



# October 2026

## Waterford

## Activity Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



1

**9.40am**  
Chair aerobics  
**10.15am**  
Morning connection  
**10.30am**  
Yoga  
Outdoor Walk  
**2.00pm**  
Bowling  
**3.00pm**  
Sing along

2

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

3

**10:15 am**  
Resident choice  
**11.00am**  
Fun exercises  
**2.00pm**  
Whiteboard games  
**3.20pm**  
Dance it out  
**4.20pm**  
Beautiful hymns  
**5.30pm**  
Individual visit

4

**10:15am**  
Resident choice  
**11:00am**  
Song of praise  
**2.00pm**  
Gross motor games  
**3.20pm**  
Dance it out  
**4.30pm**  
Colouring in  
Individual visit  
Walk

5

**9.40am**  
Chair aerobics  
**10.15am**  
Discussion - What's on for this week?  
**11.00am**  
Quiz  
**2.00pm**  
Bingo  
**3.00pm**  
Dance it out

6

**Books on Wheels**

**9.40am**  
Chair aerobics  
**10:15am**  
Morning connection  
**10.45 am**  
**Anglican service L4**  
Reminiscing  
**2.00pm**  
Queen's Corgi(movie)  
Sewing & knitting L4  
**3.00pm**  
Busy bee

7

**9.40am**  
Chair aerobics  
**10:15am**  
Morning connection  
**11.00am**  
Sing along/dancing  
**2.00pm**  
Bingo  
**3.00pm**  
Doll therapy

8

**9.40am**  
Chair aerobics  
**10.15am**  
Morning connection  
**11.00am**  
Flower arranging  
**2.00pm**  
Cooking: pumpkins scones  
**3:00 pm**  
Sing along

9

**9.40am**  
Friday fun day  
**10.15am**  
Morning connection  
**11.00am**  
Bingo  
**1.45pm**  
Friday social with Peter Benham L4

10

**10:15 am**  
Resident choice  
**11.00am**  
Fun exercises  
**2.00pm**  
Whiteboard games  
**3.20pm**  
Dance it out  
**4.20pm**  
Beautiful hymns  
**5.30pm**  
Individual visit

11

**10:15am**  
Resident choice  
**11:00am**  
Song of praise  
**2.00pm**  
Gross motor games  
**3.20pm**  
Dance it out  
**4.30pm**  
Colouring in  
Individual visit  
Walk

12

**9:40am**  
Chair aerobics  
**10:15am**  
Discussion - What's on this week?  
**10:45am**  
Word quiz  
**2:00pm**  
Bingo  
**3:00pm**  
Dance it out

13

**9.40am**  
Chair aerobics  
**10:15am**  
Morning connection  
**11.00am**  
Beer tasting for Oktoberfest and Lunch  
**2.00pm**  
Armchair travel to Germany(doc)  
**3.00pm**  
Busy bee

14

**9.40am**  
Chair aerobics  
**10.15am**  
Morning connection  
**11.00am**  
Music from around the world  
**Catholic service L4**  
**2.00pm**  
Pampering parlour  
**3.00pm**  
Doll therapy

15

**9.40am**  
Chair aerobics  
**10.15am**  
Discussion  
**10.30am**  
Residents & representatives meeting  
Outdoor walk  
**2.00pm**  
Movie (Lifestyle Meeting)  
**3.00pm**  
Sing along

16

**9.40am**  
Friday fun day  
**10.15am**  
Morning connection  
**11.00am**  
Bingo  
**1.45pm**  
Friday social on your own floor

17

**10:15 am**  
Resident choice  
**11.00am**  
Fun exercises  
**2.00pm**  
Whiteboard games  
**3.20pm**  
Dance it out  
**4.20pm**  
Beautiful hymns  
**5.30pm**  
Individual visit

18

**10:15am**  
Resident choice  
**11:00am**  
Song of praise  
**2.00pm**  
Gross motor games  
**3.20pm**  
Dance it out  
**4.30pm**  
Colouring in  
Individual visit  
Walk



