NOVEMBER 2020

LEISURE AND LIFESTYLE PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 nd	3 rd Melbourne Cup	4 th	5 th	6 th	7 th
10:30 – 11:45 am Chair Exercises & mini golf 1:30 – 2:30pm	10:30 – 11:30am Bright Hour 1:30- 2:00pm Chair yoga	10:30 – 12pm Chapel & Worship music 1:30 – 2:00pm Book Club	10:30 – 11:45am Gardening & time outside 1:30 – 2:00pm Chair yoga	tea, Exercises & minibike pedals	10:30 – 12pm Chair Yoga & words beginning with B
February Dragon" by Colin Thiele 2:30 – 3:30pm Brain Boosters	2:00 – 3: 30pm Come Watch the Melbourne Cup race! (Novelty race Sweep)	2:00 – 3:30pm BINGO Men's group: Chips n chat time	2:00 –3:00pm Knitting group 3:00 –4:15pm Anne Battams Singing Group	Reminiscing & chat about local current events	1:30 – 3:30pm BINGO
9th 10:30 – 11:45 am Chair Exercises & 10 pin bowling	10 th 10:30 – 11:30am Bright Hour 1:30- 2:00pm	day 10:30 – 12pm Remembrance Day chapel	12 th 10:30 – 11:45am Word Games 1:30 – 2:00pm	13 th Dress up in NAIDOC colours 10:30 – 11:30am Exercises & talk on NAIDOC week	14 th 10:30 – 12pm Chair Yoga & Hangman
1:30 – 2:30pm Book club "The February Dragon" by Colin Thiele 2:30 – 3:30pm Brain Boosters	Chair yoga 2:00 – 3: 30pm NAIDOC Week activities	Book club 2:00 – 3:30pm BINGO Men's group: Sit outside and	Chair yoga 2:00 –3:00pm Knitting group 3:00 –4:15pm Anne Battams	1:30 – 3:30pm Gardening and time outside (weather depending)	1:30 – 3:30pm BINGO
	2 nd 10:30 – 11:45 am Chair Exercises & mini golf 1:30 – 2:30pm Book club "The February Dragon" by Colin Thiele 2:30 – 3:30pm Brain Boosters 9 th 10:30 – 11:45 am Chair Exercises & 10 pin bowling 1:30 – 2:30pm Book club "The February Dragon" by Colin Thiele 2:30 – 3:30pm	2nd 3^{rd} Melbourne Cup $10:30 - 11:45$ am Chair Exercises & mini golf $10:30 - 11:30$ am Bright Hour $1:30 - 2:30$ pm Book club "The February Dragon" by Colin Thiele $10:30 - 11:30$ am Chair yoga $2:30 - 3:30$ pm Brain Boosters $2:00 - 3:30$ pm Come Watch the Melbourne Cup race! (Novelty race Sweep)9th 10^{th} $10:30 - 11:45$ am Chair Exercises & 10 pin bowling $10:30 - 11:30$ am Bright Hour $1:30 - 2:30$ pm Book club "The February Dragon" by Colin Thiele $10:30 - 11:30$ am Bright Hour $1:30 - 2:30$ pm Book club "The February Dragon" by Colin Thiele $2:00 - 3:30$ pm Chair yoga $2:00 - 3:30$ pm NAIDOC Week activities	2nd 3^{rd} Melbourne Cup 4^{th} $10:30 - 11:45$ am Chair Exercises & mini golf $10:30 - 11:30$ am Bright Hour $10:30 - 12$ pm Chapel & Worship music $1:30 - 2:30$ pm Book club "The February Dragon" by Colin Thiele $1:30 - 2:00$ pm Chair yoga $1:30 - 2:00$ pm Book Club $2:00 - 3:30$ pm Brain Boosters $2:00 - 3:30$ pm Come Watch the Melbourne Cup race! (Novelty race Sweep) $2:00 - 3:30$ pm BiNGO9th 10^{th} 11^{th} Remembrance day9th $10:30 - 11:30$ am Bright Hour $10:30 - 12$ pm Chis n chat time9th $10:30 - 11:30$ am Bright Hour $10:30 - 12$ pm Chair sgroup: Chips n chat time9th $10:30 - 11:30$ am Bright Hour $10:30 - 12$ pm Remembrance Day chapel $1:30 - 2:00$ pm Book club "The February Dragon" by Colin Thiele $2:00 - 3:30$ pm Book club $2:00 - 3:30$ pm Book club "The February Dragon" by Colin Thiele $2:00 - 3:30$ pm NAIDOC Week activities $2:00 - 3:30$ pm BiNGO Men's group: Sit outside and divide strained	2nd 3^{rd} Melbourne Cup4th5th10:30 – 11:45 am Chair Exercises & mini golf10:30 – 11:30am Bright Hour10:30 – 12pm Chapel & Worship music10:30 – 11:45am Gardening & time outside1:30 – 2:30pm Book club "The February Dragon" by Colin Thiele2:00 – 3: 30pm Come Watch the Melbourne Cup race! (Novelty race1:30 – 2:00pm Book Club1:30 – 2:00pm Chair yoga2:30 – 3:30pm Brain Boosters2:00 – 3: 30pm Come Watch the Melbourne Cup race! (Novelty race2:00 – 3:30pm BINGO2:00 – 3:30pm Chirs group: Chips n chat time3:00 –4:15pm Anne Battams Singing Group9th10th11th Remembrance day 10:30 – 11:45 am Chair Exercises & 10 pin bowling10:30 – 11:30am Bright Hour10:30 – 12pm Remembrance Day chapel 1:30 – 2:00pm 1:30 – 2:00pm Chair yoga10:30 – 11:45am Word Games1:30 – 2:30pm Book club "The February Dragon" by Colin Thiele10:50 – 11:30am Bright Hour10:30 – 11:45am Singing Group2:30 – 3:30pm Book club "The February Dragon" by Colin Thiele2:00 – 3: 30pm Chair yoga2:00 – 3: 30pm Book club1:30 – 2:30pm Book club "The February Dragon" by Colin Thiele2:00 – 3: 30pm NAIDOC Week activities2:00 – 3: 30pm BiNGO Men's group: Sit outside and3:00 – 4:15pm Anne Battams	2nd3rd Melbourne Cup4th5th6th10:30 - 11:45 am Chair Exercises & mini golf10:30 - 11:30am Bright Hour10:30 - 12pm Chair Joga10:30 - 11:45am Gardening & time outside10:30 - 11:30am Pancake Morning time outside1:30 - 2:30pm Book club "The February Dragon" by Colin Thiele2:00 - 3: 30pm Come Watch the Melbourne Cup race! (Novelty race Sweep)1:30 - 2:00pm BiNGO1:30 - 2:00pm Chair yoga1:30 - 2:00pm Chair yoga2:30 - 3:30pm by Colin Thiele2:00 - 3: 30pm Come Watch the Melbourne Cup race! (Novelty race Sweep)2:00 - 3:30pm Chips n chat time2:00 - 3:30pm Chips n chat time3:00 - 4:15pm Anne Battams Singing Group9th 10:30 - 11:45 am Chair Exercises & 10 pin bowling 1:30 - 2:30pm Book club "The February Dragon" by Colin Thiele10th 11th Remembrance day 10:30 - 11:30am Bright Hour11th Remembrance day 10:30 - 11:45am Remembrance Day chapel 1:30 - 2:00pm Chair yoga130 - 2:00pm Chair yoga130 - 11:30am Chair yoga9th 10:30 - 2:30pm by Colin Thiele10:0 - 3: 30pm Chair yoga2:00 - 3: 30pm Chair yoga1:30 - 2:00pm Chair yoga1:30 - 3:30pm Chair yoga1:30 - 2:30pm by Colin Thiele2:00 - 3: 30pm Chair yoga2:00 - 3: 30pm Chair yoga1:30 - 3:30pm Chair yoga2:30 - 3:30pm by Colin Thiele2:00 - 3: 30pm Chair yoga2:00 - 3: 30pm Chair yoga1:30 - 3:30pm Chair yoga1:30 - 3:30pm by Colin Thiele2:00 - 3: 30pm Chair yoga2:00 - 3: 30pm Chair yoga1:30 - 3:30

