

WAMURAN NEWSLETTER



BEAUMONT CARE

Warm-Hearted Care, Your Way



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September 2026

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BEAUMONT CARE WAMURAN

Service Manager:

Gail King

(07) 5328 1299

60 Ziviani Road,
Wamuran Qld 4512



www.beaumontcare.com.au/Wamuran



FROM THE SERVICE MANAGER



GAIL



Hello to All Residents, Families, and Staff,

It's hard to believe that two months have already passed since I joined the Wamuran team. The time has flown by, and I would like to thank everyone for the warm welcome I have received from residents, families, and staff.

Since arriving, I have been struck by the strong sense of community that makes Wamuran such a special place to call home. There is a genuine warmth throughout the home, and I am excited about the opportunities ahead as we continue to build on the wonderful environment already in place.

Every day, I see our dedicated Lifestyle Team creating meaningful experiences that bring joy, connection, and purpose to residents' lives. Whether it's participating in activities, sharing a laugh with friends, or trying something new, the smiles on our residents' faces say it all.

Behind the scenes, our Clinical, Hospitality, Administration, and Maintenance teams work tirelessly to ensure residents receive the highest standard of care, comfort, and support. On Aged Care Employee Day on 7 August, we proudly recognised and thanked our team members for the incredible work they do each day.

While we celebrate what makes Wamuran great, we are also committed to continually improving. Feedback from residents, families, visitors, and staff plays an important role in helping us enhance our services. Whether you would like to share a compliment, suggestion, or concern, feedback forms are available, and a secure feedback box is located in the foyer for your convenience.

I would also encourage any residents interested in having a greater voice in the home to consider joining our Consumer Advisory Body (CAB). This important group provides valuable feedback and ideas that help shape the services and care we provide. If you would like to learn more, please speak with either Gay Furness from Lifestyle or myself.

As we move through the remainder of the year, I look forward to getting to know more of our residents and families and working together to bring your ideas to life.

*Warmest Regards,
Gail*

FROM THE CLINICAL NURSE

🌻 Spring Has Arrived at Wamuran Aged Care! 🌻

As we welcome the arrival of spring, the days are beginning to warm up, although we may still experience some cool mornings and evenings over the coming weeks. This change in season is a wonderful time for residents to enjoy our outdoor spaces, fresh air, and the beautiful weather that spring brings.

To ensure your loved one remains comfortable, they may require some lighter clothing options as temperatures increase. If staff notice that a resident would benefit from additional seasonal clothing, we will contact families to discuss their needs and arrange suitable items.

Bringing New Clothing to the Facility

When bringing new clothing into the facility, we kindly ask that all items be left with our friendly reception team during business hours. If you are visiting after hours, please hand clothing directly to one of our Registered Nurses or care staff. This allows us to ensure all items are clearly labelled before entering the laundry system, helping to prevent clothing from being misplaced and ensuring belongings are returned to the correct resident.

⚠️ SNAKE SAFETY ALERT ⚠️



As the Weather Warms Up, Snakes Become More Active

Spring and warmer temperatures mean snakes will be on the move throughout our local area.

While our grounds are regularly maintained and monitored, it is important that residents, visitors, and staff remain vigilant when moving around the facility, particularly near gardens, shrubs, landscaped areas, and long grass.

- ***Stay calm and keep a safe distance.***
- ***Do not attempt to approach, touch, or move the snake.***
- ***Alert a staff member immediately.***
- ***Keep other residents and visitors away from the area until staff can manage the situation safely.***

The safety of our residents, visitors, and team members remains our highest priority, and we appreciate everyone's cooperation in remaining alert during snake season. Thank you for your continued support in helping us provide a safe, comfortable, and welcoming environment for all our residents.

Kind Regards,

Denai CN

FROM THE LIFESTYLE TEAM

Father's Day High Tea Friday, 4 September

Join us in the Glasshouse Dining Room as we come together to celebrate Father's Day and share treasured memories. Residents, family, and friends are warmly invited to enjoy an afternoon featuring a delicious assortment of finger foods, served alongside tea in beautiful fine china cups. This special gathering is an opportunity to honour fathers and father figures, reminisce about cherished moments, and enjoy good company in a relaxed and welcoming atmosphere.

