







October 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 FOR EVENTS IN ROTARY HALL. ACTIVITIES MAY CHANGE AT SHORT NOTICE SEATS ARE LIMITED.
			1 National Coffee Day Am Buggy Lav Chair Yoga in Sage Pm Buggy Sage Coffee Stand Outside	2 9:20 Exercise Group in Sage Am Music Trevor Owen RH Pm Book Club	3 Am Chrissy Karaoke 10:15 Church RH Pm Walks and Milkshakes	4
5	6  King's Birthday Public Holiday No Activities Today	7 Am Art & Craft Pm Armchair Travel NZ	8 Catholic Mass Am Buggy Pm Pamper-noon	9 9:20 Exercise Group in Sage Am Magazine Collage Pm Book Club	10 Am Chrissy Karaoke 10:15 Church RH Pm Bus Outing	11 Bingo with Jess in Sage
12	13 Am Café Memories Morning Tea Paint by the River Pm 1:1 Movie/Snacks	14 Am Puppy Naming Trivia RH Pm Music Heartbeat RH	15 Am Buggy Lav Chair Yoga in Sage Pm Buggy Sage	16 9:20 Exercise Group in Sage Am Music Trevor Owen RH Pm Book Club	17 Am Chrissy Karaoke 10:15 Church RH Pm Walks and Ice cream 1:1	18 Gardening with Jordan
19	20 Am Ball Games & Exercise Music Tropical Squeeze RH Pm November Planning	21 Am Pelorus Pals RH Pm Whiteboard Word games	22 Am Buggy Pm Pamper-noon	23 9:20 Exercise Group in Sage Am Music Karaoke RH Pm Book Club	24 Am Chrissy Karaoke 10:15 Church RH Pm Bus Outing	25
26	27 Am Music School Choir RH Cuppa for Dementia BBQ Pm Trivia & Treats	28 Am Bingo Pm Crafternoon Wind Chimes	29 Am Buggy Lav Chair Yoga in Sage Pm Buggy Sage	30 9:20 Exercise Group in Sage Am Music Trevor Owen RH Pm Book Club	31 Am Chrissy Karaoke 10:15 Church RH Pm Nov Calendars Setup & Chit Chat	