PLEASE NOTE THAT LIFESTYLE ACTIVTIES ARE SUBJECT TO CHANGE

NOVEMBER 2020

LEISURE AND LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 th	16 th	17 th	18 th	19 th	20 th	21 st
10:30 – 12pm Lutheran Church	10:30 – 11:45 am Chair Exercises & Mini Pedals	10:30 – 11:30am Bright Hour	10:30 – 12pm Chapel & Worship music	10:30 – 11:45am Scattegories	10:30 – 11:30am Exercises & Minibike pedals	10:30 – 12pm Chair Yoga & 10 pin bowling
Traditional service DVD	1:30 – 2:30pm Book club "The	1:30- 2:00pm Chair yoga	1:30 – 2:00pm Book Club	1:30 – 2:00pm Chair yoga	1:30 – 3:30pm	
1:30 – 3:30pm Come and watch the	February Dragon" by Colin Thiele	2:00 – 3: 30pm Gardening & Composting	2:00 – 3:30pm BINGO	2:00 –3:00pm Knitting group	Mini Golf competition	1:30 – 3:30pm BINGO
movie "Joseph and the Amazing colour dreamcoat"	2:30 – 3:30pm Brain Boosters & Chi ball		Men's group: Outdoor mini golf	3:00 –4:15pm Anne Battams Singing Group		
22 nd	23 rd	24 th	25 th	26 th	27 th	28 th
10:30 – 12pm Lutheran Church Traditional	10:30 – 11:45 am Chair Exercises & Mini Golf	10:30 – 11:30am Bright Hour	10:30 – 12pm Chapel & worship music	10:30 – 11:45am Come sit outside (Gardening)	10:30 – 11:30am Exercises & Minibike pedals	10:30 – 12pm Chair Yoga & Word Games
service DVD	1:30 – 2:30pm	1:30- 2:00pm	1:30 – 2:00pm Book Club	1:30 – 2:00pm Chair yoga	1.20 2.20	
BBQ & Happy hour at LUNCH	Book club "The February Dragon" by Colin Thiele	Chair yoga 2:00 – 3:30pm	2:00 – 3:30pm BINGO	2:00 –3:00pm Knitting group	1:30 – 3:30pm	1:30 – 3:30pm BINGO
1:30 – 3:30pm Hookey game	2:30 – 3:30pm Brain Boosters & Chi ball	Word games	Men's group: Beer outside with the boys	3:00 –4:15pm Anne Battams Singing Group	Right	

PLEASE NOTE THAT LIFESTYLE ACTIVITES ARE SUBJECT TO CHANGE

NOVEMBER 2020

LEISURE AND LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 th	30 th					
10:30 – 12pm Lutheran Church	10:30 – 11:45 am Chair Exercises & 10 pin bowling			FIST WE FORSELF		
Traditional service DVD	1:30 – 2:30pm Book club "The February Dragon"			S A C R I F I C E TRIBUTE SOLDIERS REMEMBRANCE		
1:30 – 3:30pm Lets deck the halls with bells & hollyxmas is almost here!!	by Colin Thiele 2:30 – 3:30pm Brain Boosters			POPPY DAY VETERANS BRAVERY RESPECT HEROES LEST WE FORGET		
CELEBR A 3 M 2 00/ W 2 M	Always Was, ways Will Be.		your loved ones	on Riverview's iPad,	we would LOV 84 7370 and re	e to Face time or Skype E to help you! sidents can ask at the
	8-15 NOV 2020					