



# BEAUMONT CARE

*Warm-Hearted Care, Your Way*



## Monthly Newsletter

Keeping Residents, Families & Staff Connected



PEOPLE



COMPASSION



CHOICE



COMMUNITY

*People at the heart  
of what we do*

# CLONTARF

## OCTOBER 2026

### INSIDE THIS ISSUE:

- From Our Service Manager
- From Our Clinical Nurse
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- Staff Profile
- Resident of the Month
- Welcome and Birthdays
- Life at Beaumont Care
- Helpful Links and Resources
- Calendar



### BEAUMONT CARE CLONTARF

Service Manager:  
**Katie Morgan**

(07) 3284 6638  
39 Baringa Street,  
Clontarf Qld 4019



[www.beaumontcare.com.au/Clontarf](http://www.beaumontcare.com.au/Clontarf)

# FROM OUR SERVICE MANAGER

Hello everyone, and welcome to October!



KATIE

October is shaping up to be a wonderful month, the weather is warming up, and spring is well and truly here. If you require some new season clothing, please let Katrina know before she completes her resident shopping days.

I'm very pleased to share that our renovations are now complete! It is fantastic to finally see everything finished and our refreshed rooms ready for enjoyment. I would like to sincerely thank our residents, families, visitors and staff for your patience, understanding and flexibility throughout the renovation period. We appreciate that the works caused some disruption along the way, and your support and cooperation have been greatly appreciated.

We thank Greg and all the boys from **TOTAL Construction** who were more than happy to work around us to minimise disruption and have left us with some amazing rooms and bathrooms.



With all of our renovations completed, we will be seeing some new faces around the facility. Please take this opportunity to make them feel welcome and part of the Beaumont family.

As always, my door is open. Your feedback, suggestions and ideas are important to us and play a valuable part in helping us continually improve. Whether you would like to share something we are doing well, make a suggestion, or simply have a chat, please feel welcome to come and see me at any time.

Thank you for being such an important part of our community. I hope everyone has a fantastic October, and I look forward to enjoying the month ahead with you all.

*Warmest Regards,  
Katie*

# FROM OUR CLINICAL NURSE

Hello Residents, Families and Friends,

As we welcome October and the warmer spring weather, it is a wonderful opportunity to enjoy more time outdoors, fresh air and the activities that bring connection and enjoyment to our residents.

October provides us with several opportunities to focus on the health and wellbeing of our residents. This month we recognise Mental Health Month, World Arthritis Day, National Carers Week, Podiatry Week and National Nutrition Week. These initiatives remind us of the importance of social connection, emotional wellbeing, maintaining mobility, good nutrition and hydration, and recognising the valuable contribution of families and carers.

Families and representatives are always encouraged to speak with our nursing team if they have any questions, concerns or notice changes in their loved one's health or wellbeing. Open communication is an important part of helping us provide the best possible care.

I hope everyone has a lovely October filled with sunshine, smiles and meaningful moments together.

*Monique Jordan*  
Clinical Nurse

## LIFE AT BEAUMONT CARE



Katrina does shopping for residents on a Tuesdays.

If residents could advise the office before **8.30am** on **Tuesday's** any items they require keeping in mind shopping is done at Kippa Ring shops. Katrina can also assist with online shopping provided residents have their own credit card.

# FROM OUR LIFESTYLE TEAM



September is almost over, and with it comes the end of our first month of spring. As the weather begins to warm up, we would like to remind everyone to stay hydrated by drinking plenty of water throughout the day and taking care in the warmer temperatures.

September also saw residents enjoy two bus outings to local restaurants, providing a chance to get out and about, enjoy good food, and spend time together in the community.



## WELCOME ✨ to the TEAM

Midway through the month, we were delighted to welcome Helen to the Lifestyle Team. We are excited to have her on board and know she will bring many wonderful ideas and experiences to our residents.



It has been a busy and enjoyable month filled with a variety of activities designed to keep both our bodies and minds active. From social gatherings and outings to games and celebrations, there has been something for everyone to enjoy.

We celebrated Father's Day with a delicious BBQ and a few drinks, creating a wonderful opportunity for residents, families, and friends to come together. A big thank you to everyone who supported our Father's Day raffle. Your generosity is greatly appreciated.

