November MH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 10:30 Music and movie marathon 2:00 Sensory therapy/ pampering session
2 10:30 Garden walk 11:00 Music therapy 1:30 Happy hour	***3*** Melbourne Cup Public Holiday	***4*** 10:00 Coffee club* 10:30 Music & movie marathon 1:30 Table games	***5*** 10:00 Reminiscing & story telling 11:00 Music therapy 1:30 Basketball goal game	***6*** 10:00 Balloon badminton game 11:00 Music therapy 1:30 Flower arrangement/ men's gardening	***7*** 10:30 Music and movie marathon 2:00 Table games/ building blocks/ puzzels	***8*** 10:30 Music and movie marathon 2:00 Afternoon tea in the garden
9 10:30 Morning exercise 11:00 Music therapy 1:30 Happy hour	***10*** 10:00 Church service 10:30 Christmas decoration 1:30 Balloon game	***11*** 10:00 Coffee club* 10:30 Music & movie marathon 1:30 Flower arrangement/ men's gardening	***12*** 10:00 Knocked down foam game 11:00 Music therapy 1:30 Be creative/ Arts and crafts	***13*** 10:00 Sandbag toss game 11:00 Music therapy 1:30 Flower arrangement/ men's gardening	***14*** 10:30 Music and movie marathon 2:00 Table games/ safety darts/ board games	***15*** 10:30 Music and movie marathon 2:00 Sensory therapy/ pampering session
16 10:30 Chair yoga 11:00 Music therapy 1:30 Happy hour	***17*** 10:00 Church service 10:30 Christmas decoration 1:30 Balloon game	***18*** 10:00 Coffee club* 10:30 Music & movie marathon 1:30 Sandbag toss game	***19*** 10:00 Garden walk 10:30 Music & movie marathon 1:30 Balloon games	***20*** 10:00 Balloon badminton game 11:00 Music & movie therapy 1:30 Flower arrangement/ men's gardening	***21*** 10:30 Music and movie marathon 2:00 Table games/ building blocks/ puzzels	***22*** 10:30 Music and movie marathon 2:00 Nature walk/ wheelchair walk
23 10:30 Gentle exercise 11:00 Music therapy 1:30 Happy hour	***24*** 10:00 Church service 10:30 Christmas decoration 1:30 Garden walk/ Siesta time	***25*** 10:00 Coffee club* 10:30 Music & movie marathon 1:30 Basketball goal game	***26*** 10:00 Knocked down foam game 11:00 Music therapy 1:30 Be creative/ Arts and crafts	***27*** 10:00 Sandbag toss game 11:00 Music & movie therapy 1:30 Flower arrangement/ men's gardening	***28*** 10:30 Music and movie marathon 2:00 Table games/ safety darts/ board games/ cards	***29*** 10:30 Music and movie marathon 2:00 Sensory therapy/ pampering session
30 10:30 Garden walk 11:00 Music therapy 1:30 Happy hour		(*Helf)				