Everyone is welcome to join in the celebration. Residents are invited to join us for a special Morning Tea in the Café on Sunday, 6th, to enjoy coffee, cake, and good company.



On **R U OK? Day, 10 September**, staff will be wearing yellow to acknowledge this important national day and help promote meaningful conversations and connections within our community. Providing an opportunity to check in with one another, enjoy friendly conversation, and strengthen the supportive relationships that make our community so special.

The day serves as a reminder that a simple conversation can make a big difference, and we encourage everyone to take the time to ask, listen, and connect



Preparations for our Oktoberfest celebrations will begin this month with a range of themed craft activities for residents to enjoy. Residents will have the opportunity to create decorations and take part in fun, creative projects as we get ready for our Oktoberfest Happy Hour, which will be held on the first Thursday in October.

Oktoberfest



September
BIRTHDAYS

10th Stan Bellingham
12th Tom Sumner
17th Frances O'Connor
26th Arthur Edwards



In Memoriam

On behalf of all the Beaumont Care family,
we farewell



Stuart Baird



Bernie Condon

along with their family and friends.

WELCOME



ROBERT CLARKE

STAFF MEMBER PROFILE - TASH

Tash has been with Beaumont Care for
5 and a half years
as one of our lovely direct carers,
providing person centred care.

She enjoys spending time with the
residents, having fun with them, and
ensuring they are well cared for.

Being able to make a difference in their
lives is what Tash enjoys about her job
the most.

Tash has a beautiful
11 year son named Hugo
and an adorable
Jack Russell named Charlie.



Tash Cleary – Direct Carer



Plays
Pickleball



Likes
Having Fun!



Fav Colour
PINK



Loves
Baking



Dream
holiday
Spain

RESIDENT OF THE MONTH

Born in Brisbane, Geoff spent his boyhood years in Charleville, where his lifelong love of horses first began. As a young boy, he rode the family's stockhorses and developed a passion that would shape much of his life.

When he moved to Brisbane as a teenager to complete his schooling, Geoff did not leave his beloved horses behind. Instead, he became a foundation member of the Runcorn Pony Club, further strengthening his connection to the equestrian world.

At the age of 20, Geoff travelled to the United Kingdom, where he spent seven years studying, training, and competing under renowned British judge and instructor Geoffrey Hattan. During this time, he earned senior certificates from the British Horse Society in Equitation and Teaching, establishing himself as a highly skilled and respected horseman.

THE GREY HORSE

He floated in barely touching the ground,
Dead silence, a few gasps, were the only sound.
His colour, and presence, did fill the ring,
His beauty, his aura, this magnificent thing.
Black like the raven, white like the dove,
This dapple-grey, was a gift from above.
This majestic creature with his purposeful stride,
His handler felt privileged to stand by his side.
But time marches on, and nothing stays the same,
His youthful splendour, with maturity does wane.
The trophies, the sashes, the admirers he'd won,
Have faded alas! – he's still the same one.
Barely six years have passed since that magic day,
He's now stronger, and wiser, but all they now say,
What a lovely old fellow! – How old is he now?
If he were born any other colour, he'd still be taking that bow.
His heart, and mind, and muscles have grown,
He's a better horse now, than the one they'd once known.
He's as honest, and willing, as the day is long,
He wants so much to please, like the lark with his song.
Now white like the dove, but the raven has flown,
A better friend on this earth, I'm yet to be shown.
My love, and loyalty, for my magnificent friend,
Will grow stronger, till his last breath, at the very end.

Geoff Lyall.



**GEOFF
LYALL**

Geoff is a man of many talents and achievements. As an acclaimed international equestrian instructor, his involvement with horses has taken him around the world. One of his proudest moments was participating in a dressage display before Queen Elizabeth II and Prince Andrew, an experience he cherishes to this day.

His varied interests have also led him into the world of film. Geoff was involved in the movies True Story of the Kelly Gang and The Outsider (2002). He has also modelled men's equestrian competition wear, showcasing yet another facet of his diverse career.

Beyond his equestrian accomplishments, Geoff is a creative and artistic individual. He has enjoyed making jewellery, has a passion for writing, and has written poetry over the years.