A special highlight of the month was celebrating Colin's 90th Birthday on the 18th of September. It was a wonderful occasion, and we were honoured to share such a significant milestone with Colin and his loved ones.



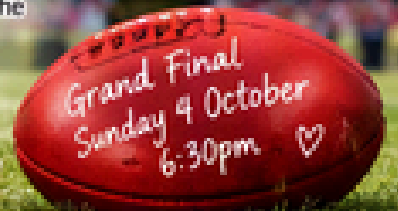
### Lucky Number Board

Don't forget, our Lucky Number Board is still active. Along with our raffles, all funds raised help support the fantastic entertainers who bring so much joy and laughter to our home. Thank you for your ongoing support.



### Footy Fans

For our footy fans, the season is heading towards an exciting finish, with the Grand Final taking place on Sunday 4 October at 6:30pm. We look forward to cheering on the teams and enjoying the excitement together.



### OCTOBER

Lots of exciting activities ahead! 😊

### What's Coming Up?

We have plenty of exciting activities planned for October, so keep an eye out for the new Lifestyle Calendar in your room to see what's coming up.



## Thank You!

Thank you to everyone for making September such a wonderful month. We look forward to creating more great memories together in October!

Same People  
More Great  
Memories

LIVE • LAUGH • BELONG ♥

Rach and Helen - The Lifestyle Team

# STAFF MEMBER PROFILE - SUE



My name is Sue, and I'm excited to have recently joined the amazing Beaumont Care Clontarf team. I'm enjoying getting to know everyone and becoming part of the Beaumont Care family.

I'm the youngest of three children and was born to Hungarian parents. Growing up in a close-knit family taught me the importance of family, something I value even more as I've gotten older.

I'm an easy-going person who enjoys life's simple pleasures, but I'm always up for an adventure. Sport has been a big part of my life, and I love watching games and soaking up the atmosphere. When it comes to the NRL, I'm proudly a Dolphins supporter. Phins Up! 🐬 I also have a soft spot for the Penrith Panthers and Parramatta Eels, having grown up in that area.

In my spare time, I enjoy a good true story, whether it's a book, movie, or documentary. I also love spending time outdoors, especially at the beach, going for walks, or working in the garden. I'm quite handy on the tools too and have completed many home renovation projects over the years, perhaps because my father was a builder and bricklayer.

Of course, I also believe that occasionally doing absolutely nothing is very productive! Someone has to supervise the garden and keep an eye on my dog, MJ, as he races around the yard.

My career has taken me on quite a journey. I spent many years working in hotels, which gave me opportunities to work in Western Australia, the Whitsundays, New Zealand, and Dubai. Seven years ago, I began a new chapter in aged care, and it has been one of the most rewarding experiences of my career.

I love getting to know people, hearing their stories, and learning about the lives they have lived.

After all the places I've been and the people I've met, I believe life is really about the connections we make and the people we share it with. I'm grateful for my family, friends, opportunities, and adventures along the way.

These days, I'm happiest spending time with family, enjoying sport, pottering in the garden, and relaxing with a good story.



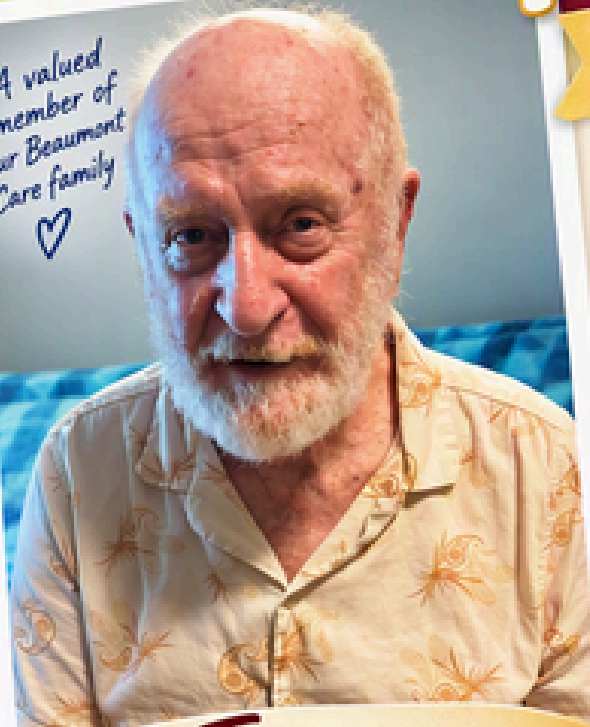
**Although, if the Dolphins are playing...  
Everything else can wait! 🐬**

