








NOVEMBER 2020

LEISURE AND LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st 10:30 – 12pm Lutheran Church Traditional service DVD 1:30 – 3:30pm Come & watch “My fair lady”	2nd 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	3rd Melbourne Cup 10:30 – 11:30am Bright Hour 1:30- 2:00pm Chair yoga 2:00 – 3: 30pm Come Watch the Melbourne Cup race! (Novelty race Sweep)	4th 10:30 – 12pm Chapel & Worship music 1:30 – 2:00pm Book Club 2:00 – 3:30pm BINGO Men’s group: Chips n chat time	5th 10:30 – 11:45am Gardening & time outside 1:30 – 2:00pm Chair yoga 2:00 –3:00pm Knitting group 3:00 –4:15pm Anne Battams Singing Group	6th 10:30 – 11:30am Pancake Morning tea, Exercises & minibike pedals 1:30 – 3:30pm Reminiscing & chat about local current events	7th 10:30 – 12pm Chair Yoga & words beginning with B 1:30 – 3:30pm BINGO
8th NAIDOC week 10:30 – 12pm Lutheran Church Traditional service DVD BBQ & Happy hour at LUNCH 1:30 – 3:30pm Circus Soleil show on tv	9th 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 Brain Boosters	10th 10:30 – 11:30am Bright Hour 1:30- 2:00pm Chair yoga 2:00 – 3: 30pm NAIDOC Week activities	11th Remembrance day 10:30 – 12pm Remembrance Day chapel 1:30 – 2:00pm Book club 2:00 – 3:30pm BINGO Men’s group: Sit outside and chat	12th 10:30 – 11:45am Word Games 1:30 – 2:00pm Chair yoga 2:00 –3:00pm Knitting group 3:00 –4:15pm Anne Battams Singing Group	13th Dress up in NAIDOC colours 10:30 – 11:30am Exercises & talk on NAIDOC week 1:30 – 3:30pm Gardening and time outside (weather depending)	14th 10:30 – 12pm Chair Yoga & Hangman 1:30 – 3:30pm BINGO

PLEASE NOTE THAT LIFESTYLE ACTIVITIES ARE SUBJECT TO CHANGE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29th 10:30 – 12pm Lutheran Church Traditional service DVD 1:30 – 3:30pm Lets deck the halls with bells & holly...xmas is almost here!!	30th 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 Brain Boosters	 		 SACRIFICE TRIBUTE <small>SOLDIERS</small> REMEMBRANCE POPPY DAY VETERANS BRAVERY RESPECT HEROES <small>LEST WE FORGET</small>		 
		 <p>Are you missing your loved ones?? If you would like to Face time or Skype your loved ones on Riverview’s iPad, we would LOVE to help you!</p> <p>Families can contact Riverview on 8584 7370 and residents can ask at the Reception desk and we can set up a time for you.</p>				