His rich experiences, adventurous spirit, and creative talents make him a fascinating person with many stories to share.

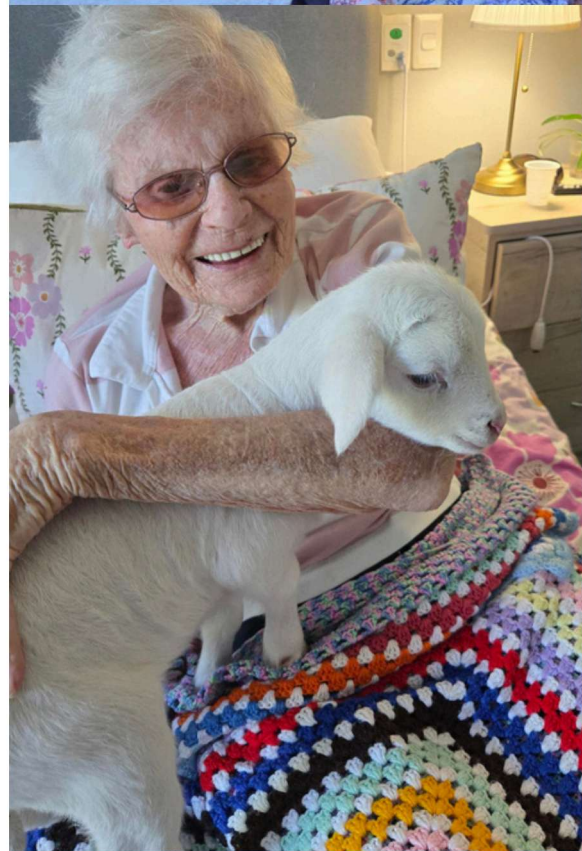
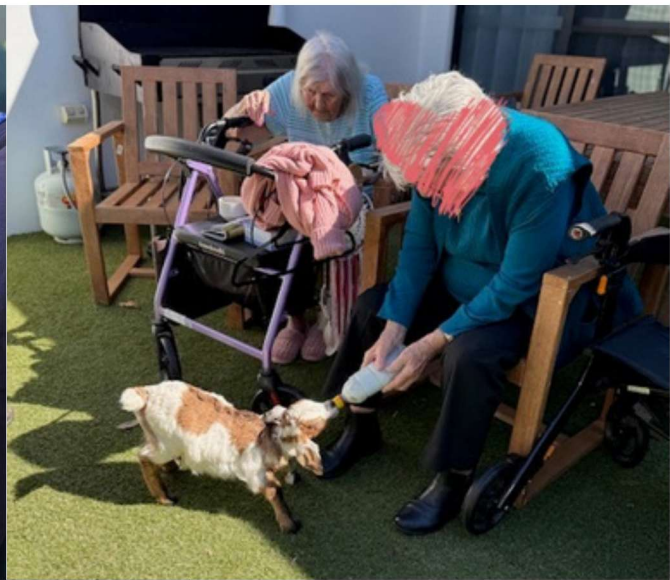
LIFE AT BEAUMONT CARE



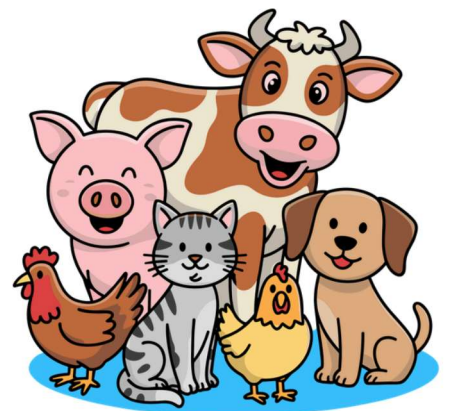
Residents attending our EKKA Sideshow Alley Games thoroughly enjoyed the friendly competition, exciting challenges, and cheerful banter shared throughout the event. The foyer was buzzing with activity as residents tested their skills at the various games. The games brought out plenty of smiles, sparked friendly rivalry, and provided an enjoyable opportunity for residents to socialise and celebrate EKKA Week together.