**LET'S GO**  
000000  
000000  
000000  
000000  
0000!!!!

# Resident OF THE MONTH

Good  
People  
Brighter  
Days ♥

A valued  
member of  
our Beaumont  
Care family ♥



## Ian

Kind • Friendly • Adventurous ♥

OCTOBER 2026

### About Ian



Ian has been a valued member of Beaumont Care Clontarf for 4 years. He enjoys the friendly staff, good food and the bus trips.



### Ian's Favourites



Colour: Blue



Food: Well-done steak



Drink: Beer and cordial

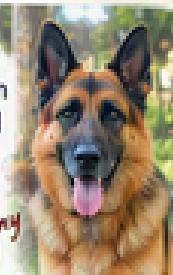
Steak  
- well done!



### Pets

Ian had a German Shepherd named Tammy about 30 years ago in his 50's.

Tammy ♥



### Hobbies & Interests



Search word puzzles

Always  
enjoyed  
a game!



Played lawn bowls



Soccer coach and player ♥

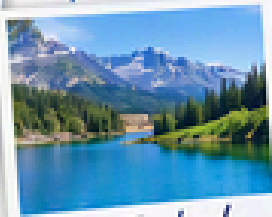


### Travel Memories

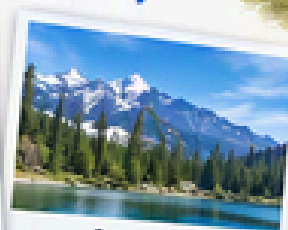
Ian has travelled throughout Australia by car and bus. Fraser Island is a favourite destination. He has also travelled to New Zealand and Canada.



Fraser Island ♥



New Zealand



Canada

Exploring  
new places  
creates great  
memories!



### Did You Know?



As a child, Ian had a pen pal both in Australia and overseas while attending primary school.



Ian is the eldest of five children, with two brothers and two sisters.

### Working Life



- First job – offsider on a bulldozer
- Worked in a shearing shed as a shearer
- Employment at Rosabrook
- Night cleaner at Golden Circle Cannery
- Last job – Broad Run

A hard  
worker  
throughout  
his life ♥

# Congratulations Ian! ♥

Thank you for sharing your stories, experiences and being such an important part of our Beaumont Care family.

# WELCOME AND BIRTHDAYS

WELCOME TO OUR NEW RESIDENTS!

