










Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Happy Birthday to all residents born in October</p>		<p><u>NMW</u> Norm Mathews Wing <u>AGW</u> Alice Goulding Wing <u>HMR</u> Hostel Meeting Room <u>SH</u> Samaria House <u>LW</u> Ledger Wing <u>RR</u> Rec Room</p>	<p><u>Hairdresser</u></p>  <p>Deb – Tues & Wed Donna- Not available until further notice</p>	<p><u>Cooinda Walking Group</u></p> <p>This will take place only if weather is fine, please check white board.</p>		
			<p><u>International Day of the Older Person</u> <u>10.30am</u> Library Trolley All areas Sit down exercises to Music LW <u>2pm</u> Bingo AGW & LW 3pm Afternoon Tea and chat</p>	<p><u>1st 10.30am</u> Gardening with Deb SH Pink Team Cleaning out cupboards <u>2pm</u> Happy Hour and entertainment with AGW 3pm Afternoon Tea and chat</p>	<p><u>2nd Clocks forward 1-hour tonight</u></p>  <p>Pink Team helping with Visits <u>1.45pm</u> Movie NMW <u>2pm</u> Quiz with Barb LW 3pm Afternoon Tea and chat</p>	<p><u>3rd Daylight Savings Begins</u></p> <p>Pink Team helping with visits <u>11.30am</u> Songs of Praise on ABC TV <u>2pm</u> Enjoy the sunshine with friends, read a book, or watch a movie.</p>
<p>4th <u>Seniors Festival week 10.30am</u> Uniting church with Kel LW Activities NMW <u>1.30pm</u> Cards LW <u>2pm</u> Quiz on whiteboard AGW Chat and chew with Bev LW <u>3pm</u> Afternoon Tea and chat</p>	<p>5th <u>10am</u> Community Church LW <u>10.30am</u> Kiosk Trolley All areas <u>2pm</u> Virtual Seniors Festival entertainment AGW <u>3pm</u> Afternoon tea And chat</p>	<p>6th <u>10am</u> Pink Team meeting with Coordinator <u>10.30am</u> Paint by numbers LW <u>1.30pm</u> Card LW <u>2pm</u> Scrap Art R/R Large Games AGW 3pm Afternoon Tea And chat</p>	<p>7th <u>10.30am</u> Pink Team clearing out cupboards <u>2pm</u> Bingo AG & LW 3pm Afternoon Tea And chat</p>	<p>8th <u>Odd Sock Day</u> <u>10.30am</u> Gardening with Deb AGW Exercises to Music LW <u>2pm</u> Happy Hour and entertainment with Judy Naumann AGW</p>	<p>9th Pink Team helping with Visits <u>1.45pm</u> Movie NMW <u>2pm</u> Quiz with Barb LW <u>3pm</u> Afternoon Tea and chat</p>	<p>10th Pink Team helping with Visits <u>11.30am</u> Songs of Praise on ABC TV <u>2pm</u> Enjoy the sunshine with friends, read a book, or watch a movie.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>11th <u>10.00am</u> Anglican Church Service LW <u>10.30am</u> Activities NMW Decorate for Spring Carnival Season</p> <p><u>1.30pm</u> Cards LW <u>2pm</u> Cooking Afternoon LW <u>3pm</u> Afternoon tea and chat</p>	<p>12^h <u>10am</u> Community Church LW <u>10.30am</u> Kiosk Trolley All areas Bagging and Tagging SH <u>2pm</u> Scrap Art R/R</p> <p>3pm Afternoon Tea</p>	<p>13th Pink Ribbon Day</p> <p><u>10.30am</u> Paint by numbers LW <u>11am</u> Pink Team Meeting with Management- Hostel</p> <p><u>1.30pm</u> Card LW <u>2pm</u> Cooinda Crafters LW</p> <p><u>3pm</u> Special pink afternoon tea </p>	<p>14th <u>10am</u> Library Trolley All areas <u>10.30am</u> Card making LW White board quiz AGW</p> <p><u>2pm</u> Bingo AGW & LW <u>3pm</u> Afternoon tea and chat</p>	<p>15th <u>10.30am</u> Exercises to music LW Down Memory Lane AGW</p> <p><u>1.30pm</u> Cards LW</p> <p><u>2pm</u> Happy Hour and entertainment with Glenda and the drawing of the Caulfield cup sweep AGW</p>	<p>16th Caulfield Cup Pink Team helping with Visits</p> <p><u>1.45pm</u> Movie NMW</p> <p><u>2pm</u> Quiz with Barb LW <u>3pm</u> Afternoon tea and chat</p>	<p>17th Pink Team helping with Visits <u>11.30am</u> Songs of Praise on ABC TV</p> <p><u>2pm</u> Salvation Army visit LW Movie SH AGW & NMW</p>
<p>18th <u>10am</u> Anglican Church Service LW <u>10.30am</u> Activities NMW Manicures AGW <u>1.30pm</u> Cards LW <u>2pm</u> Carpet Bowls R/R Busy Bees LW <u>3pm</u> Afternoon tea and chat</p>	<p>19th <u>10.30am</u> Kiosk Trolley All areas Exercises to Music LW</p> <p><u>2pm</u> Painting AGW Scrap Art R/R</p> <p><u>3pm</u> Afternoon tea and chat</p>	<p>20th <u>10am</u> Catholic Church Service LW <u>10.30am</u> Paint by numbers LW</p> <p><u>1.30pm</u> Card LW <u>2pm</u> Men's Shed - Hostel Garden White Boards Quiz LW <u>3pm</u> Afternoon tea</p>	<p>21st <u>10.30am</u> Walking group all areas Manicures LW</p> <p><u>2pm</u> Bingo AGW & LW</p> <p><u>3pm</u> Afternoon tea and chat</p>	<p>22nd <u>10.30am</u> Sit down exercises to music LW Morning Activities in AGW Garden</p> <p><u>2pm</u> Happy Hour and entertainment with Bill McCabe AGW</p>	<p>23rd Pink Team helping with Visits</p> <p><u>1.45pm</u> Movie</p> <p><u>2pm</u> Quiz with Barb LW <u>3pm</u> Afternoon tea and chat</p>	<p>24th Pink Team helping with Visits</p> <p><u>11.30am</u> Songs of Praise on ABC TV</p> <p><u>2pm</u> Enjoy the sunshine with friends, read a book, or watch a movie</p>
<p>25th <u>10am</u> Anglican Church Service LW <u>10.30am</u> Activities NMW</p> <p><u>1.30pm</u> Cards LW <u>2pm</u> Cooking Afternoon LW Gardening with Deb LW</p>	<p>26th <u>10.30am</u> Kiosk Trolley All areas Bagging and Tagging SH Craft for Melbourne Cup LW <u>2pm</u> Monthly Birthday Party and music with Don Dunnachie AGW</p>	<p>27th <u>10.30am</u> Paint by Numbers LW Pink Team setting up Pop Up Op Shop</p> <p><u>1.30pm</u> Card LW</p> <p><u>2pm</u> Pop Up Op Shop Quadrangle</p>	<p>28th <u>10.30am</u> Decorate for Melbourne Cup AG & LW Sit down exercises to music LW</p> <p><u>2pm</u> Bingo AGW & LW <u>3pm</u> Afternoon tea and chat</p>	<p>29th <u>10.30am</u> Gardening with Deb AGW Tree of Life SH</p> <p><u>1.30pm</u> Cards LW</p> <p><u>2pm</u> Happy Hour and entertainment with Glenda AGW</p>	<p>30th Pink Team helping with Visits</p> <p><u>1.45pm</u> Movie</p> <p><u>2pm</u> Quiz with Barb LW <u>3pm</u> Afternoon tea and chat</p>	<p>31st Grandparents Day Pink Team helping with Visits <u>11.30am</u> Songs of Praise on ABC TV</p> <p><u>2pm</u> Enjoy the sunshine with friends, read a book, or watch a movie</p>