LIFE AT BEAUMONT CARE



**EKKA
FUN**



LIFE AT BEAUMONT CARE



Residents put their guessing skills to the test, trying to estimate how many jelly beans were in the jar. The correct number was **489**, and Keith came incredibly close with a guess of **488**, missing the exact count by just one jelly bean. Well done, Keith, on your impressive guess, and thank you to everyone who joined in the fun.

Congratulations to Keith H., the winner of our EKKA Week Jelly Bean Count competition!

Strawberry ice creams as a refreshing treat during our EKKA celebrations. After all, it wouldn't be EKKA without a delicious strawberry sundae!



Residents enjoyed a lovely Daffodil Art & Craft session, creating bright and cheerful daffodil-themed artworks while sharing plenty of laughter along the way. As always, there was a joker or two in the group. Residents spent time knitting and crocheting, enjoying friendly conversations and the opportunity to relax together.



LIFE AT BEAUMONT CARE



MATCHY MATCHY



BEAUMONT

Community Connections



Resident Corner

SEPTEMBER

Sharing smiles, stories and a little fun! ♥

1



DID YOU KNOW?

- Learning something new, no matter your age, helps create new connections in the brain.
- A single bee can visit up to 5,000 flowers in one day.
- Australia is home to more than 10,000 beaches. If you visited one every day, it would take over 27 years to see them all.
- Owls can rotate their heads up to 270 degrees.
- The world's oldest working postal service began more than 500 years ago.



2

JOKE OF THE MONTH

Why are horses in such great shape?

They're on a stable diet!

Haha! 😄



3



THOUGHT FOR THE DAY

"Every flower blooms in its own time."



4



THIS MONTH'S RIDDLE

I can be hot,
I can be cold,
I can run and I can be still,
I can be hard and I can be soft.
WHAT AM I?

ANSWER: *Water*



5



SELF-CARE CORNER *tips*



Get some sunshine – even a few minutes outside can boost your mood.



Drink plenty of water to stay refreshed.



Take time to relax – read, listen to music or enjoy a hobby.



Stay connected – a chat, a smile or a call can make someone's day (including yours!).

Let's enjoy this beautiful September and all the little moments that bring joy.



Thank you for being such an important part of our community. ♥

SEPTEMBER

FUN FACTS

The Month of Change, Colour & New Beginnings!

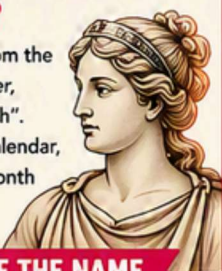


SEPTEMBER AT A GLANCE

- September is the **9th** month of the year.
- It has **30** days.

WHERE DID SEPTEMBER GET ITS NAME?

September comes from the Latin word *September*, which means "seventh". In the early Roman calendar, it was the seventh month of the year.



MEANING OF THE NAME

September comes from the Latin word *September*, meaning "seventh".

WISE

RESPECTED

HONOURABLE

DIGNIFIED

STRONG

★ SEPTEMBER ZODIAC SIGNS ★



VIRGO

August 23 – September 22

- ★ Practical
- ★ Organised
- ★ Intelligent
- ★ Reliable
- ★ Hard-working



LIBRA

September 23 – October 22

- ★ Diplomatic
- ★ Charming
- ★ Fair-minded
- ★ Social
- ★ Peacemaker



★ SEPTEMBER BIRTH FLOWERS ★

ASTER

Symbolises:

- ♥ Love
- ★ Wisdom
- ★ Faith
- ★ Patience



MORNING GLORY

Symbolises:

- ★ Affection
- ★ New Beginnings
- ★ Hope
- ♥ Remembrance



SEPTEMBER BIRTHSTONES

SAPPHIRE



Symbolises wisdom, loyalty, nobility and truth. Often associated with protection and good fortune.

LAPIS LAZULI



Encourages honesty, inner peace and self-awareness. Promotes harmony and friendship.

BLUE TOPAZ



Represents clarity, communication and calm. Helps with focus and confidence.

FAMOUS SEPTEMBER BIRTHDAYS

- | | |
|-------------------|----------------|
| ★ Beyoncé | – September 4 |
| ★ Keanu Reeves | – September 2 |
| ★ Pink | – September 8 |
| ★ Michael Jackson | – September 29 |
| ★ Adam Sandler | – September 9 |
| ★ Prince Harry | – September 15 |
| ★ Maggie Smith | – September 28 |
| ★ Will Smith | – September 28 |
| ★ Salma Hayek | – September 2 |
| ★ Gwyneth Paltrow | – September 27 |



✿ DID YOU KNOW? ✿

SPRING HAS ARRIVED IN AUSTRALIA!

