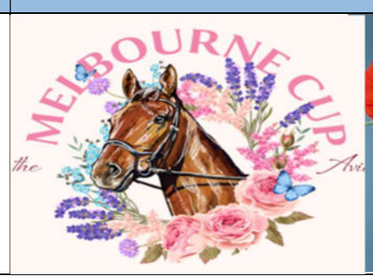
NOVEMBER LIFESTYLE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 10AM Resistance Bands Exercise - Floors 11AM Performance with Julie Gardner 1:45PM Melbourne Cup Fascinators- Garden Room 3PM Individual Visits	**3 Melbourne Cup** 10AM Seated Yoga 11AM Melbourne Cup Morning Tea 1:45PM Ladies Club (Nail Salon) 3PM Resident's choice: Classical Music	**4** 10AM Resistance Bands Exercise 11AM Carol Volunteer Pianist- Café 1:45PM Gardening Club 3PM Individual visits	**5** Hairdresser & Beautician 10.30AM Anglican Church Service - Garden Room 11AM Quiz - Café 1:45PM Knit/ Hand massage - Garden Room 3PM Walks & Individual Visits	**6** 10AM Pool Noodles Exercise 11AM Choir Group -Café 1:45PM Bingo - Café 3PM Happy Hour - Café	**7** 10AM Floor Games - Garden Room 11AM Remembrance Day Poppies – Garden Room 1PM Walking Group	**8** 10AM Yoga- Garden Room 11:30AM Songs of Praise/ Walking Group 1PM Individual Visits
9 10AM Resistance Bands Exercise - Floors 11AM Bingo - Café 1:45PM Cooking "Make Your Own Mini Pavlova" - Garden Room 3PM Individual Visits	**10** 10:30AM A Farmyard on Wheels – Café 1:45PM Ladies Club (Nail Salon) 3PM Walks & Individual Visits	**11 Remembrance Day** 10AM Resistance Bands Exercise 10:45AM Remembrance Day Service- Café 1:45PM Watercolour Spring Cards - Garden Room 3PM Individual visits	12 Hairdresser 10AM Chair Exercise 11AM Categories Challenge - Cafe 1:45PM Golf and Bowling- Garden Room 3PM Walks & Individual Visits	13 10AM Pool Noodles Exercise 11AM Choir Group- Café/ Poetry Club (Garden Room) 1:45PM Table Games - Café 3PM Happy Hour - Café	**14** 10AM Tennis- Garden Room 11AM Karaoke - Café 1:30PM Resident's Choice Documentary - floors	**15** 10AM Table Games -Garden Room 11:30AM Songs of Praise 1PM Garden Walk
16 10AM Resistance Bands Exercise 11AM Bingo- Café 1:45PM 3PM New Residents Afternoon Tea	**17** 10AM Seated Yoga 11AM Canvas Painting: Spring Garden- Garden Room 1:45PM Ladies Club (Nail Salon) 3PM Walks & Individual Visits	**18** 10AM Resistance Bands Exercise 11:00AM Christmas Tree Decoration - Café 1:45PM Resident's Choice: Flower Arranging - Garden Room	**19 International Men's Day** 10AM Chair Exercise 11AM Puzzle Club- Café 12PM Men's BBQ 3PM Walks & Individual Visits	**20** 10AM Pool Noodles Exercise 11AM Choir Group -Café 1:45PM Bingo - Café 3PM Happy Hour - Café	**21** 10AM Floor Games - Garden Room 11AM Walking Group 1PM Christmas Tree Decoration (Level1)	**22** 10AM Gentle Chair Yoga- Garden Room 11:30AM Songs of Praise 1PM Walking Group
23 10AM Resistance Bands Exercise 11AM Bingo – Café 1:45PM Decorate a Plant Pot- Garden Room 3PM Individual Visits	**24** 10AM Seated Yoga 11AM Residents and Representatives Meeting 11AM Performer with Matt Price 1:45PM Ladies Club (Nail Salon)	**25** 11AM Individual Visits 12:15PM "Paella" Luncheon – Café 3PM Christmas Tree Decoration (Level 2 and 3)	**26** Hairdresser 10AM Chair Exercise 11AM Catholic Church Service – Garden Room 1:45PM Knit/ Hand massage - Garden Room 3PM Resident's choice: Classical Music- Garden Room	**27** 10AM Wellness with Jen - Garden Room 11AM Choir group - Café/ Poetry Club (Garden Room) 1:45PM Christmas Tree Decoration (Level 4) 3PM Happy Hour - Café	**28** 10AM Christmas Tree Decoration (Level 5 and Avalon) 11AM Karaoke– Café 1:30PM Resident's Choice Documentary - floors	**29** 10AM Table Games -Garden Room 11:30AM Songs of Praise/ Walking Group 1PM Make your own Bookmark – Garden Room
30 St Andrew's Day 9:30AM Bus Trip 10AM Resistance Bands Exercise 11AM Bingo - Café 1:45PM Armchair Travel to Scotland 3PM Sequence Game & Individual Visits	**What's on this month:** 		**Please note:** • Outdoor Activities: Weather permitting. Indoor alternatives will be provided if needed. • 10:00 am Activities: Held on residential floors. Start times may vary as Lifestyle staff support multiple floors. • Infectious Outbreaks: Group activities may be suspended. Individual visits will be provided where possible. • Bus Outings: Monthly, with rotating participation. Maximum 16 residents, including up to 2 wheelchair users. • Intergenerational Program: Ngala Childcare visits, 4–5 residents per session, rotating every 6 weeks. • Your feedback is important to us. Please email lifestyle@thequeenslea.com.au to contribute to our monthly calendars in any way or please complete a feedback form at our reception.			