




| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   | Sunday  |
|--|--|---|--|---|--|---|
| <p>Monthly Birthday Party Friday 20<sup>th</sup> in AG activity room </p>   | <p><u>Hair dressers</u><br/>Chris - Wednesday<br/>Donna - Friday</p>   | <p><u>Cooinda walking group</u><br/>This will take place only if weather is fine, please check white board.</p>   | <p><u>Weigh Day</u><br/>None this month<br/>next one will be on Wednesday October 2<sup>nd</sup></p>   | <p><u>R/R</u> – Rec Room<br/><u>HMR</u> – Hostel Meeting Room<br/><u>NMW</u> - Norm Matthews<br/><u>AG</u> - Alice Goulding<br/><u>R/H</u> – Rossmore House</p>   |  | <p>1<sup>st</sup><br/><u>10am</u> Community Communion in HMR<br/><u>11.30am</u> Songs of Praise ABC TV<br/><u>2pm</u><br/>Large Connect 4 game in AG<br/>Movie or Footy R/R &amp; NMW</p>             |
| <p>2<sup>nd</sup><br/><u>10am</u><br/>Anglican Church R/R<br/><u>11am</u><br/>Footy results R/R &amp; AG<br/><u>1.30pm</u> Cards C block<br/><u>2pm</u><br/>Bus Outing R/R<br/>Memory game AG<br/><u>3pm</u> Afternoon tea</p>   | <p>3<sup>rd</sup><br/><u>10am</u><br/>Community Church R/R<br/><u>11am</u><br/>Quiz R/R &amp; AG<br/><u>1pm</u><br/>FCJ and Cooinda Choir rehearsal in AG<br/><br/><u>2.30pm</u> Afternoon tea</p> | <p>4<sup>th</sup><br/><u>10am</u> Reading Cooinda's Newsletter in AG<br/><u>11am</u> Exercises or walk R/R &amp; AG<br/><u>2pm</u><br/>Uniting Church Singers in AG<br/><br/><u>3pm</u> Afternoon Tea</p> | <p>5<sup>th</sup><br/><u>10am</u><br/>Pampers AG &amp; NMW<br/><u>11am</u><br/>Exercises R/R &amp; AG<br/><br/><u>2pm</u><br/>Bingo R/R &amp; AG<br/>Men's group in R/H<br/><u>3pm</u> Afternoon tea<br/><br/><u>No Tai Chi Today</u></p>  | <p>6<sup>th</sup><br/><u>10.30am</u><br/>Dookie School visit in the R/R<br/><u>11am</u><br/>Dance Therapy with Maeve and Don AG<br/><u>1.30pm</u><br/>Cards in R/R<br/><u>2pm</u> Entertainment<br/>Happy Hour with Trish and Troop in AG Room</p>  | <p>7<sup>th</sup><br/><br/><u>10.15am</u><br/>Morning Tea AG<br/><u>11am</u><br/>Discussion group in AG<br/><u>2pm</u><br/>Giant Games AG<br/>Quiz with Barb R/R<br/>Movie NMW</p> | <p>8<sup>th</sup><br/><u>10am</u><br/>Community Communion in HMR<br/><u>11.30am</u> Songs of Praise ABC TV<br/><u>2pm</u><br/>'The Two Uk'es' Gospel music in AG<br/>Movie or Footy R/R &amp; NMW</p> |
| <p>9<sup>th</sup><br/><u>10am</u><br/>Anglican Church morning tea and chat with Father David and Chris R/R<br/><u>11am</u><br/>Footy Results R/R AG<br/><u>1.30pm</u> Cards C block<br/><u>2pm</u><br/>Card Making R/R<br/>Manicures AG<br/><u>3pm</u> Afternoon tea</p> | <p>10<sup>th</sup><br/><u>10am</u><br/>Decorate for the Footy Finals in All areas<br/><u>1pm</u><br/>FCJ and Cooinda Choir rehearsal in AG<br/><br/><u>2.30pm</u><br/>Afternoon Tea</p>            | <p>11<sup>th</sup><br/><u>10am</u><br/>Pampers AG<br/><u>11am</u><br/>Program Meeting with 'The Pink Team' in R/R<br/><u>2pm</u><br/>Bingo R/R &amp; AG<br/><br/><u>3pm</u> Afternoon tea</p>             | <p>12<sup>th</sup> <u>R U OK Day</u><br/><u>10am</u> Wool winders R/R<br/>1:1 visits with staff<br/><u>10.30am</u><br/>Tai Chi in Quiet Room AG<br/><u>2pm</u><br/>Festival craft in R/R &amp; AG<br/>Men's group in R/H<br/><u>3pm</u> Afternoon tea<br/><br/>Are You Ok Day: checking in with loved ones and friends</p> | <p>13<sup>th</sup> Black Friday <br/><br/><u>10.30am</u><br/>Dookie School students in R/R<br/><u>11am</u> Dance Therapy with Maeve in AG<br/><u>1.30pm</u> Cards in R/R<br/><br/><u>2pm</u> Entertainment<br/>Happy Hour with Judy Naumann AG</p> | <p>14<sup>th</sup><br/><br/><u>10.15am</u><br/>Morning Tea AG<br/><u>11am</u><br/>Quiz AG<br/><br/><u>2pm</u><br/>Basketball AG<br/>Quiz with Barb R/R<br/>Movie NMW</p>           | <p>15<sup>th</sup><br/><u>10am</u><br/>Community Communion in HMR<br/><u>11.30am</u> Songs of Praise ABC TV<br/><u>2pm</u><br/>Dart Ball AG<br/>Salvation Army R/R<br/>Movie or Footy NMW</p>         |

| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>   | <b>Sunday</b>  |
|--|---|--|---|---|---|--|
| <p>16<sup>th</sup><br/><u>10am</u><br/>Anglican Church R/R<br/><u>11am</u><br/>Footy results R/R AG<br/><u>1.30pm</u> Cards R/R<br/><u>2pm</u> Entertainers<br/>Glenys, Laurie &amp;<br/>Frank AG</p>  | <p>17<sup>th</sup><br/><u>10am</u><br/>Exercises R/R &amp; AG<br/><u>10.30am</u><br/>Morning Tea<br/><u>1pm</u><br/>FCJ and Cooina Choir<br/>rehearsal in AG<br/><br/><u>2.30pm</u><br/>Afternoon tea</p>                       | <p>18<sup>th</sup><br/><u>10am</u><br/>Catholic Mass R/R<br/><u>11am</u><br/>Walks in all areas<br/><u>2 pm</u><br/>Busy Bees AG<br/>Armchair travel with Peter<br/>to UK and Ireland R/R<br/><br/><u>3pm</u> Afternoon Tea</p>  | <p>19<sup>th</sup><br/><u>10.30am</u><br/>Tai Chi in Quiet Room AG<br/><u>11am</u><br/>Exercises R/R<br/><u>12noon</u> Cooina<br/>Restaurant in HMR<br/><u>2pm</u><br/>Bingo R/R<br/>Bingo AG<br/>Men's group in R/H<br/><u>3pm</u> Afternoon Tea</p>   | <p>20<sup>th</sup><br/><br/><u>10.30am</u><br/>Dementia Walk<br/>see attached flyer<br/><br/><u>11am</u> Dance Therapy<br/>with Maeve and Don<br/>in AG<br/><u>1.30pm</u> Cards in R/R<br/><u>2pm</u><br/>Karaoke Happy<br/>Hour in AG and the<br/>Monthly Birthday<br/>Party</p> | <p>21<sup>st</sup><br/><u>World Day of Peace</u><br/><br/><u>10.15am</u><br/>Morning Tea AG<br/><u>11am</u><br/>Exercises AG<br/><u>2pm</u><br/>Word Quiz AG<br/>Quiz with Barb R/R<br/>Movie NMW</p>                 | <p>22<sup>nd</sup><br/><br/><u>10am</u> Community<br/>Communion in HMR<br/><u>11.30am</u> Songs of<br/>Praise ABC TV<br/><u>2pm</u><br/>Pet Therapy with Indi<br/>in AG<br/>Movie or Footy R/R &amp;<br/>NMW</p> |
| <p>23<sup>rd</sup><br/><u>10am</u><br/>Anglican Church R/R<br/>Library visit rooms<br/><br/><u>11am</u> Morning<br/>Melodies AG<br/><u>1.30pm</u> Cards C Block<br/><u>2pm</u><br/>Spring Craft in R/R<br/>And AG<br/><u>3pm</u> Afternoon Tea</p> | <p>24<sup>th</sup><br/><u>10am</u><br/>Morning Tea<br/><u>10.30am</u> Senior Citizen<br/>Singers in AG<br/><u>2pm</u><br/>Cooking for cake stall<br/>R/R and AG<br/><u>3pm</u> Afternoon tea<br/>Footy results R/R &amp; AG</p> | <p>25<sup>th</sup><br/><u>10am</u> Pampers<br/>1:1 visit with staff<br/><u>11am</u><br/>Morning Walk all areas<br/><br/><u>1.45pm</u> COB's men's<br/>outing with Bill<br/><u>2pm</u> Bingo S/H &amp; AG<br/><u>3pm</u> Afternoon tea<br/><br/><b><u>REC ROOM</u></b><br/><b><u>CLOSED ALL DAY</u></b></p> | <p>26<sup>th</sup><br/><br/><b><u>Dress up in your</u></b><br/><b><u>Footy Colours</u></b><br/><br/><u>9.30am</u> Cake Stall R/R<br/><u>10am</u> Woolwinders R/R<br/><u>10.30am</u><br/>Tai Chi in Quiet<br/>Room AG<br/><u>2pm</u> Entertainer<br/>Bill McCabe and the AFL<br/>Grand Final Party in AG</p>  | <p>27<sup>th</sup><br/><br/><b><u>AFL</u></b><br/><b><u>Public Holiday</u></b><br/><br/>Watching the AFL<br/>Parade on TV<br/><br/>No Activity staff<br/>today</p>  | <p>28<sup>th</sup><br/><u>10.15am</u><br/>Morning Tea AG<br/><u>11am</u><br/>Footy handball AG<br/><u>2pm</u><br/>Footy Quiz AG<br/>Quiz with Barb R/R<br/>Movie NMW<br/><u>2pm</u><br/>AFL Grand Final<br/>on TV</p> | <p>29<sup>th</sup><br/><br/><u>10am</u> Community<br/>Communion in HMR<br/><u>11.30am</u> Songs of<br/>Praise ABC TV<br/><u>2pm</u><br/>Reminiscing AG<br/>Movie R/R &amp; NMW</p>                               |
| <p>30<sup>th</sup><br/><br/><u>10.00am</u><br/>Anglican Church R/R<br/><u>11am</u> Footy Results All<br/>Areas<br/><u>1.30pm</u><br/>Cards in C Block<br/><br/><u>2pm</u> Bus outing RR<br/>Table Bobs AG<br/><br/><u>3pm</u> Afternoon Tea</p>    |   |  |   |   |   |  |

