



# MAYFIELD AGED CARE "EAST WING" OCTOBER PROGRAM 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>TUESDAY 1</b> 10:30 AM – LUNCH BUS OUTING TO VALENTINE BOWLING CLUB 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – GENTLE CHAIR TAI CHI/ EXERCISES (DUDLEY ACTIVITY ROOM) 2:30 PM – STAND-UP EXERCISE GROUP WITH PHYSIO (DUDLEY)	<b>WEDNESDAY 2</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – HOUSIE - (DUDLEY LOUNGE) 11:00 AM – KNITTING GROUP (THE PLAZA) 2:00 PM – MOVIE AND HIGH TEA TREATS (LAMBTON & SWANSEA)	<b>THURSDAY 3</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – PRAYER GROUP (LAMBTON LOUNGE) 11:00 AM - PRAYER GROUP & 11:30 AM - CHOIR (SWANSEA LOUNGE) 2:00 PM – PHYSIO AND SINGING (THE PLAZA)	<b>FRIDAY 4</b> 10:15 AM – NEWSPAPER HIGHLIGHTS 10:30 AM – CONCERT WITH GARY DAVIDSON AND HAPPY HOUR (THE PLAZA) 2:30 PM – PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS VISITS (THE PLAZA)	<b>SATURDAY 5</b> 9:15 AM – MUSIC REMINISCING - (DUDLEY LOUNGE ROOM TV) 10:30 AM – CARPET BOWLS (DUDLEY LOUNGE ROOM)	<b>SUNDAY 6</b> 9:15 AM – VIRTUAL MUSIC/ VISUAL REMINISCING (DUDLEY LOUNGE ROOM TV) 10:30 AM – HOUSIE (DUDLEY ROOM)
<b>MONDAY 7</b> 10:00 AM – MOVIE AND TABLE ACTIVITIES IN (CHARLESTOWN AND HAMILTON LOUNGE) 10:30 AM - ACTIVITIES MEETING 2:00 PM – WALKING GROUP TRIVIA/ QUIZ (THE PLAZA)	<b>TUESDAY 8</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 – ADAM PRICE & ROCK N ROLL (THE PLAZA) 2:00 PM – COMBINED CATHOLIC SERVICE (WARATAH LOUNGE) 2:30 PM – STAND-UP EXERCISE GROUP WITH PHYSIO (DUDLEY)	<b>WEDNESDAY 9</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – HOUSIE - (DUDLEY LOUNGE) 11:00 AM – KNITTING GROUP (THE PLAZA) 2:00 PM – MOVIE AND HIGH TEA TREATS (LAMBTON & SWANSEA) 2:00 PM - BUNNING BUS TRIP	<b>THURSDAY – LIBRARY DELIVERY 10</b> 10:15 AM – NEWSPAPER HIGHLIGHTS 10:30 AM – COMBINED SERVICE (THE PLAZA) 2:00 PM – PHYSIO AND SINGING (THE PLAZA)	<b>FRIDAY 11</b> 10:15 AM – NEWSPAPER HIGHLIGHTS 10:30 AM – CONCERT WITH RAY O'GRADY AND HAPPY HOUR (THE PLAZA) 2:30 PM - PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS VISITS (THE PLAZA)	<b>SATURDAY 12</b> 9:15 AM – MUSIC REMINISCING - (DUDLEY LOUNGE ROOM TV) 10:30 AM – CARPET BOWLS (DUDLEY LOUNGE ROOM)	<b>SUNDAY 13</b> 9:15 AM – VIRTUAL MUSIC/ VISUAL REMINISCING (DUDLEY LOUNGE ROOM TV) 10:30 AM – HOUSIE (DUDLEY ROOM)
