

ACTIVITY PROGRAM

NOVEMBER | LEEDERVILLE | CITRUS



Please note. Each day from 1pm until 2pm we are having a Quiet Hour on each floor. Thank you.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Anglican Service (first floor) 2:00 Mens Club OR Puzzles/ Games Group	2 9:30 Chair Aerobics 10:15 Morning tea 11:00 Nail Care 2:00 Gardening Club	3 9:30 Friday Fun Day 10:15 Morning Tea 11:00 Choir 2:00 Bingo OR Friday Social (Foyer)	4 10:00 Quiz OR Word Game	5 10:00 Quiz OR Word Game
6 9:30 Chair aerobics 10:15 Morning tea 11:00 Sports Club (Magnolia) 2:00 Bingo OR Art Therapy (Magnolia)	7 MELBOURNE CUP DAY 9:30 Race Day Activities 11:30 Melbourne Cup Sweep 12:00 Melbourne Cup Race 12:30 Lunch in Dining Room 2:00 Nail care	8 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Quiz/Riddles 2:00 Men's Club OR puzzles/ games group	9 9:30 Yoga/Mindfulness 10:30 Morning tea 11:00 Knitting Club OR Party Prep 2:00 Birthday Party with Sarah Waddington 	10 9:30 Friday Fun Day 10:15 Morning Tea 11:00 Choir 2:00 Bingo OR Friday Social (Foyer)	11 REMEMBRANCE DAY 10:00 Quiz OR Word Game 	12 DIWALI 2023 10:00 Quiz OR Word Game
13 WORLD KINDNESS DAY 9:30 Chair Aerobics 10:15 Morning Tea 10:45 Outdoor Walk or quiz 2:00 Bingo	14 BUS OUTING 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Outdoor Walk/Quiz 2:00 Book Club (foyer)	15 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Puzzles/Games group 2:00 Carpet Bowls	16 WORLD PHILOSOPHY DAY 9:30 Chair Aerobics 10:15 Morning Tea 10:30 Outdoor Walk/Quiz 2:00 Floor Game	17 9:30 Friday Fun Day 10:15 Morning Tea 11:00 Choir 2:00 Bingo OR Friday Social (Foyer)	18 10:00 Quiz OR Word Game	19 10:00 Quiz OR Word Game
20 LIBRARY COLLECTION DAY UNIVERSAL CHILDREN'S DAY 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Sports Club (Magnolia) 2:00 Bingo	21 WORLD TELEVISION DAY 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Catholic Service (first floor) 2:00 Nail Care	22 10:00 Concert - Memory Lane Minstrels 2:00 Men's Club OR puzzles/ games group 	23 BUS OUTING 9:30 Yoga / Mindfulness 10:30 Morning Tea 11:00 Knitting Club 2:00 Wax Therapy	24 9:30 Friday Fun Day 10:15 Morning Tea 11:00 Choir 2:00 Bingo or Luau Themed Friday Social (Foyer) 	25 PERTH PRIDE PARADE 10:00 Quiz OR Word Game 	26 10:00 Quiz OR Word Game
27 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Outdoor Walk / Quiz 2:00 Bingo	28 LUNCH OUTING 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Outdoor Walk/Quiz 2:00 Floor Game 	29 9:30 Chair Aerobics 10:15 Morning Tea 11:00 Nail Care 2:00 Men's Club OR Puzzle/ Games Group	30 PAMPER DAY 9:30 Chair Aerobics 10:15 Morning Tea 10:30 Outdoor Walk/Quiz 2:00 Foot Spas & Face Masks			