- September marks the beginning of Spring in Australia.
- Bees become busier as flowers begin to bloom.
- Butterflies and other pollinators become more active.
- Jacaranda buds begin appearing in Queensland, a sign that warmer days are on the way.
- Many native birds start nesting and raising their young during spring.
- Gardens burst into colour with wildflowers, daisies, and fresh new growth.
- Days become longer, temperatures begin to rise, and more people enjoy time outdoors.

Fun Spring Challenge!

- | | |
|--|--------------------------------------|
| ✓ Spot a bee on a flower | ✓ Listen for birdsong in the morning |
| ✓ Find a flowering plant in your neighbourhood | ✓ Go on a spring nature walk |

Spring is nature's way of saying, "Let's grow!"

★ AMAZING SEPTEMBER FACTS ★



September has 30 days.



It marks the beginning of spring in Australia and autumn in the Northern Hemisphere.



Many schools begin a new school term in September.



The Autumn Equinox (around 22–23 September) welcomes the new season.



In the Southern Hemisphere, September is a wonderful time for outdoor adventures and garden blooms.



Babies born in September have either the Virgo or Libra zodiac sign.



HELLO SEPTEMBER!

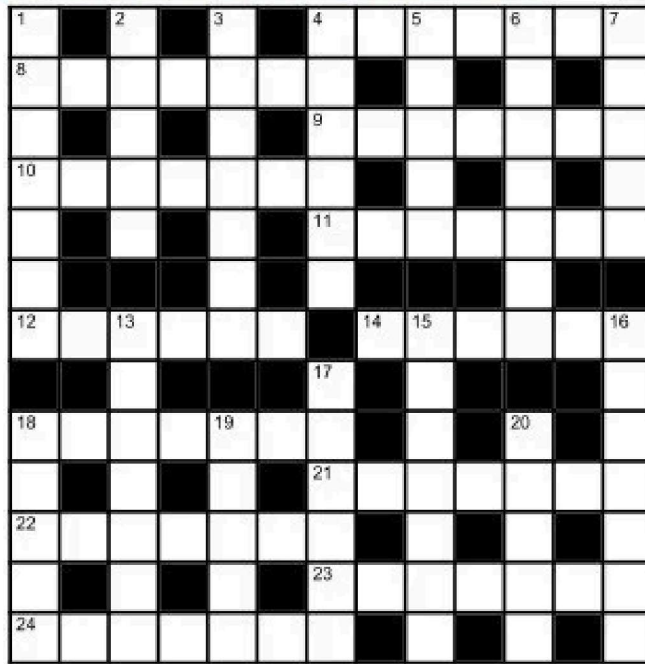
Welcome Spring! Enjoy the sunshine, blooming flowers, and fresh new beginnings.

GENERAL KNOWLEDGE CROSSWORD

700

ACROSS

- 4 What, in wartime, are flights over enemy territories (7)
- 8 Name the title of ancient Egyptian kings (7)
- 9 What do we call one who gives a professional opinion (7)
- 10 Which elementary particle is a constituent of all atomic nuclei, except normal hydrogen (7)
- 11 What is a more common term for the patella (7)
- 12 Name the cavity at the upper end of the human windpipe (6)
- 14 In Alexandre Dumas' novel, Edmond Dantes was the Count of Monte ... (6)
- 18 What is another name for an hereditary sovereign (7)
- 21 Which term describes personal property (7)
- 22 Name a tube that enables a person swimming face downwards to breathe (7)
- 23 What do we call that which is put forward to conceal a true purpose (7)
- 24 What are people who experience morbid enjoyment from inflicting pain (7)