# October 2026

## Waterford

| Monday                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                                                                            | Saturday                                                                                                                                                                                                                                                                                                                                                               | Sunday                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>19</div> <div>9:40am<br/>Chair aerobics</div> <div>10:15am<br/>Discussion - What's on this week?</div> <div>10:45am<br/>Quiz</div> <div>2:00pm<br/>Bingo</div> <div>3:00pm<br/>Dance it out</div>      | <div>20<div>Books on Wheels</div></div> <div>9:40am<br/>Chair aerobics</div> <div>10:15am<br/>Discussion</div> <div>10:45am<br/>Art &amp; craft for Halloween</div> <div>2:00pm<br/>Our oceans (doc)<br/>Sewing &amp; knittingL4</div> <div>3:00pm<br/>Busy bee</div> | <div>21<div>Bus Outing</div></div> <div>9.40am<br/>Chair aerobics</div> <div>10:15am<br/>Discussion</div> <div>11.00am<br/>Diwali Celebration</div> <div>2:00pm<br/>Bingo</div> <div>3:00pm<br/>Doll therapy</div>             | <div>22</div> <div>9.40am<br/>Chair aerobics</div> <div>10.15am<br/>Discussion</div> <div>11.00am<br/>Table games</div> <div>2:00pm<br/>Floor games<br/>Sensory</div> <div>3:00pm<br/>Sing along<br/>Violin &amp; piano concert</div> | <div>23</div> <div>9.40am<br/>Friday fun day</div> <div>10.15am<br/>Morning connection</div> <div>11.00am<br/>Bingo</div> <div>1.45pm<br/>Friday social with<br/>Harry 1man show (L4)</div>                                                                                                       | <div>24</div> <div>10:15 am<br/>Resident choice</div> <div>11.00am<br/>Fun exercises</div> <div>2.00pm<br/>Whiteboard games</div> <div>3.20pm<br/>Dance it out</div> <div>4.20pm<br/>Beautiful hymns</div> <div>5.30pm<br/>Individual visit</div>                                                                                                                      | <div>25</div> <div>10:15am<br/>Resident choice</div> <div>11:00am<br/>Song of praise</div> <div>2.00pm<br/>Gross motor games</div> <div>3.20pm<br/>Dance it out</div> <div>4.30pm<br/>Colouring in<br/>Individual visit<br/>Walk</div> |
| <div>26</div> <div>9:40am<br/>Chair aerobics</div> <div>10:15am<br/>Discussion - What's on this week?</div> <div>10:45am<br/>Math quiz</div> <div>2:00pm<br/>Bingo</div> <div>3:00pm<br/>Dance it out</div> | <div>27<div>Grandparent's Day</div></div> <div>9:40am<br/>Chair aerobics</div> <div>10:15am<br/>Discussion</div> <div>10:45am<br/>Art &amp; craft for Melbourne Cup</div> <div>2:00pm<br/>Our planet (doc)<br/>Men's club</div> <div>3:00pm<br/>Busy bee</div>        | <div>28</div> <div>9.40am<br/>Chair aerobics</div> <div>10:15am<br/>Discussion</div> <div>11.00am<br/>Music appreciation</div> <div>2:00pm<br/>Pampering parlour<br/>Individual visit</div> <div>3:00pm<br/>Doll therapy</div> | <div>29</div> <div>9.40am<br/>Chair aerobics</div> <div>10.15am<br/>Discussion</div> <div>11.00am<br/>Table games<br/>Ballet4wellbeing</div> <div>2:00pm<br/>Cooking: Make your own pancakes</div> <div>3:00pm<br/>Sing along</div>   | <div>30</div> <div>9.40am<br/>Friday fun day</div> <div>10.15am<br/>Morning connection</div> <div>11.00am<br/>Bingo</div> <div>1.45pm<br/>Friday social &amp; birthday Party on your floor</div> <div></div> | <div>31<div>Halloween</div></div> <div>10:15 am<br/>Resident choice</div> <div>11.00am<br/>Fun exercises</div> <div>2.00pm<br/>Whiteboard games</div> <div>3.20pm<br/>Dance it out</div> <div>4.20pm<br/>Beautiful hymns</div> <div>5.30pm<br/>Individual visit</div> <div></div> |                                                                                                                                                                                                                                        |