

BD Activities Program

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	<p>1 MELBOURNE CUP DAY</p> <p>8:30am – noon: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Bingo</p> <p>1:30pm: "An Afternoon at the Races" – featuring: a Flemington Race Activity, Hat + Fascinator Designing, and the Melbourne Cup Race on TV at 3pm</p>	<p>2 DIA DE LOS MUERTOS</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Bocce Spider Bowls</p> <p>1:30pm: Art Group – Dia de los Muertos Sugarskulls</p> <p>1:30pm – 3:30pm: Motiview</p> <p>2pm: Master Balance w/ Physio</p>	<p>3 SPOOKY KOOKY WEEK</p> <p>8:30am – 11am: Motiview</p> <p>9:30am: Portrait Painting Class w/ John Brain</p> <p>10am: Get Moving w/ Physio</p> <p>2pm: Spooky Organ Singalong w/ Geoff Murray</p>	<p>4 SPOOKY KOOKY WEEK</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Safari Race – Haunted Forest Edition</p> <p>1:30pm – 3:30pm: Motiview</p> <p>1:30pm: Happy Hour – Bring your favourite Book!</p> <p>2pm: Master Balance w/ Physio</p>		<p>6 SAXOPHONE DAY</p>
<p>7 COLOUR THE WORLD ORANGE DAY</p> <p>8:30am – 10:30am: Motiview</p> <p>9am: Grandfriends Outing - Oxley College</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Whiteboard Word Games</p> <p>1:30pm: Sensory Workshop w/ Leah W</p> <p>1:30pm – 3:30pm: Motiview</p>	<p>8</p> <p>8:30am – noon: Motiview</p> <p>10am: Resident Meeting</p> <p>11am: Bingo</p> <p>1:30pm: Carpet Bowls</p> <p>1:30pm: Scenic Bus Tour + Afternoon Tea Stop at a local Park</p> <p>2pm: Helping Hands w/ Physio</p>	<p>9</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Bocce Spider Bowls</p> <p>1:30pm: Art Group – Still-Life Perspective Drawing</p> <p>1:30pm – 3:30pm: Motiview</p> <p>2pm: Master Balance w/ Physio</p>	<p>10</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Snooker / Marbles</p> <p>1:30pm: Craft Corner – Learn to Make Origami</p> <p>2pm: Helping Hands w/ Physio</p>	<p>11 REMEMBRANCE DAY / WORLD ORIGAMI DAY / POLISH INDEPENDENCE DAY</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Remembrance Day Memorial </p> <p>1:30pm – 3:30pm: Motiview</p> <p>1:30pm: Happy Hour – Polish themed</p> <p>2pm: Master Balance w/ Physio</p>	<p>12</p> <p>10am: Wings over Illawarra Airshow is on this weekend at HARS Albion Park. We will be running a Bus Outing for this on either Saturday 12th OR Sunday 13th. If interested in attending, please notify a member of staff ASAP to secure your ticket. Limited spaces apply.</p>	<p>13</p> <p>10am: Wings over Illawarra Airshow is on this weekend at HARS Albion Park. We will be running a Bus Outing for this on either Saturday 12th OR Sunday 13th. If interested in attending, please notify a member of staff ASAP to secure your ticket. Limited spaces apply.</p>
<p>14 GEOGRAPHY AWARENESS WEEK >></p> <p>8:30am – 10:30am: Motiview</p> <p>9am: Grandfriends Outing - Oxley College</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Whiteboard Word Games</p> <p>1:30pm: Sensory Workshop w/ Leah W</p> <p>1:30pm – 3:30pm: Motiview</p>	<p>15</p> <p>8:30am – noon: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Bingo</p> <p>1:30pm: Carpet Bowls</p> <p>2pm: Helping Hands w/ Physio</p>	<p>16</p> <p>8:30am – noon: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Bus Outing – Fish and Chips Lunch at Kiama</p> <p>10:30am: Bocce Spider Bowls</p> <p>1:30pm: Art Group – Abstract Painting</p> <p>1:30pm – 3:30pm: Motiview</p> <p>2pm: Master Balance w/ Physio</p>	<p>17 HOMEMADE BREAD DAY</p> <p>8:30am – noon: Motiview</p> <p>9:30am: Portrait Painting Class w/ John Brain</p> <p>10am: Get Moving w/ Physio</p> <p>11am: Chapel - St.Judes Anglican Fellowship Group</p> <p>1:30pm: Knitting Club w/ Pam</p> <p>2pm: Piano Singalong w/ Geoff Murray</p> <p>2pm: Helping Hands w/ Physio</p>	<p>18 APPLE CIDER DAY / MOROCCAN INDEPENDENCE DAY</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Whiteboard Worldle Geography Game)</p> <p>1:30pm – 3:30pm: Motiview</p> <p>1:30pm: Happy Hour – Moroccan themed</p> <p>2pm: Master Balance w/ Physio</p>		
<p>21 WORLD HELLO DAY</p> <p>8:30am – 10:30am: Motiview</p> <p>9am: Grandfriends Outing - Oxley College</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Whiteboard Word Games</p> <p>1:30pm: Sensory Workshop w/ Leah W</p> <p>1:30pm – 3:30pm: Motiview</p>	<p>22</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10am: Shopping Bus </p> <p>10:30am: Bingo</p> <p>1:30pm: Carpet Bowls</p> <p>2pm: Helping Hands w/ Physio</p>	<p>23</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Bocce Spider Bowls</p> <p>1:30pm: Art Group – Sand Art</p> <p>1:30pm – 3:30pm: Motiview</p> <p>2pm: Master Balance w/ Physio</p>	<p>24</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Craft Corner</p> <p>1:30pm: Chapel Service w/ Les + Jacky</p> <p>2pm: Helping Hands w/ Physio</p> <p>2:30pm: Bridge Club</p>	<p>25 NATIONAL PARFAIT DAY</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Marbles</p> <p>1:30pm – 3:30pm: Motiview</p> <p>1:30pm: Happy Hour – Make your own Parfait Bar</p> <p>2pm: Master Balance w/ Physio</p>		
<p>28</p> <p>8:30am – 10:30am: Motiview</p> <p>9am: Grandfriends Outing - Oxley College</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Whiteboard Word Games</p> <p>1:30pm: Sensory Workshop w/ Leah W</p> <p>1:30pm – 3:30pm: Motiview</p>	<p>29</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Bingo</p> <p>2pm: Road Worlds for Seniors Award Presentation w/ Sir Peter + Lady Cosgrove</p>	<p>30</p> <p>8:30am – 10:30am: Motiview</p> <p>10am: Get Moving w/ Physio</p> <p>10:30am: Bocce Spider Bowls</p> <p>1:30pm: Art Group – Graphite Sketching</p> <p>1:30pm – 3:30pm: Motiview</p> <p>2pm: Master Balance w/ Physio</p>	<p>November Birthstone Citrine and Topaz</p>	<p>Happy National Parfait Day November 25</p>	<p>Color The World Orange For CRPS/ASD Awareness</p>	<p>17 November Happy Homemade bread day!</p> <p>Lifesum</p>