


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30				30 October	31 October	1 All Saints Day
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 2.00pm Musical Luciano Pavarotti in Concert 2.00pm Bridge Level 1 2.15pm 1:1 Visits		 REMEMBRANCE DAY <i>Left We Forget</i>		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 Residents Choice	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Quiz Games 10.45am Ball Activities 1.30pm Movie: The Catherine Cookson 2.00pm 1:1 on the Levels	9.30am Zumba Exercises 10.00am Tea & Chat 10.00am Catholic Church 11.00am Words within a Word & Find A Word 2.00pm Movie: Sweet Home Alabama - Reese Witherspoon
2	3 Melbourne Cup	4	5	6	7	8
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 2.00pm Musical: Andre Rieu in Concert 2.00pm Bridge Level 1 2.15pm 1:1 Visits	9.30am Gentle Exercises 10.00am Tea & Chat 10.30am Music Therapy SCS 10.30am Hair & Pamper for Melbourne Cup 2.00pm Watch the Race 2.00pm Happy Hour 3.00pm Ride: Like A Girl	9.30am Gentle Exercises 10.00am Tea & Chat 10.30am Quoits & Bean Bag 11.00am Gardening 2.00pm Armchair Travel to Germany Online Shopping	9.30am Gentle Exercises 10.00am High Tea 11.00am Word with in 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 Wine, Cheese & Pamper 2.00pm Musical for Residents 2.30pm Men's Shed	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Scattergories 10.45am Ball Activities 1.30pm Movie: The Catherine Cookson 2.00pm 1:1 on the Levels	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 Piano Holly Hunter, Harvey Keitel & Sam Neill
9	10	11 Remembrance Day	12	13 Kindness Day	14	15
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 1.00pm Ice Cream Cart 2.00pm Musical: The Royal Edinburgh Military Tattoo 2.00pm Bridge Level 1	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Bingo or Board Game 1.00pm Swimming 1.00pm Yoga & Meditation 2.00pm Happy Hour Entertainment by Daryl	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Market Day 11.00am Minute Silence 11.15am Gardening & Quiz 2.00pm Entertainment by Daryl In Reflections Online Shopping/ Library Bags	9.30am Gentle Exercises 10.00am Tea & Chat 10.30am Art Therapist Forum 11.00am Quoits, Connect Four Bean Bag 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 Wine, Cheese & Pamper 2.00pm Musical for Residents 2.30pm Men's Shed	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Quiz Games 10.45am Ball Activities 1.30pm Movie: The Catherine Cookson 2.00pm 1:1 on the Levels	9.30am Zumba Exercises 10.00am Tea & Chat 10.00am Catholic Church 11.00am Words within a Word & Find A Word 2.00pm Movie: Roman Holiday - Audrey Hepburn & Gregory Peck
16	17	18	19	20	21	22
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 2.00pm Musical: Andrea Bocelli 2.00pm Bridge Level 1 2.15pm 1:1 Visits	9.30am Gentle Exercises 10.00am Tea & Chat 10.30am Music Therapy SCS 10.30am Entertainer - Han's 1.00pm Swimming 1.00pm Yoga & Meditation 2.00pm Happy Hour 2.00pm Movie: Ever After	9.30am Gentle Exercises 10.00am Tea & Chat 10.30am Ecumenical Church 11.00am Gardening 11.15am Quoits 2.30pm Entertainment By Jim & Cliff Online Shopping	9.30am Gentle Exercises 10.00am High Tea 11.00am Words within a Word 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 Wine, Cheese & Pamper 2.00pm Musical for Residents 2.30pm Men's Shed	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Scattergories 10.45am Ball Activities 1.30pm Movie: The Catherine Cookson 2.00pm 1:1 on the Levels	9.30am Zumba Exercises 10.00am Tea & Chat 10.00am Catholic Church 11.00am Words within a Word & Find A Word 1.30pm Movie: Hello Dolly Barbra Streisand & Walter Matthau
23	24	25	26	27	28	29
9.30am Zumba Exercises 10.00am Tea & Chat 10.45am Resident Sing Along 11.00am Bocce 1.00pm Ice Cream Cart 2.00pm Musical: The Jazz Singer - Neil Diamond Laurence Olivier & Lucie Arnaz 2.00pm Bridge Level 1	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Bingo or Board Game 1.00pm Swimming 1.00pm Yoga & Meditation 2.00pm Happy Hour Entertainment by Daryl	9.30am Gentle Exercises 10.00am Birthday Celebrations 10.30am Residents Meeting 11.00am Market Day 11.15am Find a Word & Quiz 11.45am Sea Grill Luncheon 2.00pm Entertainment by Roz Online Shopping	9.30am Gentle Exercises 10.00am Tea & Chat 10.30am Art therapist Forum 11.00am Quoits/ Connect Four 11.00am Gardening 1.00pm Swimming 2.00pm Ten Pin Bowling 2.00 pm Afternoon Tea on Balconies	9.30am Gentle Exercises 10.00am Tea & Chat 10.45am Putt Putt Golf 10.45am Exercise Walk 2.00pm Wine, Cheese & Pamper 2.00pm Musical for Residents 2.30pm Men's Shed	9.30am Breathing Exercises & Meditation 10.00am Tea & Chat 10.45am Quiz Games 10.45am Ball Activities 1.30pm Movie: The Catherine Cookson 2.00pm 1:1 on the Levels	9.30am Zumba Exercises 10.00am Tea & Chat 10.00am Catholic Church 11.00am Words within a Word & Find A Word 2.00pm Movie: Lions for Lambs - Tom Cruise, Meryl Streep & Robert Redford