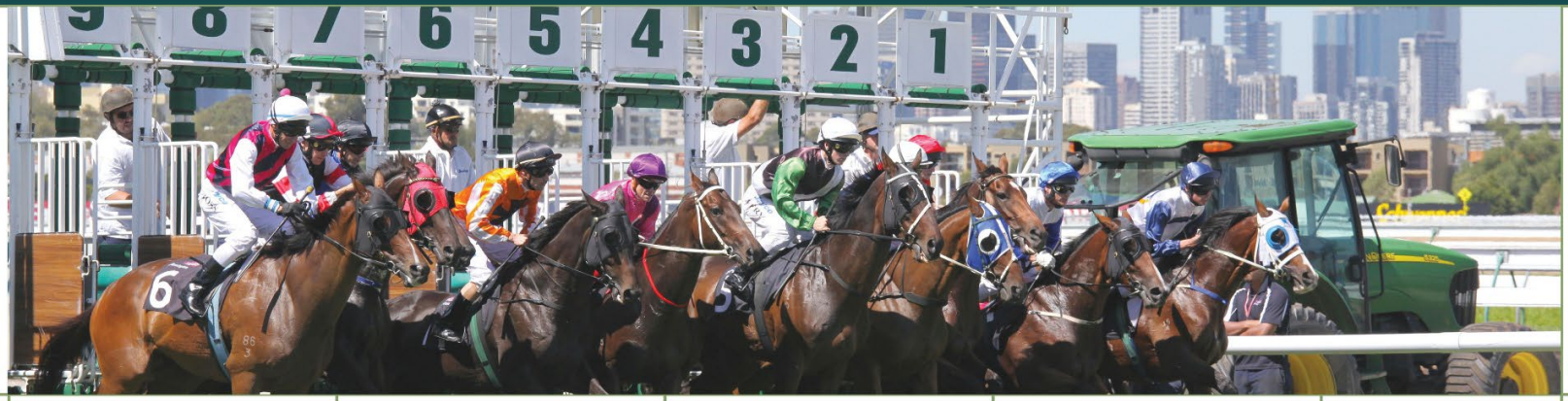
November 2026 Community Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 **9.40am** Chair aerobics **10.20am** Discussion - What's on for this week? **11.00am** Brain Games Outdoor walk **2.00pm** Bingo						**1** **10:15 am** Resident choice **11:30am** Song of praise **2.00pm** Gross motor games **3.00pm** Colouring in 1.1 Walk & chat
2 **9.40am** Chair aerobics **10.20am** Discussion - What's on for this week? **11.00am** Global Quiz(banquet room) Brain Games Outdoor walk **2.00pm** Bingo	**3** Melbourne Cup Books on Wheels **10.00am** Discussion **11.00am** Melbourne Cup event **2.00pm** A Sunday Horse movie Social sew & knitting L4	**4** Bus Outing **9.40am** Chair aerobics **9.15am** Bus Outing Balmoral & Windsor **10.15 am** Discussion **11.00am** Music from around the world **2.00pm** Pampering parlour Individual visit	**5** **9.40am** Chair aerobics **10.15am** Discussion **10.45am** Yoga L4 **2.00pm** Floor game Phoenix	**6** **9.40am** Friday fun day **10.15am** Discussion **11.00am** Bingo Orthodox Service **1.45pm** Friday social L4	**7** **10.15 am** Resident choice **2.00pm** Whiteboard games **3.00pm** Individual visit & walk	**8** Int. Men's Day **10:15 am** Resident choice **11:30am** Song of praise **2.00pm** Gross motor games **3.00pm** Colouring in 1.1 Walk & chat
9 Diwali  **9.40am** Chair aerobics **10.15am** Discussion - What's Diwali? **11.00am** Word quiz Outdoor Walk **2.00pm** Bingo	**10** **9.40am** Chair aerobics **10:15am** Discussion **11.00am** Art & Craft for Christmas **12.00pm** Lunch from Portugal **2.00pm** Armchair travel to Portugal (doc)	**11** Remembrance Day **10.30 am** Remembrance Day service L4 **2.00pm** Table game Sip and paint Poppies with Lorna (GF) 	**12** **9.40am** Chair aerobics **10.15 am** Discussion **11.00am** Outdoor walk Puzzles **2.00pm** Cooking: Strawberry puff pastry	**13** World Kindness Day **9.40am** Friday fun day **10.15am** Discussion **11.00am** Bingo **1.45pm** Friday social on your own floor	**14** **10.15 am** Resident choice **2.00pm** Whiteboard games **3.00pm** Individual visit & walk	**15** **10:15 am** Resident choice **11:30am** Song of praise **2.00pm** Gross motor games **3.00pm** Colouring in 1.1 Walk & chat

November 2026

Community Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 **9.40am** Chair aerobics or Chair dancing session L4 **10.15am** Discussion - What's on this week? **11.00am** Brain games Outdoor walk **2.00pm** Bingo Individual visits	**17** **9.40am** Chair aerobics **10.15am** Discussion **11.00am** Art & craft for Christmas **2.00pm** Surviving Paradise: A family Tale (doc) (Lifestyle meeting) Individual visits	**18** **9.40am** Chair aerobics **10:15am** Discussion **11.00am** Apostolic Christian service (Reflection room) **2.00pm** Table games Individual visits	**19** **9.40am** Chair aerobics **10.15 am** Discussion **11.00am** Residents and representatives meeting Outdoor walk **2.00pm** Board game Phoenix	**20** **9.40am** Friday fun day **10.15am** Discussion **11.00am** Bingo **1.45pm** Friday social L4	**21** **10.15 am** Resident choice **2.00pm** Whiteboard games **3.00pm** Individual visit & walk	**22** **10:15 am** Resident choice **11:30am** Song of praise **2.00pm** Gross motor games **3.00pm** Colouring in 1.1 Walk & chat
23 **9.40am** Chair aerobics **10.15am** Discussion - What's on this week? **11.00am** Word quiz Outdoor Walk **2.00pm** Bingo Individual visits	**24** **9.40am** Chair aerobics **10.15am** Discussion **11.00am** Art and Craft for Christmas **2.00pm** Resident Choice movie Individual visits	**25** **Bus Outing** **9.40am** Chair aerobics **9.15am** Bus Outing Kensington **10:15am** Discussion **11.00am** Catholic service L4 **2.00pm** Deck the hall with Christmas songs	**26** **9.40am** Chair aerobics **10.15 am** Discussion **11.00am** Outdoor walk Ballet4wellbeing L4 **2.00pm** Board game Floor game	**27** **9.40am** Friday fun day **10.15am** Discussion **11.00am** Bingo **1.45pm** Friday social & birthday party on your floor 	**28** **10.15 am** Resident choice **2.00pm** Whiteboard games **3.00pm** Individual visit & walk	**29** **10:15 am** Resident choice **11:30am** Song of praise **2.00pm** Gross motor games **3.00pm** Colouring in 1.1 Walk & chat