- 4 Which parts of human legs lie between the knees and ankles (6)
- 5 In which form of theatrical entertainment are recent events, etc, parodied (5)
- 6 What are spiders, ticks, centipedes etc, called (7)
- 7 Name the piece of leather used for sharpening razors (5)
- 13 Name an Australian long-distance swimmer, Des ... (7)
- 15 Who founded Singapore in 1819, Sir Thomas Stamford ... (7)
- 16 What is another term for corpulence (7)
- 17 What do we call the young of dogs, wolves, and such (6)
- 18 Who were the nine sister goddesses of classical mythology (5)
- 19 Which term describes profligate or dissolute men (5)
- 20 What is a company of eight singers (5)

DOWN

- 1 Name a dog with a long, silky coat, and drooping ears (7)
- 2 What is an item of information (5)
- 3 What do buzzards and their like eat (7)

MINI WORD FIND

001



Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

Asks	Pink	Text
Coin	Scarce	This
Export	Send	Ties
Hairs	Shoe	

CURIO

001

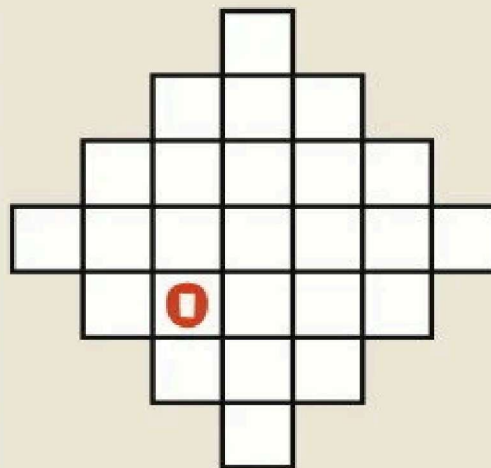
Albert Einstein (1879-1955), known for his genius in theoretical physics, believed the true sign of intelligence is not knowledge but imagination: "If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales."

E-EQUATIONS

011

Letters A to Z have a number value. Some are shown in the right-hand cells. Create remaining values using clues in centre cells.

A	H÷B	5
B	C×C	
C	I÷P	
E	C+A	
H	A×B	20
I	P×C	
P	E+C	



BIY WORD

001

Build it yourself using the clues and each of the twenty-four letters once only to form ten words: five across and five down. A key word (bold clue) builds on the letter set in the grid.

CLUES:

- Bench-top (7)
- Cosmetic injection (5)
- Crazy people (coll) (7)
- Curtsy (3)
- Dead on arrival (3)
- Enclose animals (3)
- Main force (5)
- Negative ion (5)
- Unit: linear fibre density (3)
- Wilt (5)

A	E	O	R
B	I	O	S
B	L	O	T
C	N	O	T
D	N	P	U
E	N	R	X

SUDOKU

001

			7			5		
1	2					9		
			5	8				1
				2			3	
5								
		9	8					6
			3	6			2	
9								4
8	7		2	5				

QUICK THINK

001

Solve the crossword. Each answer has four letters.

ACROSS

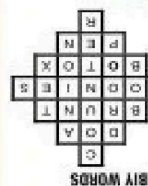
- 1 Moved towards
- 5 Employed
- 6 Echo
- 7 Move gently

DOWN

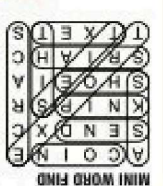
- 1 Preserve
- 2 Continent
- 3 Belonging to the males
- 4 Boundary

1	2	3	4
5			
6			
7			

SOLUTIONS



EQUATIONS
ACROSS: 1. Equ, 2. Ass, 3. Men's, 4. Edge, 5. Used, 6. Ring, 7. Easy.
DOWN: 1. Crime, 2. Edge, 3. Men's, 4. Edge, 5. Used, 6. Ring, 7. Easy.



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



MENU

Open Hours:

MONDAY - 9am till 1pm
THURSDAY - 9am till 1pm
SUNDAY - 9am till 12.30pm

COFFEE



	Small	Med	Large	
Latte/Cappacino	\$ 3.50	\$ 4.50	\$ 5.50	Flavour Shot
Flat White	\$ 3.50	\$ 4.50	\$ 5.50	\$ 0.80
Iced Coffee		\$ 5.50		Whipped Cream
				\$ 0.50

COFFEE/TEA & CAKE

Small	Med	Large
\$ 6.00	\$ 7.00	\$ 8.00

OTHER DRINKS



Hot Chocolate	\$ 5.00
Milkshake - MEDIUM	\$ 5.00
Milkshake - LARGE	\$ 6.00
Soft Drinks	\$ 2.50
Add ice cup	\$ 0.50

