



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 MELBOURNE CUP DAY 10:00 Melbourne Cup Celebrations 	2 LUNCH OUTING 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Outdoor Walks 1:30 Nail Care	3 9:30 Chair Aerobics & Balance 10:15 Morning Tea 10:45 Physio Gym 1:30 Movie Screening (wellness centre) 	4 9:30 Friday Fun Day 10:15 Morning Tea 11:00 Rosewood Choir 1:30 Bingo & Happy Hour or Outdoor Walks	5	6
7 9:30 Chair Aerobics & Balance 10:15 Morning Tea 10:30 Art Therapy with Kat (fourth floor) 11:00 Word Game 1:30 Bingo	8 9:30 Chair Aerobics & Balance 10:15 Morning Tea 11:00 Outdoor Walks 1:30 Pamper Parlour 3:30 Orthodox Prayer Group (banquet room)	9 MORNING TEA OUTING 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Outdoor Walks 1:30 Wax Bath Therapy & Nail Care	10 9:30 One on Ones 10:15 Morning Tea 10:20 Yoga with Brett (fourth floor) 10:45 Physio Gym 1:30 Bingo & Happy Hour	11 REMEMBRANCE DAY 10:15 Morning Tea 11:00 Remembrance Day Service (fourth floor) 1:30 Outdoor Walks	12	13
14 9:30 Chair Aerobics & Balance 10:15 Morning Tea 11:00 Knitting Club 1:30 Bingo Library Book Collection	15 9:30 Chair Aerobics & Balance 10:15 Morning Tea 11:00 Catholic Church Service (ground floor) 1:30 Cooking: Zucchini Slice	16 LUNCH OUTING 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Outdoor Walks 1:30 Nail Care 	17 9:30 Chair Aerobics & Balance 10:15 Morning Tea 10:45 Physio Gym 1:30 Board Games	18 9:30 Friday Fun Day 10:15 Morning Tea 11:00 Food Focus Group (fourth floor) 1:30 Bingo & Happy Hour or Outdoor Walks 	19	20
21 9:30 Chair Aerobics & Balance 10:15 Morning Tea 11:00 Scategories 1:30 Bingo	22 9:30 Chair Aerobics & Balance 10:15 Morning Tea 11:00 Outdoor Walks 1:30 Birthday Party with Darryn in Concert (fourth floor) 	23 MORNING TEA OUTING 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Outdoor Walks 1:30 Wax Bath Therapy & Nail Care	24 9:30 One on Ones 10:15 Morning Tea 10:20 Yoga with Brett (fourth floor) 1:30 Christmas Decoration Craft 	25 9:30 Friday Fun Day 10:15 Morning Tea 11:00 Rosewood Choir 1:30 Bingo & Happy Hour or Outdoor Walks	26	27
28 9:30 Chair Aerobics & Balance 10:15 Morning Tea 11:00 Knitting Club 1:30 Bingo 	29 9:30 Chair Aerobics & Balance 10:15 Morning Tea 11:00 Outdoor Walks 1:30 Christmas Card Craft or Men's Club (fourth floor)	30 LUNCH OUTING 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Outdoor Walks 1:30 Nail Care				