

























September 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 No Leisure & Lifestyle Officer  | 03 10:30pm Pop Sullivan RH No Leisure & Lifestyle Officer. Please ask staff for assistance to the hall if you would like to attend music.  | 04 No Leisure & Lifestyle Officer  | 05 10:30am Trevor Owen RH No Leisure & Lifestyle Officer. Please ask staff for assistance to the hall if you would like to attend music.  | 06 9am Fishing please book with Deb on x977 10.15am Church  | 07 |
| 08 | 09 No Leisure & Lifestyle Officer  | 10 AM Trivia GRG   1:30pm Heartbeat RH | 11 10:30am Chair Yoga RH Buggy Rides all Day  | 12 10:30am Dance Class RH  2 – 4pm Military Jeeps | 13 10:30am Bingo PH2 10.15am Church PM Individual Room Visits  | 14 |
| 15 | 16 10:30am Tropical Squeeze RH  1:30pm Bus Drive & Ice-cream | 17 10:30am Olympic Sumo  PM Milkshake and Music | 18 AM Buggy Rides 10:30am Chair Yoga RH PM Staff Meeting for LLO (no activity)  | 19 10:30am Trevor Owen RH  PM Turtle Bridge Walks | 20 10.15am Church 10:30am Bingo PH2 PM Board Games/ Puzzles  | 21 |
| 22 | 23 AM Morning Greetings/ Garden Walks 1:30pm Bus Drive & Ice-cream | 24 10:30am BIG BINGO RH  PM Individual Room Visits | 25 10:30am Chair Yoga RH PM Buggy Rides  | 26 10:00am Men's shed Resident BBQ  | 27 10.15am Church 10:30am Sit Down Ball Games PM Individual Room Visits | 28 |
| 29 | 30 AM Gardening on the patio 1:30pm Bus Drive & Ice-cream | | | | | |