
2	3 Melbourne Cup	4 Hairdresser Visit	5	6	7	8
9:45am Exercise 10:30am Bingo 2:00pm Friendship Group	9:45am -Exercise 10:30am Craft - Making Hats and Fascinators 2:00pm (QLD Time)  Watch the Melbourne Cup Race	9:45am Exercise 10:00am Old MacDonald's Farm Visit 2:00pm Mobile Ice Cream Cart	9:45am Exercise 10:00am Piano with Riho 2:00pm Individual Visits	9:45am Exercise 10:30am Foot Spa in Pamper Room 12:00pm Happy Hour	9:30am Exercise 10:30am Board Games 1:00pm Individual Visits	9:30am Exercise 10:30am Hand Massages 11:00am Songs of Praise
9	10	11 Remembrance Day	12	13	14	15
9:45am Exercise 10:30am Bingo 2:00pm Friendship Group	9:45am Exercise 10:30am Art- Painting with Texture 2:00pm Quoits	9:45am Exercise 10:30am Gardening Club 2:00pm Mobile Ice Cream Cart  	9:45am Exercise 10:00am Piano with Riho 2:00pm Guess the Scent – Activity	9:45am Exercise 10:30am Manicures in Pamper Room 12:00pm Happy Hour	9:30am Exercise 10:30am Art - Draw and Colour 1:00pm Documentary by David Attenborough	9:30am Exercise 10:30am Sunshine Therapy 11:00am Songs of Praise
16	17	18 Hairdresser Visit	19	20	21	22
9:45am Exercise 10:30am Bingo 2:00pm Friendship Group	9:45am Exercise 10:30am Catholic Mass 2:00pm Craft - Sock Puppets	9:45am Exercise 10:30am Lorocco Ladies Group 2:00pm Mobile Ice Cream Cart	9:45am Exercise 10:00am Piano with Riho 2:00pm Men's Club	9:45am Exercise 10:30am Giant Tic Tac Toe Game 12:00pm Happy Hour	9:30am Exercise 10:30am Biscuit making 1:00pm Best of the 60's Music Hour	9:30am Exercise 10:30am Walking Group 11:00am Songs of Praise
23	24	25	26	27	28	29
9:45am Exercise 10:30am Bingo 2:00pm Friendship Group	9:45am Exercise 10:00am Craft - Making Wind Chimes 2:00pm Ten Pin Bowling	9:45am Exercise 10:30pm Gardening Club 2:00pm Mobile Ice Cream Cart	9:45am Exercise 10:00am Piano with Riho 2:00pm Afternoon Movie	9:45am Exercise 10:30am Resident and Relative Meeting 12:00pm Happy Hour	9:30am Exercise 10:30am Quoits 1:00pm Documentary Movie - Best of Frank Sinatra	9:30am Exercise 10:30am Pamper Time 11:00am Songs of Praise