























OCTOBER ACTIVITY PROGRAM GRH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>COVID SAFE PRACTICES ARE IN PLACE FOR EVENTS IN ROTARY HALL</p> <p>PLEASE BOOK THROUGH YOUR ACTIVITIES OFFICER.</p> <p>SEATS ARE LIMITED.</p>						Day Centre
		01 	02	03 10:30am  Trevor Owen RH	04  10.15am Church	05
06	07 PUBLIC HOLIDAY	08 AM Trivia GRG   1:30pm Heartbeat RH	09 10:30am Chair Yoga RH Buggy Rides all Day 	10 	11 10.15am Church 10:30am Bingo PH2  PM Individual Room Visits	12
13	14  1:30pm Bus Drive & Ice-cream	15 10:30am PM Milkshake and Music	16 AM Buggy Rides 10:30am Chair Yoga RH 	17  10:30am Trevor Owen RH PM Turtle Bridge Walks	18 10.15am Church  10:30am Bingo PH2 PM Board Games/ Puzzles 	19
20	21 AM Morning Greetings/ Garden Walks 1:30pm Bus Drive & Ice-cream	22 10:30am BIG BINGO RH  PM Individual Room Visits	23 10:30am Chair Yoga RH PM Buggy Rides 	24 10:00am Men's shed Resident BBQ 	25  10.15am Church 10:30am Sit Down Ball Games PM Individual Room Visits	26
27	28 AM Gardening on the patio 1:30pm Bus Drive & Ice-cream	29	30	31		