



October 2026

Community

Activity Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



1

9.40am
Chair aerobics
10.15am
Discussion
11.00am
Yoga
Outdoor Walk
2.00pm
Floor game
Art & craft with Jody

2

9.40am
Friday fun day
10.15am
Discussion
11.00am
Orthodox service L4
Bingo
1.45pm
Friday social on your own floor

3

10.15 am
Resident choice
2.00pm
Whiteboard games
3.00pm
Individual visit & walk

4

10:15 am
Resident choice
11:30am
Song of praise
2.00pm
Gross motor games
3.00pm
Colouring in
1.1 Walk & chat

5

9.40am
Chair aerobics
10.20am
Discussion - What's on for this week?
11.00am
Brain Games
Outdoor walk
2.00pm
Bingo

6

9.40am
Chair aerobics
10:15am
Discussion
10.45am
Anglican service L4
Global quiz (banquet room)
2.00pm
Schumacher 94(doc)
Social sew & knitting L4

7

9.40am
Chair aerobics
10.15 am
Discussion
11.00am
Music from around the world
2.00pm
Pampering parlour
Individual visit

8

9.40am
Chair aerobics
10.15am
Discussion
11.00 am
Reminiscing
Outdoor walk
2.00pm
Cooking: pumpkins scones
Phoenix

9

9.40am
Friday fun day
10.15am
Discussion
11.00am
Bingo
1.45pm
Friday social with Peter Benham L4

10

10.15 am
Resident choice
2.00pm
Whiteboard games
3.00pm
Individual visit & walk

11

10:15 am
Resident choice
11:30am
Song of praise
2.00pm
Gross motor games
3.00pm
Colouring in
1.1 Walk & chat

12

9.40am
Chair aerobics
10.15am
Discussion - What's on this week?
11.00am
Word quiz
Outdoor Walk
2.00pm
Bingo Bonanza for Telethon L4

13

Books on Wheels

9.40am
Chair aerobics
10:15am
Discussion
11.00am
Beer tasting for Oktoberfest and Lunch
2.00pm
Armchair travel to Germany(doc)
Men's club L4

14

Bus Outing

9.40am
Chair aerobics
9.15am
Bus outing
Balmoral/Windsor
10:15am
Discussion
11.00am
Catholic service L4
Sing Along & dancing
2.00pm
Sip & Paint with Lorna

15

9.40am
Chair aerobics
10.15 am
Discussion
10.30am
Residents and representatives meeting
Outdoor walk
2.00pm
Movie (Lifestyle meeting)

16

9.40am
Friday fun day
10.15am
Discussion
11.00am
Bingo
1.45pm
Friday social on your own floor

17

10.15 am
Resident choice
2.00pm
Whiteboard games
3.00pm
Individual visit & walk

18

10:15 am
Resident choice
11:30am
Song of praise
2.00pm
Gross motor games
3.00pm
Colouring in
1.1 Walk & chat



October 2026

Community

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19 9.40am Chair aerobics 10.15am Discussion - What's on this week? 11.00am Brain games Outdoor walk 2.00pm Bingo Individual visits	20 9.40am Chair aerobics 10.15am Discussion 11.00am Art & craft for Halloweens 2.00pm White Lion (movie) Social sew & knitting L4 Individual visits	21 9.40am Chair aerobics 10:15am Discussion 11.00am Diwali celebration Apostolic Christian service (L4 small room) 2.00pm Table games Individual visits	22 9.40am Chair aerobics 10.15 am Discussion 11.00am Outdoor walk 2.00pm Board game or floor game Phoenix 3.00pm Violin & piano concert (reception)	23 9.40am Friday fun day 10.15am Discussion 11.00am Bingo 1.45pm Friday social with Harry 1man show (L4)	24 10.15 am Resident choice 2.00pm Whiteboard games 3.00pm Individual visit & walk	25 10:15 am Resident choice 11:30am Song of praise 2.00pm Gross motor games 3.00pm Colouring in 1.1 Walk & chat
26 9.40am Chair aerobics 10.15am Discussion - What's on this week? 11.00am Word quiz Outdoor Walk 2.00pm Bingo Individual visits	27 Grandparent's Day 9.40am Chair aerobics 10.15am Discussion 11.00am Art and Craft for Melbourne Cup 2.00pm A day in a Life (movie) Individual visits	28 Bus Outing 9.40am Chair aerobics 9.15am Bus Outing Kensington 10:15am Discussion 11.00am Music appreciation 2.00pm Pampering Parlour Music w/ Katherine	29 9.40am Chair aerobics 10.15 am Discussion 11.00am Outdoor walk Ballet4wellbeing L4 2.00pm Board game Floor game Phoenix	30 9.40am Friday fun day 10.15am Discussion 11.00am Bingo 1.45pm Friday social & birthday party on your floor 	31 Halloween 10.15 am Resident choice 2.00pm Whiteboard games 3.00pm Individual visit & walk 	