

# OCTOBER 2018

# Leisure & Lifestyle Calendar



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wk1		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<p><i>Ukrainian Catholic Mass</i> <i>Live Feed on TV</i></p> <p><b>Family Day</b></p>	<p>9:30am - Ball activity &amp; Singing 11:00am - Chair Exercises in hall 1:30pm - Bingo in the Hall 1:30pm - Visitations/ Walks 1:30pm - Making Varenky Sosna 4:00pm - Visitations/ Walks 4:00pm - Choir practice in Konvalyia</p>	<p><b>HAIRDRESSER</b></p> <p>9:30am - Table Games in Hall 11:00am - Croatian Catholic Mass 11:00am - Visitation/Walks 1:30pm - Craft in Konvalyia 3:00pm - Bingo in Hall 4:00pm - Visitations / Walks</p>	<p>9:30am - Orange juice making in Sosna / Garden Club 11:00am - Chair Exercises in Hall 2:00pm - Residents' Meeting - Hall 3:00pm - Seated Aerobics- Toplya 3:30pm - Bingo in Hall 4:00pm - Visitations / walks</p>	<p>9:30am - Craft- World animal day in Konvalyia 11:00am - Ukrainian Catholic Mass 1:30pm - Visitations/ Walks 3:00pm - Baking Muffins in Sosna 3:00pm - Bingo in Hall 4:00pm - Visitations/ Walks</p>	<p>9:30am - Craft in Topolya 11:00am - Chair Exercises in Hall 11:00am - Visitations/Walks 2:00pm - Multicultural social event in hall 3:30pm - Choir practise in Konvalyia 4:00pm - Visitations / Walks</p>	<p>9:30am - Knitting in Konvalyia 11:00am - Chair Exercises in Hall</p> <p><b>Family Day</b></p>
Wk2	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<p><i>Ukrainian Catholic Mass</i> <i>Live Feed on TV</i></p> <p><b>Family Day</b></p>	<p>9:30am - Poetry Club / Reminiscence in Konvalyia 11:00am - Chair Exercises in Hall 1:30pm - Bingo in the Hall 1:30pm - Visitations/ Walks 3:00pm - Craft-Platted Mat in Topolya 4:00pm - Visitations/ Walks</p>	<p>9:30am - Fruit Salad, Rum Ball making in Sosna 10:30am - Essendon Pension Club 11:00am - Chair Exercises in Hall 1:30pm - Craft in Konvalyia 3:00pm - Bingo in the Hall 4:00pm - Visitations/Walks</p>	<p>9:30am - Garden Club -Letter writing in Sosna 11:00am - Chair Exercises in Hall 1:30pm - Sewing Club in Sosna 1:30pm - Visitation/Walks 3:30pm - Bingo in Hall 3:00pm - Seated Aerobics- Toplya 4:00pm - Visitations/ Walks</p>	<p>9:30am - Geography games in Konvalyia 11:00am - Ukrainian Catholic Mass 1:30pm - Memory Games - Topolya 1:30pm - Visitations/ Walks 3:00pm - Bingo in Hall 4:00pm - Visitations/ Walks</p>	<p>9:30am - Craft in Topolya 10:00am - Shopping Keilor Downs 11:00am - Chair Exercises in Hall 1:30pm - Visitations/Walks 1:30pm - Making Zucchini slices 3:00pm - Choir practice in Konvalyia 4:00pm - Visitations / Walks</p>	<p>9:30am - Board games in Konvalyia 11:00am - Chair Exercises in Hall</p> <p><b>Family Day</b></p>
Wk1	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	<p><i>Ukrainian Catholic Mass</i> <i>Live Feed on TV</i></p> <p><b>Family Day</b></p>	<p><i>Watering the raised gardens</i> 9:30am - Cooking - Sweet potato &amp; cheese muffins- Topolya 11:00am - Chair Exercises in hall 1:30pm - Bingo in the hall 1:30am - Cont. Craft- Platted mats in Sosna 4:00pm - Visitations/ Walks</p>	<p><b>HAIRDRESSER</b></p> <p>9:30am - Reading &amp; Discussion Club in Konvalyia 11:00am - Chair