

MV Activities Program

November 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| <p>1 MELBOURNE CUP DAY 9:30am // 10:30am: Get Moving w/ Physio 10:30am: Hoy / Bingo 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 9:30am // 10:30am: Get Moving w/ Physio 11am: Trivia in Joadja Lounge 1pm - 4pm: Motiview 1:30pm: Art Group - Dia de los Muertos Sugarskulls 2pm: Master Balance w/ Physio</p> | <p>3 SPOOKY KOOKY WEEK 9:30am // 10:30am: Get Moving w/ Physio 10:30am: Chapel Service w/ Angus + Catherine 1pm - 4pm: Motiview 1:30pm: The Chimes from St.Pauls College Performance</p> | <p>4 SPOOKY KOOKY WEEK 9:30am // 10:30am: Get Moving w/ Physio 11am: Men's Fella'ship Group w/ David 1pm - 4pm: Motiview 1:30pm: Happy Hour - Bring your favourite Book! 2pm: Master Balance w/ Physio</p> | <p>5 BOOK LOVERS' DAY LOVERS DAY</p> | <p>6 SAXOPHONE DAY </p> | |
| <p>7 COLOUR THE WORLD ORANGE DAY 9:30am: Grandfriends Outing - Oxley College 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls + Balloon Tennis in Meryla Lounge 1pm - 4pm: Motiview 1:30pm: Shuffleboard in Berrima Lounge</p> | <p>8 9:30am // 10:30am: Get Moving w/ Physio 10:30am: Hoy / Bingo 1pm - 4pm: Motiview 1:30pm: Craft Corner - Learn to make Origami 2pm: Sensory Garden Group in Avoca Gardens 2pm: Helping Hands w/ Physio</p> | <p>9 9:30am: Get Moving w/ Physio 10am: Resident Meeting 11am: Trivia 1pm - 4pm: Motiview 1:30pm: Art Group - Still-Life Perspective Drawing 2pm: Master Balance w/ Physio</p> | <p>10 9:30am // 10:30am: Get Moving w/ Physio 9:30am: Portrait Painting Class w/ John Brain in Wingello Lounge 10:30am: Chapel Service w/ Angus + Catherine 1pm - 4pm: Motiview 1:30pm: Knitting Club w/ Pam in Penrose Lounge 2pm: Piano Singalong w/ Geoff Murray 2pm: Helping Hands w/ Physio</p> | <p>11 REMEMBRANCE DAY / WORLD ORIGAMI DAY / POLISH INDEPENDENCE DAY 9:30am // 10:30am: Get Moving w/ Physio 10:30am: Remembrance Day Memorial 1pm - 4pm: Motiview 1:30pm: Happy Hour - Polish themed 2pm: Master Balance w/ Physio</p> | <p>12 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 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 >> 9:30am: Grandfriends Outing - Oxley College 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls + Balloon Tennis in Meryla Lounge 1pm - 4pm: Motiview 2pm: Afternoon Tea Social Coffee Club in Three Cows Café</p> | <p>15 9:30am // 10:30am: Get Moving w/ Physio 10:30am: Hoy / Bingo 1pm - 4pm: Motiview 1:30pm: Craft Corner 2pm: Sensory Garden Group in Avoca Gardens 2pm: Helping Hands w/ Physio</p> | <p>16 9:30am // 10:30am: Get Moving w/ Physio 11am: Trivia in Joadja Lounge 11am: Bus Outing - Fish and Chips Lunch at Kiama 1pm - 4pm: Motiview 1:30pm: Art Group - Abstract Painting 2pm: Master Balance w/ Physio</p> | <p>17 HOMEMADE BREAD DAY 9:30am // 10:30am: Get Moving w/ Physio 9:30am: The Great Harbison Bake-Off 10:30am: Chapel Service w/ Angus + Catherine 1pm - 4pm: Motiview 1:30pm: The Chimes from St.Pauls College Performance 1:30pm: Scenic Bus Tour + Afternoon Tea Stop at a local Park 2pm: Helping Hands w/ Physio</p> | <p>18 APPLE CIDER DAY / MOROCCAN INDEPENDENCE DAY 9:30am // 10:30am: Get Moving w/ Physio 11am: Men's Fella'ship Group w/ David 1pm - 4pm: Motiview 1:30pm: Happy Hour - Moroccan themed 2pm: Master Balance w/ Physio</p> | <p>19</p> | <p>20</p> |
| <p>21 WORLD HELLO DAY 9:30am: Grandfriends Outing - Oxley College 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls + Balloon Tennis in Meryla Lounge 1pm - 4pm: Motiview 1:30pm: Shuffleboard in Berrima Lounge</p> | <p>22 9:30am // 10:30am: Get Moving w/ Physio 10:30am: Hoy / Bingo 1pm - 4pm: Motiview 1:30pm: Craft Corner 2pm: Sensory Garden Group in Avoca Gardens 2pm: Helping Hands w/ Physio</p> | <p>23 9:30am // 10:30am: Get Moving w/ Physio 11am: Trivia in Joadja Lounge 1pm - 4pm: Motiview 1:30pm: Art Group - Sand Art 2pm: Master Balance w/ Physio</p> | <p>24 9:30am // 10:30am: Get Moving w/ Physio 9:30am: Portrait Painting Class w/ John Brain in Wingello Lounge 10am: Shopping Bus 10:30am: Chapel Service w/ Angus + Catherine 1pm - 4pm: Motiview 1:30pm: Knitting Club w/ Pam in Penrose Lounge 2pm: Piano Singalong w/ Geoff Murray 2pm: Helping Hands w/ Physio</p> | <p>25 NATIONAL PARFAIT DAY 9:30am // 10:30am: Get Moving w/ Physio 11am: Men's Fella'ship Group 1pm - 4pm: Motiview 1:30pm: Happy Hour - Make your own Parfait Bar 2pm: Master Balance w/ Physio</p> | <p>26</p> | <p>27</p> |
| <p>28 9:30am: Grandfriends Outing - Oxley College 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls + Balloon Tennis in Meryla Lounge 1pm - 4pm: Motiview 1:30pm: Minigolf in Wingello</p> | <p>29 9:30am // 10:30am: Get Moving w/ Physio 10:30am: Hoy / Bingo 1pm - 4pm: Motiview 1:30pm: Craft Corner 2pm: Sensory Garden Group in Avoca Gardens 2pm: Helping Hands w/ Physio</p> | <p>30 9:30am // 10:30am: Get Moving w/ Physio 11am: Trivia in Joadja Lounge 2pm: Road Worlds for Seniors Award Presentation</p> | <p>November Birthstone Citrine and Topaz </p> | <p>Happy National Parfait Day November 25 </p> | <p>Color The World Orange For CRPS/RSD Awareness </p> | <p>17 November Happy Homemade bread day! Lifesum</p> |