



OCTOBER LIFESTYLE CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Please note: - Outdoor events and activities are weather permitting. If a specific event cannot go ahead there will be another activity in its place indoors. - All 10:00 am activities are held on the <u>floors</u>. Start times <u>may vary slightly</u> as Lifestyle staff support multiple floors. Thank you for your patience. - In the event of an infectious outbreak, the group Lifestyle Program may be suspended. The Lifestyle Team will provide individual visits where possible. - We welcome feedback about our monthly programs. Please complete a feedback form or email lifestyle@thequeenslea.com.au.			1 Hairdresser & Beautician	2	3	4
			10.30AM Anglican Church Service - Garden Room 11AM Guess the Song - Café 1:45PM Knit/ Hand massage - Garden Room 3PM Walks & Individual Visits	10AM Ballet – Garden Room 11AM Choir Group -Café/ Poetry Club (Garden Room) 1:45PM Bingo - Café 3PM Happy Hour - Café	10AM Floor Games - Garden Room 11AM Walking Group 1:30PM Card Games & Dominoes - Café	10AM Yoga- Garden Room 11:30AM Songs of Praise 1PM Individual Visits
5	6	7	8 Hairdresser	9	10	11
10AM Resistance Bands Exercise - Floors 11AM Bingo - Café 1:45PM Cooking Make your own Trifle - Garden Room	10AM Seated Yoga – Floors 11AM Words within words- Cafe 1:45PM Ladies Club (Nail Salon)  3PM Resident's choice: Classical Music – Garden Room	10AM Resistance Bands Exercise 11AM Carol Volunteer Pianist- Café 1:45PM “Don’t touch the color” - Garden Room 3PM Individual visits	10AM Chair Exercise 11AM Jewelry Making – Garden Room 1:45PM  Table Challenge – Café 3PM Walks & Individual Visits	10AM Pool Noodles Exercise 11AM Choir Group- Café 1:45PM Table Games - Café 3PM Happy Hour - Café	10AM Tennis- Garden Room 11AM Karaoke - Café 1:30PM Resident's Choice Documentary - floors	10AM Table Games -Garden Room 11:30AM Songs of Praise/ Walking Group 1PM Garden Walk
12	13	14	15 Hairdresser	16	17	18
10AM Resistance Bands Exercise 11AM Bingo- Café 1:45PM Armchair Travel to Germany 3PM New Residents Afternoon Tea	10AM Seated Yoga 11AM Oktoberfest Colouring 1:45PM Ladies Club (Nail Salon)  3PM Walks & Individual Visits	12:15PM German Luncheon – Café  3PM Individual visits	10AM Chair Exercise 11AM Puzzle Club- Café 1:45PM Beach Towel Volleyball- Garden Room 3PM Walks & Individual Visits	10AM Pool Noodles Exercise 11AM Choir Group - Café/Poetry Club (Garden Room) 1:45PM Bingo - Café 3PM Happy Hour - Café	10AM Floor Games - Garden Room 11AM Walking Group 1:30PM Pink Ribbon Crafts – Garden Room	10AM Gentle Chair Yoga- Garden Room 11:30AM Songs of Praise 1PM Walking Group
19 PINK RIBBON DAY	20	21	22 Hairdresser	23	24	25
10AM Resistance Bands Exercise 11AM Bingo – Café 2PM Ladies High Tea	10AM Seated Yoga 11AM Gardening Club 1:45PM Ladies Club (Nail Salon)  3PM Walks & Individual Visits	10AM Resistance Bands Exercise 11AM Walking Group 1:45PM Resident's Choice: Flower Arranging - Garden Room 3PM Individual visits	10AM Chair Exercise 11AM Volleyball- Garden Room 1:45PM Knit/ Hand massage - Garden Room 3PM Walks & Individual Visits	10AM Pool Noodles Exercise 11AM Choir group - Café 1:45PM Table Games– Café 3PM Happy Hour - Café	10AM Volleyball- Garden Room 11AM Karaoke– Café 1:30PM Resident's Choice Documentary - floors	10AM Table Games -Garden Room 11:30AM Songs of Praise 1PM Halloween Arts & Crafts – Garden Room
26	27	28	29 Hairdresser	30	31	1 November
9:30AM Bus Trip 10AM Resistance Bands Exercise 11AM Bingo - Café 1:45PM Music Appreciation: _James Last & His Orchestra 3PM Sequence Game & Individual Visits	10AM Seated Yoga  11AM Residents and Representatives Meeting 1:45PM Ladies Club (Nail Salon) 3PM Walks & Individual Visits	10AM Resistance Bands Exercise 11AM Performance Toni Bianco – Café 12 Men's BBQ 3PM Individual Visits	10AM Chair Exercise 11AM Word search Games - Café 1:45PM Knit/ Hand massage - Garden Room 3PM Resident's choice: Classical Music	10AM Wellness with Jen - Garden Room  11AM Choir group (Café)/ Poetry Club (Garden Room) 1:45PM Bingo– Café 3PM Happy Hour - Café	10AM Floor Games - Garden Room 11AM Walking Group 1:30PM Halloween Decorations– Garden Room	10AM Gentle Chair Yoga- Garden Room 11:30AM Songs of Praise 1PM Walking Group