Exercises in hall 1:30pm - Happy Hour in Topolya 3:00pm - Bingo in hall 4:00pm - Visitations/Walks</p>	<p>9:30am - Baking Blueberry &amp; banana bread in Topolya 11:00am - Chair Exercises in hall 1:30pm - Visitations/ Walks 1:30pm - Craft in Sosna 3:00pm - Seated Aerobics-Topolya 3:00pm - Bingo in the hall 4:00pm - Visitations/ Walks</p>	<p>9:30am - Craft- Mosaic tiles 11:00am - Visitations/ Walks 11:00am - Ukrainian Catholic Mass 1:30pm - Visitations/ Walks 2:00pm - Oktoberfest Celebration in Konvalyia 3:30pm - Bingo in Hall 4:00pm - Visitations/ Walks</p>	<p>Watering the raised gardens 9:30am - Baking-Shortbread in Topolya 9:30am - Bus outing 11:00am - Chair Exercises - Hall 1:30pm - Visitations / Walks 1:30pm - Making sandwiches in Sosna 4:00pm - Visitations/ Walks</p>	<p>9:30am - Craft in Konvalyia 11:00am - Chair Exercises in Hall</p> <p><b>Family Day</b></p>
Wk2	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<p><i>Ukrainian Catholic Mass</i> <i>Live Feed on TV</i></p> <p><b>Family Day</b></p>	<p>9:30am - Making Smoothies in Konvalyia 11:00am - Chair Exercises in Hall 1:30pm - Bingo in hall 1:30pm - Visitations/ Walks 3:00pm - Tea Party in Sosna 4:00pm - Visitations/ Walks</p>	<p>9:30am - Craft with seeds and pulses in Topolya 10:00am - Essendon Pension club 11:00am - Chair Exercises in Hall 1:30pm - Visitations/Walks 3:00pm - Bingo in Hall 3:00pm - Choir Practise in Konvalyia 4:00pm - Visitations/Walks</p>	<p>9:30am - Garden Club/ Baking Scones in Sosna 11:00am - Chair Exercises in Hall 1:30pm - Visitations/Walks 3:00pm - Bingo in Hall 3:00pm - Herbal scented Party in Library 3:00pm - Seated Aerobics in Topolya</p>	<p>9:30am - Baking Lemon cheesecake bars in Sosna 9:30am - Ball Games in Topolya 11:00am - Ukrainian Catholic Mass 11:00am - Visitations/ Walks 1:30pm - Bocce &amp; skittles in Konvalyia 3:00pm - Bingo in Hall 4:00pm - Visitations/ Walks</p>	<p>9:30am - Craft- Hands on Tote bag in Topolya 10:00am - Shopping Keilor Downs 11:00am - Chair Exercises - Hall 1:30pm - Pizza making- Sosna 1:30pm - Visitations/Walks 4:00pm - Choir Practice 4:00pm - Visitations/Walks</p>	<p>9:30am - Knitting in Konvalyia 11:00am Chair Exercises in Hall</p> <p><b>Family Day</b></p>
Wk1	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
	<p><i>Ukrainian Catholic Mass</i> <i>Live Feed on TV</i></p> <p><b>Family Day</b></p>	<p>9:30am - Baking Hamentashen pastries in Sosna 11:00am - Exercises in Hall 1:30pm - Visitation/Walks 1:30pm - Bingo in Hall 2:30pm - Hawaii Party in Topolya 4:00pm - Visitations/ Walks</p>	<p><b>HAIRDRESSER</b></p> <p>9:30am - Craft stick bark collage in Kovalyia 11:00am - Chair Exercises in Hall 1:30pm - Visitations/Walks 1:30pm - Chair Volleyball in Sosna 3:00pm - Bingo in hall 4:00pm - Visitations/Walks</p>	<p>9:30am - Garden Club/ Baking apple pie in Topolya 11:00am - Chair Exercises in Hall 1:30pm - Visitations/ Walks 3:00pm - Chair Yoga in Konvalyia 3:00pm - Bingo in Hall 3:00pm - Seated Aerobics in Topolya 4:00pm - Visitations/ Walks</p>	<p><b>Morning Tea - 10.30am</b> <b>Lunch - 12.00pm (Konvalyia 12:30pm)</b> <b>Afternoon Tea - 2.30pm</b> <b>Dinner - 5.00pm (Konvalyia 5:30pm)</b></p>		