**Helen Mcewan  
Deryck Thomas  
Beverley Ashby**

W E L C O M E

**BEAUMONT**

*Birthdays -*



*Lorraine*



*October*

BIRTHDAYS

**STAFF**

**Daniel Bushnell 2nd  
Clarence Verrall 17th  
Leslie Hunter 19th  
Gerard Fennelly 14th**

**Siu Tukiuha 2nd  
Juana Vander Kallen 6th  
Sue Stace 12th  
Kurt Taghoy 12th**

# LIFE AT BEAUMONT CARE

## PIANO Beau

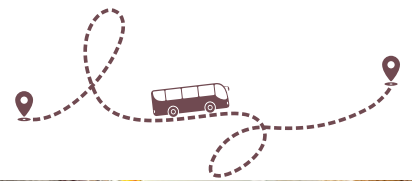


# LIFE AT BEAUMONT CARE

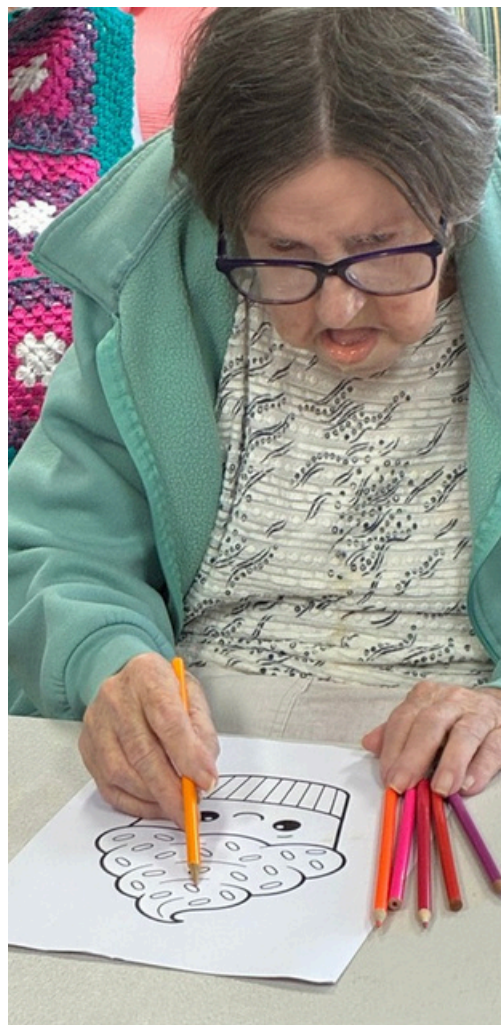
## Quoits



## Out and About Cafe 191

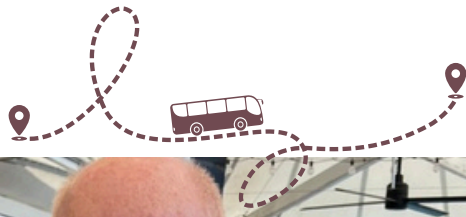


# LIFE AT BEAUMONT CARE



# LIFE AT BEAUMONT CARE

## Out and About



## Moreton Bay Boat Club



# OCTOBER FUN FACTS

The Month of Sunshine, Blossoms & Outdoor Adventures!

## OCTOBER AT A GLANCE

- October is the **10th** month of the year.
- It has **31** days.
- The name October comes from the Latin word "**octo**", meaning **eight**, because it was originally the eighth month in the ancient Roman calendar.

## ★ OCTOBER ZODIAC SIGNS ★



**LIBRA**

Sept 23 – Oct 22



- ★ Diplomatic
- ★ Fair-minded
- ★ Social
- ★ Charming
- ★ Cooperative



**SCORPIO**

Oct 23 – Nov 21



- ★ Determined
- ★ Courageous
- ★ Loyal
- ★ Passionate
- ★ Resourceful

## 🌸 OCTOBER BIRTH FLOWERS 🌸

**MARIGOLD**



Symbolises:

- ♥ Creativity
- ♥ Warmth
- ♥ Happiness
- ♥ Positive energy

**COSMOS**



Symbolises:

- ♥ Peace
- ♥ Harmony
- ♥ Balance
- ♥ Beauty

## 💎 OCTOBER BIRTHSTONES 💎

**OPAL**



Australia produces around 90–95% of the world's precious opal and is famous for its stunning colours.

Symbolises:

- ♥ Hope
- ♥ Creativity
- ♥ Love
- ♥ Good fortune

**TOURMALINE**



Symbolises:

- ♥ Compassion
- ♥ Friendship
- ♥ Joy
- ♥ Protection

## FAMOUS OCTOBER BIRTHDAYS

- ★ Julie Andrews – October 1
- ★ Sting – October 2
- ★ Simon Cowell – October 7
- ★ Matt Damon – October 8
- ★ John Lennon – October 9
- ★ Hugh Jackman – October 12
- ★ Sacha Baron Cohen – October 13
- ★ Kim Kardashian – October 21
- ★ Jeff Goldblum – October 22
- ★ Julia Roberts – October 28



## 🐾 DID YOU KNOW? 🐾

### AMAZING KANGAROO FACTS!

- ✓ Kangaroos can leap up to 9 metres in a single bound.
- ✓ They can hop at speeds over 50 km/h.
- ✓ A baby kangaroo is called a joey.
- ✓ Joeys are only about the size of a jellybean when they are born.
- ✓ Kangaroos cannot walk backwards easily.
- ✓ Australia is home to more than 60 species of kangaroos and wallabies.



## 🌸 AMAZING OCTOBER FACTS 🌸



October is the middle month of Australian spring.



