



# MAYFIELD AGED CARE "WEST WING" OCTOBER PROGRAM 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>TUESDAY 1</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - GENTLE CHAIR TAI CHI / BREATHING EXERCISES (MEREWETHER LOUNGE) 2:00 PM - BALLOON TENNIS (ACTIVITY ROOM MEREWETHER)	<b>WEDNESDAY 2</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - HOUSIE - (MEREWETHER LOUNGE) 2:00 PM - <b>MOVIE AND HIGH TEA TREATS</b> (CHARLESTOWN AND HAMILTON LOUNGE)	<b>THURSDAY 3</b> <b>LIBRARY DELIVERY</b> 10:30 AM - <b>SCENIC BUS OUTING TO SPEERS POINT</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - PRAYER GROUP (CHARLESTOWN LOUNGE) 11:00 AM - PRAYER GROUP (HAMILTON LOUNGE) 2:00 PM - PHYSIO AND CHOIR SINGING (THE PLAZA)	<b>FRIDAY 4</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - <b>CONCERT WITH GARY DAVIDSON AND HAPPY HOUR (THE PLAZA)</b> 2:30 PM - PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS (THE PLAZA)	<b>SATURDAY 5</b> 9:15 AM - REMINISCING MUSIC MEREWETHER LOUNGE ROOM 10:30 AM - BIG BOB'S BOWLING (MEREWETHER LOUNGE)	<b>SUNDAY 6</b> 9:15 AM - VIRTUAL MUSIC/ VISUAL REMINISCING (MEREWETHER LOUNGE ROOM TV) 10:30 AM - HOUSIE (MEREWETHER ROOM)
<b>MONDAY 7</b> 10:15 AM - <b>PIANO WITH LES</b> 10:30 AM - ACTIVITIES MEETING 2:00 PM - WALKING GROUP & TRIVIA/ QUIZ (CHARLESTOWN COURTYARD)	<b>TUESDAY 8</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - ADAM PRICE & ROCK N ROLL (THE PLAZA) 2:00 PM - <b>COMBINED CATHOLIC SERVICE</b> (WARATAH LOUNGE)	<b>WEDNESDAY 9</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - HOUSIE - (MEREWETHER LOUNGE) 2:00 PM - <b>MOVIE AND HIGH TEA TREATS</b> (CHARLESTOWN AND HAMILTON LOUNGE)	<b>THURSDAY 10</b> 10:30 AM - <b>LUNCH BUS OUTING EAST MAITLAND GOLF CLUB</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - <b>COMBINED SERVICE (THE PLAZA)</b> 2:00 PM - PHYSIO AND CHOIR SINGING (THE PLAZA)	<b>FRIDAY 11</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - <b>CONCERT WITH RAY O'GRADY AND HAPPY HOUR</b> (THE PLAZA) 2:30 PM - PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS (THE PLAZA)	<b>SATURDAY 12</b> 9:15 AM - REMINISCING MUSIC MEREWETHER LOUNGE ROOM 10:30 AM - GAME OF RING TOSS (MEREWETHER LOUNGE)	<b>SUNDAY 13</b> 9:15 AM - VIRTUAL MUSIC/ VISUAL REMINISCING (MEREWETHER LOUNGE ROOM TV) 10:30 AM - HOUSIE (MEREWETHER ROOM)
<b>MONDAY 14</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - <b>RESIDENTS MEETING</b> 11:30 AM - PHYSIO (MEREWETHER LOUNGE) 2:00 PM - <b>GARDENING COMMITTEE BBQ</b> (DUDLEY COURTYARD)	<b>TUESDAY 15</b> 10:30 AM - <b>SHOPPING TRIP TO GREENHILLS</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - GENTLE CHAIR YOGA/ EXERCISES (MEREWETHER LOUNGE) 2:00 PM - CARD GAMES (ACTIVITY ROOM MEREWETHER)	<b>WEDNESDAY 16</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - HOUSIE - (MEREWETHER LOUNGE) 2:00 PM - <b>MOVIE AND HIGH TEA TREATS</b> (CHARLESTOWN AND HAMILTON LOUNGE)	<b>THURSDAY 17</b> 10:30 AM - <b>SCENIC BUS OUTING TO THE HUNTER VALLEY</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - PRAYER GROUP (CHARLESTOWN LOUNGE) 11:00 AM - PRAYER GROUP (HAMILTON LOUNGE) 2:00 PM - PHYSIO AND CHOIR SINGING (THE PLAZA)	<b>FRIDAY 18</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - <b>OKTOBERFEST THEME DAY WITH GREG MASON</b> (THE PLAZA) 2:00 PM - PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS (THE PLAZA)	<b>SATURDAY 19</b> 9:15 AM - REMINISCING MUSIC MEREWETHER LOUNGE ROOM 10:30 AM - BIG BOB'S BOWLING (MEREWETHER LOUNGE)	<b>SUNDAY 20</b> 9:15 AM - VIRTUAL MUSIC/ VISUAL REMINISCING (MEREWETHER LOUNGE ROOM TV) 10:30 AM - HOUSIE (MEREWETHER ROOM)
<b>MONDAY 21</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - <b>PIANO WITH LES</b> 11:30 AM - PHYSIO (MEREWETHER LOUNGE) 2:00 PM - WALKING GROUP TRIVIA/ QUIZ (THE PLAZA)	<b>TUESDAY 22</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - <b>CONCERT WITH ALLAN McFARLANE (THE PLAZA)</b> 2:00 PM - COLOURING THERAPY (ACTIVITY ROOM MEREWETHER)	<b>WEDNESDAY 23</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - HOUSIE - (MEREWETHER LOUNGE) 2:00 PM - <b>MOVIE AND HIGH TEA TREATS</b> (CHARLESTOWN AND HAMILTON LOUNGE)	<b>THURSDAY 24</b> 10:30 AM - FOOD FOCUS MEETING WITH CATERING INDUSTRIES (THE PLAZA) 2:00 PM - PHYSIO AND CHOIR SINGING (THE PLAZA)	<b>FRIDAY 25</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - <b>BIRTHDAY OF THE MONTH CELEBRATION / BIRTHDAY BEAR VISIT AND HAPPY HOUR WITH PHILL SIEVER CONCERT</b> (THE PLAZA) 2:30 PM - PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS (THE PLAZA)	<b>SATURDAY 26</b> 9:15 AM - REMINISCING MUSIC MEREWETHER LOUNGE ROOM 10:30 AM - GAME OF BALLOON TENNIS (MEREWETHER LOUNGE)	<b>SUNDAY 27</b> 9:15 AM - VIRTUAL MUSIC/ VISUAL REMINISCING (MEREWETHER LOUNGE ROOM TV) 10:30 AM - HOUSIE (MEREWETHER ROOM)
<b>MONDAY 28</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - <b>CUPPA TIME FOR DEMENTIA AWARENESS + TRIVIA</b> (THE PLAZA) 11:30 AM - PHYSIO (MEREWETHER LOUNGE) 2:00 PM - WALKING GROUP & TRIVIA/ QUIZ (CHARLESTOWN COURTYARD)	<b>TUESDAY 29</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - GENTLE CHAIR YOGA/ EXERCISES (MEREWETHER LOUNGE) 2:00 PM - CARD GAMES (ACTIVITY ROOM MEREWETHER)	<b>WEDNESDAY 30</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - HOUSIE - (MEREWETHER LOUNGE) 2:00 PM - <b>MOVIE AND HIGH TEA TREATS</b> (CHARLESTOWN AND HAMILTON LOUNGE)	<b>THURSDAY 31</b> 10:30 AM - <b>SCENIC BUS OUTING MORPHETT</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM - PRAYER GROUP (CHARLESTOWN LOUNGE) 11:00 AM - PRAYER GROUP (HAMILTON LOUNGE) 2:00 PM - PHYSIO AND CHOIR SINGING (THE PLAZA)			