

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PLEASE NOTES</b>		<b>1</b>	<b>2</b> Hairdresser & Beautician	<b>3</b>	<b>4</b>	<b>5</b>
<p><b>Chair exercise will now be happening on left side of each floor.</b>  <b>Outdoor events/activities are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors.</b>  <b>Resident and Representative on 28th October</b>                      If we have an infection outbreak, we will not be able to host the lifestyle program, however the lifestyle team will do daily individual visits.                      If you have any feedback regarding the monthly programs, please email <a href="mailto:lifestyle@thequeenslea.com.au">lifestyle@thequeenslea.com.au</a>, we encourage feedback either via feedback form or email.</p>		10AM Chair Exercise on each floor <b>11AM Teamific Global Quiz in Café</b> 2PM Vision Board for Well-Being in Garden Room 3PM Walking Group and 1:1 visits	<b>10:30AM Church Service with Fr Peter Boyland</b> 11:00AM Coffee and talk in Café 2:00PM Knit and Yap in Garden Room 3:00pm Individual Visits	10AM Chair Exercise on each floor 11AM Choir group in Café <b>2PM Walking Group</b> 3PM Happy Hour in Café	10AM Floor Games in Garden Room 11AM Karaoke in Café <b>1:30PM Pink Heart Crafts in Garden Room</b>	<b>10:30AM Gardening</b> 11:30AM Songs of Praise in Garden Room  1:30PM Sunday "Change of Habit" Movie on each floor
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Hairdresser All Day	<b>10</b> World Mental Health Day	<b>11</b>	<b>12</b>
10AM Chair Exercise on each floor  11AM Bingo in café  <b>2:15PM Baking "Easy brownies" in Garden Room</b>	10AM Chair Exercise on each floor <b>11AM Matt Price performance in Café</b> 1:45PM Ladies Club (Nail Salon & Chit Chat) 3PM "Kate" documentary on each level	10AM Chair Exercise on floors 11AM Quiz in Cafe <b>2PM Relax &amp; Color in Garden Room</b> 3PM Individual Visits	10AM Chair Exercise on each floor <b>11AM Mindfulness Garden Walk</b> 2:00PM Knit and Yap in Garden Room 3:00pm Individual Visits	10AM Chair Exercise on each floor 11AM Choir group in Café 11AM Poetry Club Garden Room 2Pm Bingo in Café <b>3PM Happy Hour in Café</b>	10AM Floor Games in Garden Room <b>11AM Community Choir in Café</b>  1:30PM Crafting Positivity Trees in Garden Room	10:30AM Walking Group and Coffee after <b>11:30AM Songs of Praise in Café</b> 1:30PM "Winchester '73" Movie on each floor
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Hairdresser All Day	<b>17</b>	<b>18</b>	<b>19</b>
10AM Chair Exercise on each floor 11AM Bingo in Café  <b>2:15PM Music Appreciation – The Rolling Stones</b>	10AM Chair Exercise on each floor <b>11AM Sing – Along in Cafe</b> 1:45PM Ladies Club (Nail Salon & Chit Chat) 3:00PM Walking Group and 1:1 visits	<b>10AM Chair Exercise on floor</b> 11AM Sing-along in Café 2PM Vision Board for Well-Being in Garden Room 3PM Individual Visits <b>3PM New Residents Afternoon tea</b>	10AM Chair Exercise on each floor 11AM Quiz in Café <b>2:00PM Knit and Yap in Garden Room</b> 3:00pm Individual Visits	<b>10AM Ballet in Garden Room</b> 11AM Choir Group in Café 2PM Walking Group 3PM Happy Hour in Café	<b>10AM Floor Games in Garden Room</b> 11AM Karaoke in café  1:30PM Diwali Lantern Craft in Garden Room	<b>10:30AM Gardening</b> 11:30AM Songs of Praise in Café  1:30PM Sunday "Father Goose" Movie on each floor
<b>20</b> Diwali-India	<b>21</b>	<b>22</b>	<b>23</b> Hairdresser All Day	<b>24</b>	<b>25</b>	<b>26</b>
10AM Chair Exercise on each floor 11AM Bingo in Café  <b>2:15PM Armchair Travel To India</b>	10AM Chair Exercise on each floor 11AM Quiz in Café <b>1:45PM Ladies Club (Nail Salon &amp; Chit Chat)</b> 3:00PM Walking Group and 1:1 visits	10AM Chair Exercise on each floor 11AM Quiz in Cafe <b>1:30PM Diwali Lantern Craft in Garden Room</b> 3PM Individual Visits	<b>11AM Toni Bianco- Performance in Café</b> <b>12:30 Luncheon (in Café)-India</b>  3:00pm Individual Visits	10AM Chair Exercise on each floor 11AM Choir Group in Café 11AM Poetry Club Garden Room <b>2PM Bingo in Café</b> 3PM Happy Hour in Café	10AM Floor Games in Garden Room 11AM Karaoke in Café <b>1:30PM Beads of Hope Keychains In Garden Room</b>	10:30AM Walking Group and Coffee after <b>11:30AM Songs of Praise in Café</b>  1:30PM Sunday "The Money Pit" Movie on each floor
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> PINK AWARENESS DAY Hairdresser All Day	<b>31</b>		
10AM Chair Exercise on each floor 11AM Bingo in Café <b>2PM Music Appreciation – Brenda Lee</b>	10AM Chair Exercise on each floor 11AM Sing along in Café <b>11AM Resident &amp; Representative Meeting</b> 2:30PM Ladies Club 3PM "Ireland" documentary on each level	10AM Chair Exercise on each floor 11AM Sing-along in Café <b>2PM "Bracelets for a Cause" in Garden Room</b> 3PM Individual Visits	10AM Chair Exercise on each floor <b>11AM Pink Ribbon Morning Tea</b> 2:00PM Knit and Yap in Garden Room 3:00pm Individual Visits	<b>10AM Wellness with Jen</b> 11AM Choir group in Café 2Pm Walking Group 3PM Happy Hour in Café		