Jacaranda trees begin to burst into purple blooms across Queensland.



Bees, butterflies and pollinators are very active.



Days become warmer and longer.



Many gardens are at their most colourful during October.



People born in October are either Libra or Scorpio.

# Hello October!

Enjoy the sunshine, blooming flowers, purple jacarandas and beautiful spring days!

# **HALLOWEEN WORD SEARCH**



G R A V E W T Q M A  
 A P A K Q S L K V O G G  
 N V M F V M P W P Y H O H G  
 Z C P O P E Q O C E O Y B O R S  
 P A A H O U F M O N G Z X L S A M J  
 T A B T D N Z K M K R S E S I T V Q B B  
 H A L L O W E E N Y L S T N N S E S Y A  
 A O C T O B E R Y G V C K E H C Y C Z N  
 U X E B E K Z G X Q A A P E R A A R Y I  
 N T A W L D H I E W M N M C L R R E O E  
 T L P U M P K I N S P D M K K E D A N G  
 E H X C H G C E W N I Y B D W U T M I R  
 D X P B O N E S F H R K E R E S F O P W  
 E V N D C O S T U M E L Q A R P E T N N  
 D N S T N Y W T I R Z Q O C E I Q K O R  
 F I O I T I R I G O M P U W D B O W  
 W G G R T I L X M Y A L O E B I  
 U H E C C B M B P X A L R I  
 T A H K P Y I V M S F D  
 T K G Y Y E G K E K

## Word list:

|         |           |          |          |
|---------|-----------|----------|----------|
| BONE    | GOBLIN    | NIGHT    | SPIDER   |
| BOO     | GRAVE     | OCTOBER  | SPOOKY   |
| CANDY   | GRAVEYARD | PUMPKINS | TREAT    |
| CAT     | HALLOWEEN | TRICK    | VAMPIRE  |
| COSTUME | HAUNTED   | SCARE    | WEREWOLF |
| DRACULA | MONSTER   | SCREAM   | WITCH    |
| GHOST   | MOON      | SKELETON | ZOMBIE   |





# Halloween



## Word Scramble

1. paimerv
2. mpunikp
3. oksoyp
4. hwcit
5. bmoiez
6. eklsoetn
7. thgso
8. ntduaeh
9. acydn
10. trsnmose
11. ymumm
12. abyelel



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### Word List:

|         |        |          |         |
|---------|--------|----------|---------|
| pumpkin | zombie | vampire  | haunted |
| ghost   | candy  | monsters | eyeball |
| witch   | mummy  | skeleton | spooky  |



# 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](http://www.beaumontcare.com.au)

1300 217 336

[volunteers@beaumontcare.com.au](mailto: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](mailto:sah@beaumontcare.com.au)



Helping you live safely and independently at home



# LIFE AT BEAUMONT CARE

Have you got Enduring Power of Attorney or Advanced Health Directive paperwork that you haven't supplied to the office?

Please forward to  
[clontarf@beaumontcare.com.au](mailto:clontarf@beaumontcare.com.au)

Updated or changed your email address, phone number or postal address recently?

Please forward to  
[clontarf@beaumontcare.com.au](mailto:clontarf@beaumontcare.com.au)

## 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.

Lost and found will be held monthly in the tv lounge. If you have lost any items of clothing please come along.

Do you enjoy reading? Redcliffe Library attends our facility every month.

Just a gentle reminder that the Admin Office is closed over the weekend. Any residents who are requiring any money, please see Katrina on Friday.

## A REMINDER FOR OUR RESIDENTS

Please ensure you are keeping your fluid intake up, especially in warmer weather.

Remember that there are always alternative meal options if you do not like what is offered.

Remember to put sunscreen on when going outside.

Please tell a nurse if you would like to see a doctor.

Please make sure you have correctly fitting footwear, this prevents shoes from rubbing on skin and falls.



## CHURCH SERVICES

Services are held every 3rd Friday at 10.30am in lounge with Father Ted from Anglican Church

# HAVE YOUR SAY

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 also encouraged to participate in satisfaction surveys released bi-annually.