TEA & WATER

English Breakfast Bag	\$ 3.50
English Breakfast Pot	\$ 4.50
WATER	\$ 2.00

FOOD



Yoghurts	\$ 4.50
Fruit	\$ 4.50
Salad - SMALL	\$ 5.00
Salad - LARGE	\$ 7.00
Salad - Add Meat	\$ 1.50
Sweet Treats	\$ 2.00-\$3.00



Assorted Sandwiches	\$ 5.00-\$7.50 (varies)
Assorted Toasted Sandwiches	\$ 6.00 each
Toastie with Hot Drink	\$ 9.00 each
Toastie with Soft Drink	\$ 8.00 each

Visit Us Today

60 Ziviani Road, Wamuran Qld 4512

VOLUNTEER OPPORTUNITIES & SUPPORT AT HOME



Make a Difference
Through Connection



Be part of moments
that truly matter



Support residents to keep
doing what they love

Volunteer With Us!



BEAUMONT CARE

Warm-Hearted Care, Your Way

www.beaumontcare.com.au

1300 217 336

volunteers@beaumontcare.com.au

BEAUMONT CARE

INDEPENDENT LIVING

SUPPORT AT HOME

*Our Warm Hearted Care,
in your Own Home*

CONTACT US:

 **0407 978 250**

 sah@beaumontcare.com.au



Helping you live safely and independently at home



HAVE YOUR SAY

Beaumont Care is committed to providing high quality care and services. We invite you to assist us by letting us know what we do well and what we need to adjust so that we can improve our performance. We respect the opinions of our clients and those who visit our residential services. Speak to us today or alternatively leave feedback in the comments, concerns and suggestions box. See below the following avenues that are available to provide feedback, ideas, opinions, comments and advice.

FEEDBACK FORMS

There are suggestion boxes located at the facility.
Feedback forms can be found alongside.



QR CODE

Scan the QR code to share what is important to you

SURVEYS

Residents and their representatives are encouraged to participate in satisfaction surveys released bi-annually.

EMAIL

Service Manager: TBC

Clinical Nurse: cn-wamuran@beaumontcare.com.au

Executive Team: exec@beaumontcare.com.au

PHONE

Facility: (07) 5328 1299

WEBSITE

www.beaumontcare.com.au

OR CONNECT WITH US ONLINE



GENERAL HOUSEKEEPING

Resident/family members bringing in food to place in fridges, these items need to be labelled with the resident's name. Please ask staff who can assist you in completing the required form to document expiry date etc.

Please remember to let Admin office know if any of your details have changed so we have current information.

HELPFUL LINKS & RESOURCES

Aged and Disability Advocacy Australia 1800 818 338

Aged Care Complaints Commission 1800 550 552

Cultural Diversity in Australia www.culturaldiversity.net.au

Older Persons Advocacy Network 1800 700 660 www.opan.com.au

Palliative Care 08) 7221 8233 www.eldac.com.au

Human Rights Commission Queensland 1300 130 670 www.qhrc.qld.gov.au

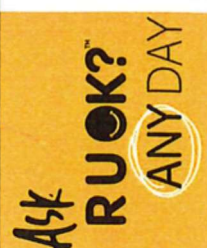
Dementia Support Australia 02) 8437 7355 www.dementiacentre.com

Aged Care Quality & Safety Commission 1800 951 822 www.agedcarequality.gov.au

Advanced Care Planning 1300 007 227 www.advancecareplanning.org.au

Charter of Aged Care Rights www.agedcarequality.gov.au/resources/charter-aged-care-rights

