

# October 2018

## LEISURE AND LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1<sup>st</sup></b> <i>International day of the older person</i>  <b>LOXTON SHOW &amp; PUBLIC HOLIDAY (no lifestyle today)</b>	<b>2<sup>nd</sup></b> 10:30 – 11:30am <b>Music with Rex</b>  1:30 – 3: 30pm <b>Craft afternoon</b>	<b>3<sup>rd</sup></b> 10:30 – 12pm <b>Chapel</b>  1:30 – 3: 30pm <b>Afternoon Tea with Pastor Men's shed</b>	<b>4<sup>th</sup></b> 10:30 – 12pm <b>Word games</b> 11:00 <b>Visit to Bunnings in Berri (lunch included)</b> 1:30 – 3:00 <b>Chair yoga &amp; Balloon batts</b> 3:00 – 4:30pm <b>Melody sing-a-long with Anne</b>	<b>5<sup>th</sup></b> 10:30 – 12pm <b>Pancake morning Tea!</b> <b>Reminiscing about Loxton show..</b>  1:30 – 3: 30pm <b>Outside for fun in the sun – skittles</b>	<b>6<sup>th</sup></b> 10:30 – 12pm <b>Putt Putt Golf comp</b>  <b>Happy hour at Lunch</b>  1:30 – 3: 30pm <b>BINGO</b>
<b>7<sup>th</sup></b>  10:30 – 12pm <b>Church DVD Song of Praise</b>  1:30 – 3: 30pm <b>Indoor Bowls Competition</b>	<b>8<sup>th</sup></b> 10:30 – 11:30am <b>Book Club Chair Yoga Word games</b>  1:30 – 3: 30pm <b>Cooking Weet-Bix slice</b>	<b>9<sup>th</sup></b> 10:30 – 11:30am <b>Bright hour</b>  1:30 – 3: 30pm <b>Visit from St Catherine's for games and fun.</b>	<b>10<sup>th</sup></b> 10:30 – 12pm <b>Chapel</b>  1:30 – 3: 30pm <b>Afternoon Tea with Pastor Men's shed</b>	<b>11<sup>th</sup></b> 10:30 – 12pm <b>Word games</b>  1:30 – 3:00 <b>Restaurant craft</b>  3:00 – 4: 30pm <b>Melody sing-a-long with Anne</b>	<b>12<sup>th</sup></b> 10:30 – 12pm <b>Residents meeting Memory activities Craft with Rosy</b> 1:30 – 3: 30pm 	<b>13<sup>th</sup></b> 10:30 – 12pm <b>Craft morning Picnic Lunch at Apex park Loxton.</b>  1:30 – 3: 30pm <b>BINGO</b>




PLEASE NOTE THAT LIFESTYLE ACTIVITIES ARE SUBJECT TO CHANGE

# October 2018

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>14<sup>th</sup></b> 10:30 – 12pm Church DVD Song of Praise  <b>BBQ LUNCH</b>  1:30 – 3: 30pm Indoor Bowls Competition	<b>15<sup>th</sup></b> 10:30 – 11:30am Moving and Grooving Book Club Chair yoga  1:30 – 3: 30pm Cooking cupcakes and icing them.	<b>16<sup>th</sup></b> 10:30 – 11:30am Chair Yoga and Indoor Golf  1:30 – 3: 30pm Craft afternoon	<b>17<sup>th</sup></b> 10:30 – 12pm Chapel  11:00 Adelaide Symphony Orchestra at Loxton Community theatre 1:30 – 3: 30pm Afternoon Tea with Pastor	<b>18<sup>th</sup></b> 10:30 – 12pm Word games 12:00 Ladies Lunch with St Catherine's  1:30 – 3:00 Chair yoga & craft  3:00 – 4: 30pm Melody sing-a- long with Anne	<b>19<sup>th</sup></b> 10:30 – 12pm Reminiscing & Quoits Craft with Rosy  1:50 – 3: 30pm St Alberts Catholic School Visit for games.	<b>20<sup>th</sup></b> 10:30 – 12pm 10 pin bowling  Happy Hour at Lunch  1:30 – 3: 30pm BINGO
<b>21<sup>st</sup></b> 10:30 – 12pm Church DVD Songs of Praise  1:30 – 3: 30pm Gardening around Riverview & Sunday Drive	<b>22<sup>nd</sup></b> 10:30 – 11:30am Moving and Grooving Reception class Lutheran school Book Club & Chair yoga 1:30 – 3: 30pm Outside for a game of skittles	<b>23<sup>rd</sup></b> 10:30– 11:30am Bright hour  1:30 – 3: 30pm Craft time	<b>24<sup>th</sup></b> 10:30 – 12pm Chapel  1:30 – 3: 30pm Afternoon Tea with Pastor Men's Shed Salon fun	<b>25<sup>th</sup></b> 10:30 – 12pm Would you rather..  1:30 – 3:00 Chair yoga & craft  3:00 – 4: 30pm Melody sing-a- long with Anne	<b>26<sup>th</sup></b> 10:30 – 12pm Living Waters Movie date (lunch included) Ladder ball competition  1:30 – 3: 30pm Outdoor bowls competition	<b>27<sup>th</sup></b> 10:30 – 12pm Craft morning  Lunch at Loxton Club  1:30 – 3:30pm BINGO

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>28<sup>th</sup></b>  10:30 – 12pm Church DVD Song of Praise  BBQ LUNCH  1:30 – 3: 30pm RIVERVIEW Concert & Devonshire tea Provided by Riverview board	<b>29<sup>th</sup></b>  10:30 – 11:30am Moving and Grooving Book Club & Chair yoga  Restaurant Lunch “Oktoberfest”  1:30 – 3: 30pm Word game “hangman”	<b>30<sup>th</sup></b>  10:30– 11:30am Bright hour  1:30 – 3: 30pm Craft afternoon	<b>31<sup>st</sup></b>  10:30 – 12pm Chapel  1:30 – 3: 30pm Afternoon Tea with Pastor Men’s Shed Salon fun			

If there is an outing you wish to attend in October you need to book your interest at the Riverview Reception desk ASAP, please be aware that the bus only seats 8, so seats are limited, however if you are keen to come and have taxi vouchers you are welcome to use those. *Please also note that you will require money for these outings and it is always weather dependant.*

- ***If the weather is forecast for rain or a cooler than normal day the outing may be cancelled or re scheduled with short notice.***
- Sat 13<sup>th</sup> October Picnic lunch at Apex Park – Loxton
- Thurs 18<sup>th</sup> October Ladies Lunch at Berri Golf Tavern with St Catherine’s ladies
- Thurs 27<sup>th</sup> October Lunch at the Loxton Club

***\*\* if you would like more information about taxi vouchers see Hannah at reception or speak to Crystal in the office \*\****