## EMAIL

**Service Manager:** [katiemorgan@beaumontcare.com.au](mailto:katiemorgan@beaumontcare.com.au)

**Clinical Nurse:** [cn-clontarf@beaumontcare.com.au](mailto:cn-clontarf@beaumontcare.com.au)

**Executive Team:** [exec@beaumontcare.com.au](mailto:exec@beaumontcare.com.au)

## PHONE

**Facility:** (07) 3284 6638

**Service Manager:** 0412 839 440

## WEBSITE

[www.beaumontcare.com.au](http://www.beaumontcare.com.au)

## OR CONNECT WITH US ONLINE



**NEW CARD?** A friendly reminder to residents and family members to bring all new Medicare cards, Pension cards etc to the Administration office when you receive them so they can be photocopied and records updated accordingly on your file.

**UNNAMED & LOST CLOTHING?** We seem to be continuing to have a large amount of unlabeled clothing. Residents and Families please ensure all clothing items are labelled and if you are missing any clothing items could you please ask staff for assistance who would be more than happy to help.

## 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](http://www.culturaldiversity.net.au)

**Older Persons Advocacy Network** 1800 700 660 [www.opan.com.au](http://www.opan.com.au)

**Palliative Care** 08) 7221 8233 [www.eldac.com.au](http://www.eldac.com.au)

**Human Rights Commission Queensland** 1300 130 670 [www.qhrc.qld.gov.au](http://www.qhrc.qld.gov.au)

**Dementia Support Australia** 02) 8437 7355 [www.dementiacentre.com](http://www.dementiacentre.com)

**Aged Care Quality & Safety Commission** 1800 951 822 [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)

**Advanced Care Planning** 1300 007 227 [www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)

**Charter of Aged Care Rights** [www.agedcarequality.gov.au/resources/charter-aged-care-rights](http://www.agedcarequality.gov.au/resources/charter-aged-care-rights)