Wamuran Activity Program – September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
 1st Coles Personal Shopping 9.15am Strength Exercise Group 10.30am Keno 2.00pm Card Making 2.00pm Linking Letter Game 3.30pm Singing with Sarah	2nd Kym Nail Technician 9.15am Sensory/Grey Matter Stimulation 10.30am Cooking with Lea 10.30am Board Games 2.00pm Coffee Club in the Café ☕ 4.00pm 1-1 Social visits	3rd 9.15am Balance Group 10.30am Trivia with Morning Tea 10.30am Octopus Craft 2.00pm Happy Hour with Entertainer "Stephen" 4.00pm Sensory Group	4th 9.15am Fun Fitness 10.30am Hoy 10.30am Halloween Craft 2.00pm Father's Day Theme High Tea 3.30pm 1-1 Social visits	5th / 6th Father's Day Saturday 10.30am Bingo Sunday Happy Father's Day Morning Tea in Cafe 2.00pm Bead Craft with Michelle	
7th 9.15am Bocce 9.30am Scenic bus trip 10.30am Word game 10.30am Floor darts 1.30pm Picnic bus trip 2.00pm Virtual Quiz 3.30pm Sensory Activity	8th 9.15am Strength Exercise Group 10.30am Bingo 10.30am Garden group 2.00pm 1-1 Social Visits 2.00pm Trivia with Afternoon Tea	9th 9.15am Sensory/Grey Matter Stimulation 10.30am Cooking with Georgie ☕ 2.00pm Coffee Club in the Café ☕ 3.30pm 1-1 Social visits	10th R U OK DAY 9.15am Balance Group 10:30am Entertainer's Judy & Owen 2.00pm Happy Hour & Hangman 3.30pm 1-1 Social visits	11th/13th Saturday 10.30am Bingo Sunday 10.30am Hoy 2.00pm Craft with Georgie	
14th 9.15am Bocce 9.30am Scenic Bus Trip 10.30am Game of Darts 10.30am Word Game 1.30pm Picnic Bus Trip 2.00pm Table Bowls 4.00pm Sensory Activity	15th Coles Personal Shopping 9.15am Strength Exercise Group 10.30am Bingo 10.30am Melbourne Cup Art 2.00pm Butterfly Craft 2.00pm Armchair Travel to Munich 3.30pm Singing with Sarah	16th 9.15am Sensory/Grey Matter Stimulation 10.30am Cooking with Lea 10:30am Courtyard Conversations ☕ 2.00pm Coffee Club in the Café ☕ 4.00pm 1-1 Social visits	17th 9.15am Balance Exercise Group 10.30am Prayer Group 10.30am Card Making 2.00pm Happy Hour with "Di" 4.00pm Sensory Group	18th 9.15am Guided Meditation 10.30am Hoy 10.30am Oktoberfest Craft 2.00pm Knit/Crochet Group 2.00pm Mending/Sewing Group 3.30pm 1-1 Social visits	
21st 9.15am Bocce 9.30am Scenic Bus Trip 10.30am Pool Comp 10.30am Word Game 1.30pm Picnic Bus Trip 2.00pm Ten Pin Bowls 3.30pm 1-1 Social visits	22nd 9.15am Strength Exercise 10.30am Bingo 10.30am Painting Group 2.00pm Garden Group 2.00pm World Heart Day Craft 3.30pm Singing with Sarah	23rd 9.15am Sensory/Grey Matter Stimulation 10.30am Cooking Group 10.30am CAB Meeting 10.30am Board Games 2.00pm Coffee Club in the Café ☕	24th 9.15am Balance Exercise Group 10.30am Clay Craft 10.30am Button Craft 2.00pm Happy Hour with "Rob Stevenson" 3.30pm Sensory Group	25th 9.15am Fun Fitness 10.30am Hoy 10.30am Melbourne Cup Craft 11.30am Bus Lunch to Strawberry Farm Cafe 1.30pm Singer "Kimi" 2.00pm Bead Craft	
28th 9.15am Bocce 9.00am Bus Shopping Trip 10.30am Game of Darts 10.30am Word Game 1.30pm Picnic Bus Trip 2.00pm Bonus Virtual Quiz 4.00pm 1-1 Social visits	29th Coles Personal Shopping 9.15am Strength Exercise 10.00am Residents Meeting in Dining Room 10.30am Bingo 2.00pm World Heart Day Art 2.00pm Armchair Travel to Germany 3.30pm Singing with Sarah	30th 9.15am Sensory/Grey Matter Stimulation 10.30am Cooking with Lea 10:30am Courtyard Conversations ☕ 2.00pm Coffee Club in the Café ☕ 4.00pm 1-1 Social visits			
					

Activity Program subject to change due to resident's needs.