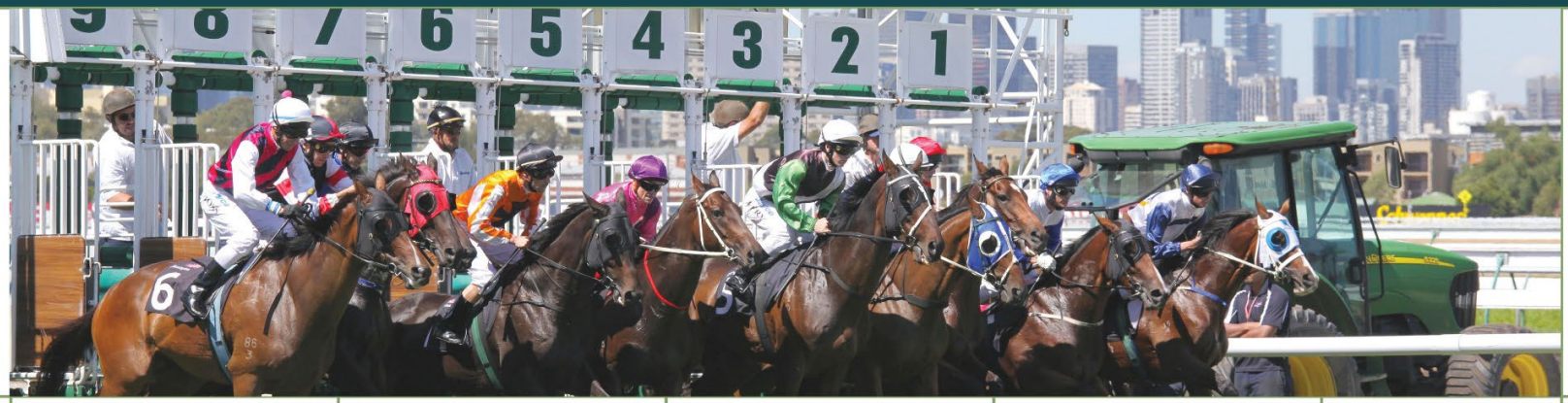
November 2026 Waterford Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 **9.40am** Chair aerobics **10.15am** Discussion - What's on for this week? **11.00am** Quiz **2.00pm** Bingo **3.00pm** Dance it out						1 **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
2 **9.40am** Chair aerobics **10.15am** Discussion - What's on for this week? **11.00am** Quiz **2.00pm** Bingo **3.00pm** Dance it out	3 **Melbourne Cup** **Books on Wheels** **10.00am** Discussion **11.00am** Melbourne Cup event **2.00pm** Ride like a girl movie Social sew & knitting L4	4 **9.40am** Chair aerobics **10:15am** Morning connection **11.00am** Sing along/dancing **2.00pm** Bingo **3.00pm** Doll therapy	5 **9.40am** Chair aerobics **10.15am** Morning connection **11.00am** Yoga Flower arranging **2.00p** Floor games **3:00 pm** Sing along	6 **9.40am** Friday fun day **10.15am** Morning connection **11.00am** Orthodox service Bingo **1.45pm** Friday social L4	7 **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	8 **Int. Men's Day** **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
9 **Diwali**  **9:40am** Chair aerobics **10:15am** Discussion - What's on this week? **10:45am** Word quiz **2:00pm** Bingo **3.00pm** Dance it out	10 **9.40am** Chair aerobics **10:15am** Morning connection **11.00am** Art & craft for Christmas **12.00pm** Lunch from Portugal **2.00pm** Armchair travel to Portugal (doc) **3.00pm** Busy bee	11 **Remembrance Day** **10.30 am** Remembrance Day service L4 **2.00pm** Painting Poppies **3.00pm** Doll therapy 	12 **9.40am** Chair aerobics **10.15am** Discussion **10.30am** Outdoor walk **2.00pm** Cooking: Strawberry puff pastry **3.00pm** Sing along	13 **World Kindness Day** **9.40am** Friday fun day **10.15am** Morning connection **11.00am** Bingo **1.45pm** Friday social on your own floor	14 **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	15 **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

November 2026

Waterford Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 **9:40am** Chair aerobics **10:15am** Discussion - What's on this week? **10:45am** Quiz **2:00pm** Bingo **3.00pm** Dance it out	**17** Books on Wheels **9:40am** Chair aerobics **10:15am** Discussion **10:45am** Art & craft for Christmas **2.00pm** The rainforest (doc) Lifestyle meeting **3.00pm** Busy bee	**18** Bus Outing **9.40am** Chair aerobics **10:15am** Discussion **11.00am** Sing along/dancing **2.00pm** Bingo **3.00pm** Doll therapy	**19** **9.40am** Chair aerobics **10.15am** Discussion **10.30 am** Residents & representatives meeting **11.00am** Piano and violin concert (reception) **2.00pm** Floor games Sensory	**20** **9.40am** Friday fun day **10.15am** Morning connection **11.00am** Bingo **1.45pm** Friday social L4	**21** **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	**22** **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
23 **9:40am** Chair aerobics **10:15am** Discussion - What's on this week? **10:45am** Math quiz **2:00pm** Bingo **3.00pm** Dance it out	**24** **9:40am** Chair aerobics **10:15am** Discussion **10:45am** Flower arranging **2.00pm** Residents' choice movie Men's club **3.00pm** Busy bee	**25** **9.40am** Chair aerobics **10:15am** Discussion **11.00am** Reminiscing about christmas **2.00pm** Deck the hall with Christmas songs	**26** **9.40am** Chair aerobics **10.15am** Discussion **11.00am** Table games Ballet4wellbeing **2.00pm** Cooking: Make your own fruit salad **3.00pm** Sing along	**27** **9.40am** Friday fun day **10.15am** Morning connection **11.00am** Bingo **1.45pm** Friday social & birthday Party on your floor 	**28** **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	**29** **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