# CLONTARF Activity Program ~ October 2026

| Monday                                                                                                                                   | Tuesday                                                                                                                                                                    | Wednesday                                                                                                                  | Thursday                                                                                                                                                 | Friday                                                                                                                                                                            | Saturday                          | Sunday                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                          |                                                                                                                                                                            |                                                                                                                            | <b>1st Bus Trip</b>                                                                                                                                      | <b>2nd Oktober Festival</b>                                                                                                                                                       | <b>3rd</b>                        | <b>4th</b>                                                                                                                                  |
|                                                                                                                                          |                                                                                                                                                                            |                                                                                                                            | 9am Walking Group<br>9.30am Exercises<br>10.30am Oktoberfest Hookey<br>Midday Lunch<br>1.30pm Skittles<br>330 pm Tipping Point - TV                      | 9am Walking Group<br>9.30am Exercises<br>10:30 Doc - Oktoberfest<br>2:30pm Oktoberfest German Bingo                                                                               | No Planned Activities<br>Rest Day | Women's 3:00pm<br>Men's 6:30pm<br>NRL 2026 grand final<br> |
| <b>5th</b>                                                                                                                               | <b>6th</b>                                                                                                                                                                 | <b>7th</b>                                                                                                                 | <b>8th Bus Trip</b>                                                                                                                                      | <b>9th</b>                                                                                                                                                                        | <b>10th</b>                       | <b>11th</b>                                                                                                                                 |
|                                                       | 9am Walking Group<br>9.30am Exercises<br>10.30 Quits<br>Midday - Lunch<br>1 pm Documentary<br>2pm HOY<br>330 pm The Chase -TV<br><b>13th Ariana – Roving LIBRARY VISIT</b> | 9am Chair yoga<br>9.30am Exercises<br>10.30 Scrabble<br>Midday - Lunch<br>1.30 pm Carpet bowls<br>330 pm Tipping Point -TV | 9am Walking group<br>9.30am Exercises<br>10.30am Word Building<br>Midday - Lunch<br>1pm Movie & Ice Cream<br>3.30 Tipping Point                          | 9am Walking Group<br>9.30am Exercises<br>10.30 Golf putting<br>Midday - Lunch<br>2.30pm Bingo<br>330 pm The Chase – TV                                                            | No Planned Activities<br>Rest Day | 25th Anniversary of Australian Service in Afghanistan<br>Rest Day                                                                           |
| <b>12th</b>                                                                                                                              |                                                                                                                                                                            | <b>14th</b>                                                                                                                | <b>15th Bus Trip</b>                                                                                                                                     | <b>16th</b>                                                                                                                                                                       | <b>17th</b>                       | <b>18th</b>                                                                                                                                 |
| 9am Walking Group<br>9.30am Exercises<br>Floor Darts<br>Midday - Lunch<br>1.00 room visits<br>200 Hoy<br>330 Tipping point TV            | 9am Walking Group<br>9.30am Exercises<br>10.30am Quoits<br>Midday - Lunch<br>2.00pm Ariana – Roving<br>130 painting & slip<br>330 pm The Chase -TV                         | 9am Chair yoga<br>9.30am Exercises<br>10.30am Bean bag toss<br>12:00 Lunch<br>130 Carpet Bowls<br>330 Tipping point - TV   | 9am Walking Group<br>9.30am Exercises<br>10.30am table games<br>12:00 Lunch<br>2pm Footy Presentation - Happy hour<br>330 Chase-TV                       | World Food Day<br>9am Walking Group<br>9.30am Exercises<br>10.30am Father Ted<br>12:00 Lunch<br>1.30 Childhood Meal Trivia and Quiz Recipe storytelling<br>330 Tipping point - TV | No Planned Activities<br>Rest Day | No Planned Activities<br>Rest Day                                                                                                           |
| <b>19th</b>                                                                                                                              | <b>20th</b>                                                                                                                                                                | <b>21st</b>                                                                                                                | <b>22nd Bus Trip World Grandparents Day</b>                                                                                                              | <b>23rd</b>                                                                                                                                                                       | <b>24th</b>                       | <b>25th</b>                                                                                                                                 |
| 9am Walking Group<br>9.30am Exercises<br>10.30am Outdoor games<br>12:00 Lunch<br>1pm room visits<br>2.00 HOY<br>330 Tipping Point -TV    | 9am Walking Group<br>9.30am Exercises<br>10.30am Golf Putting<br>1.00 Documentary<br>2.30pm Word Game<br>330 Chase - TV                                                    | 9am Chair yoga<br>9.30am Exercises<br>1030 Songs of Praise<br>12 Lunch<br>130 Carpet Bowls<br>330 Tipping point - TV       | 9am Walking Group<br>9.30am Exercises<br>9.30 Bus to Preschool<br>10.30am Cooking with Halina<br>12 Lunch<br>1pm Movie & Ice Creams<br>330 Tipping Point | 9am Walking Group<br>9.30am Exercise<br>10.00am High Tea & Music<br>12 Lunch<br>1pm Documentary<br>2.30pm Bingo<br>330 The Chase -TV                                              | No Planned Activities<br>Rest Day | World Grandparents Day<br>No Planned Activities<br>Rest Day                                                                                 |
| <b>26th</b>                                                                                                                              | <b>27th</b>                                                                                                                                                                | <b>28th</b>                                                                                                                | <b>29th Bus Trip</b>                                                                                                                                     | <b>30th</b>                                                                                                                                                                       | <b>31st</b>                       |                                                                                                                                             |
| 9am Walking group<br>930 Exercises<br>10.30 Ten pin bowling<br>12:00 Lunch<br>1 pm Residents Meeting<br>2 pm Hoy<br>4.00pm TV chase quiz | 9am Walking Group<br>9.30am Exercises<br>10.30 Word building games<br>12 Lunch<br>1pm Documentary<br>2 pm Melbourne Cup Craft<br>330 pm Tipping point - TV                 | 9am Walking Group<br>9.30am Exercises<br>1030amHookey<br>Midday – Lunch<br>130pm Carpet Bowls<br>330 Tipping Point -TV     | 9am Walking Group<br>9.30am Exercises<br>10.30 Puzzles & boardgames<br>12 Lunch<br>1 pm Residents choice<br>2pm Pamper time<br>330 pm tipping Point      | 9am Walking Group<br>9.30am Exercises<br>10.30am Hangman /Quiz<br>12 Lunch<br>2 pm Happy Hour with Music<br>330 pm Chaser -TV                                                     | No Planned Activities<br>Rest Day |                                                                                                                                             |