

September ACTIVITY PROGRAM Palmview House

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|---|
| COVID SAFE PRACTICES ARE IN PLACE FOR EVENTS IN ROTARY HALL PLEASE BOOK THROUGH YOUR ACTIVITIES OFFICER. SEATS ARE LIMITED. |  |  |  |  |  | COVID SAFE PRACTICES ARE IN PLACE; ACTIVITIES MAY CHANGE AT SHORT NOTICE. PLEASE BOOK THROUGH YOUR ACTIVITIES OFFICER. SEATS ARE LIMITED. |
| | 1 Am Ball Games  Pm Sing-A-Long | 2 Am Bingo in Sage  Pm Chair Drumming  | 3 Catholic Church Am Buggy Rides 10:00 Father's Day Fun Chair Yoga in Sage  Men's Shed LC Pm Buggy Rides | 4 9:45Am Exercise Group 10:30Am Music – Trev RH Winston Visits  Pm Book Club  | 5 10:15 Church RH 9:45Am Chrissy Karaoke Pm Bus Outing  | 6 |
| 7  | 8 Am Ball Games   Pm Pampering Session | 9 Am Music Morning  1:30Pm Music - Heartbeat in RH | 10 Am Buggy Rides  Pm Puzzles & Boardgames | 11 9:45Am Exercise Group RUOK Day & Kindy Kids  Pm Book Club  | 12 10:15 Church RH 9:45Am Chrissy Karaoke Pm Milkshakes & Trivia LC  | 13 Janet's Birthday  |
| 14 | 15 Am Ball Games  10:30 Music - Tropical Squeeze RH  Painting by the River Pm Social @ Friends Café | 16 Am Art & Craft - Wheelie walker tags  Pm Walks to Turtle Bridge | 17 Am Buggy Rides  Chair Yoga in Sage  Men's Shed LC Pm October activity planning meeting/Card Making Craft | 18 9:45Am Exercise Group 10:30Am Music – Trev RH Winston Visits  Pm Book Club  | 19 10:15 Church RH 9:45Am Chrissy Karaoke Pm Ice Cream Trolley  | 20 Kent's Birthday  |
| 21 | 22 Am Ball Games   Pm Pampering Session | 23 10:30Am Music - Chrissy & Pete RH  Pm Word Games | 24 Am Buggy Rides  10:30 Music – Euka-Lyptus Strummers Pm Buggy Rides  | 25 9:45Am Exercise Group Am Armchair Travel Bonding with Buddy (Pet Therapy)  Pm Book Club | 26 10:15 Church RH 9:45Am Chrissy Karaoke Pm Bus Outing  | 27 |
| 28 | 29 Am Ball Games  Pm Making a Fairy Garden | 30 Am Craft - DIY Photo-frames  Pm October Calendar setup and chit chat | | | | |