<b>MONDAY 14</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – PIANO WITH LES (THE PLAZA) 11:30 AM – PHYSIO (DUDLEY) 2:00 PM – GARDENING COMMITTEE BBQ (DUDLEY COURTYARD)	<b>TUESDAY 15</b> 10:30 AM - SHOPPING TRIP TO GREENHILLS 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – CHAIR YOGA/ BREATHING EXERCISES 2:30 PM – STAND-UP EXERCISE GROUP WITH PHYSIO (DUDLEY)	<b>WEDNESDAY 16</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – HOUSIE - (DUDLEY LOUNGE) 11:00 AM – KNITTING GROUP (THE PLAZA) 2:00 PM – MOVIE AND HIGH TEA TREATS (LAMBTON & SWANSEA)	<b>THURSDAY 17</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – PRAYER GROUP (LAMBTON LOUNGE) 11:00 AM - PRAYER GROUP & 11:30 AM - CHOIR (SWANSEA LOUNGE) 2:00 PM – PHYSIO AND SINGING (THE PLAZA)	<b>FRIDAY - THEME DAY 18</b> 10:15 AM – NEWSPAPER HIGHLIGHTS 10:30 AM – OKTOBERFEST THEME DAY WITH GREG MASON (THE PLAZA) 2:00 PM – PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS (THE PLAZA)	<b>SATURDAY 19</b> 9:15 AM – MUSIC REMINISCING - (DUDLEY LOUNGE ROOM TV) 10:30 AM – CARPET BOWLS (DUDLEY LOUNGE ROOM)	<b>SUNDAY 20</b> 9:15 AM – VIRTUAL MUSIC/ VISUAL REMINISCING (DUDLEY LOUNGE ROOM TV) 10:30 AM – HOUSIE (DUDLEY ROOM)
<b>MONDAY 21</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – RESIDENTS MEETING 11:30 AM – PHYSIO (DUDLEY) 2:00 PM – WALKING GROUP TRIVIA/ QUIZ (THE PLAZA)	<b>TUESDAY 22</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – CONCERT WITH ALLAN McFARLANE (THE PLAZA) 2:30 PM – STAND-UP EXERCISE GROUP WITH PHYSIO (DUDLEY)	<b>WEDNESDAY 23</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – HOUSIE - (DUDLEY LOUNGE) 11:00 AM – KNITTING GROUP (THE PLAZA) 2:00 PM – MOVIE AND HIGH TEA TREATS (LAMBTON & SWANSEA)	<b>THURSDAY 24</b> 10:30 AM – FOOD FOCUS MEETING WITH CATERING INDUSTRIES (THE PLAZA) 2:00 PM – PHYSIO AND SINGING (THE PLAZA)	<b>FRIDAY 25</b> 10:15 AM – NEWSPAPER HIGHLIGHTS 10:30 AM – BIRTHDAY OF THE MONTH CELEBRATION / BIRTHDAY BEAR VISIT AND HAPPY HOUR CONCERT WITH PHILL SIEVER (THE PLAZA) 2:30 PM – PIANO WITH PHIL & INDIVIDUAL ICE CREAM TREATS (THE PLAZA)	<b>SATURDAY 26</b> 9:15 AM – MUSIC REMINISCING - (DUDLEY LOUNGE ROOM TV) 10:30 AM – CARPET BOWLS (DUDLEY LOUNGE ROOM)	<b>SUNDAY 27</b> 9:15 AM – VIRTUAL MUSIC/ VISUAL REMINISCING (DUDLEY LOUNGE ROOM TV) 10:30 AM – HOUSIE (DUDLEY ROOM)
<b>MONDAY 28</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – CUPPA TIME FOR DEMENTIA AWARENESS + TRIVIA (THE PLAZA) 11:30 AM – PHYSIO (DUDLEY) 2:00 PM – WALKING GROUP & TRIVIA/ QUIZ (THE PLAZA)	<b>TUESDAY 29</b> 10:30 AM – PICNIC TRIP TO NELSON BAY 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – PIANO WITH LES (THE PLAZA) 2:30 PM – STAND-UP EXERCISE GROUP WITH PHYSIO (DUDLEY)	<b>WEDNESDAY – FOOTY TIPPING 30</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – HOUSIE - (DUDLEY LOUNGE) 11:00 AM – KNITTING GROUP (THE PLAZA) 2:00 PM – MOVIE AND HIGH TEA TREATS (LAMBTON & SWANSEA)	<b>THURSDAY – FOOTY TIPPING 31</b> 10:15 AM - NEWSPAPER HIGHLIGHTS 10:30 AM – PRAYER GROUP (LAMBTON LOUNGE) 11:00 AM - PRAYER GROUP & 11:30 AM - CHOIR (SWANSEA LOUNGE) 2:00 PM – PHYSIO AND SINGING (THE PLAZA)			