

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Loxton Show</b></p>   	<p><b>1<sup>st</sup> Week of Ageing Well</b></p> <p>10:30 – 11:30am Chair Exercises and Magnetic Darts</p> <p>1:30 - 3:30pm Indoor Bowls</p> 	<p><b>2<sup>nd</sup> Week of Ageing Well</b></p> <p>10:30 – 11:30am Chapel</p> <p>1:30 – 3:00pm BINGO</p> <p>3:00 – 3:30pm Book Club</p> 	<p><b>3<sup>rd</sup> Week of Ageing Well</b></p> <p>10:30 – 11:30am Chair Exercises and Newspaper Reading</p> <p>2:00 – 3:00pm Anne Battams Community Singalong</p> 	<p><b>4<sup>th</sup> Week of Ageing Well</b></p> <p>9:00 – 10:00am Pancake Morning Tea</p> <p>10:30 – 11:30am Scattategories</p> <p>1:30 – 3:00pm Yarn a lot</p> 	<p><b>5<sup>th</sup> Week of Ageing Well</b></p> <p>10:30 – 11:45am Chair Yoga &amp; Quoits</p> <p>1:30 – 3:30pm BINGO</p> 	
						<p><b>6<sup>th</sup></b></p> <p>10:30 – 12pm Lutheran Church Traditional service DVD</p> <p>BBQ &amp; Happy hour at LUNCH</p> <p>1:30 – 3:30pm Bus Ride Around Town</p>

# OCTOBER 2024

## LEISURE AND LIFESTYLE PROGRAM




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>13<sup>th</sup></b></p> <p>10:30 – 12pm Lutheran Church Traditional service DVD</p> <p>1:30 – 3:30pm Armchair Travel to the Germany</p> 	<p><b>14<sup>th</sup></b></p> <p>10:00 – 11:30am Resident and Representative's Meeting</p> <p>1:30 – 3:00pm Mocktail Making Class with Chels!</p> <p>3:00 – 3:30pm Book Club</p> 	<p><b>15<sup>th</sup></b></p> <p>10:30 – 11:30am Walking Group</p> <p>1:30 – 3:30pm Gardening Group</p> 	<p><b>16<sup>th</sup></b></p> <p>10:30 – 11:30am Chapel</p> <p>1:30 – 3:00pm BINGO</p> <p>3:00 – 3:30pm Book Club</p> 	<p><b>17<sup>th</sup></b></p> <p>10:30 – 11:30am Chair Exercises and Newspaper Reading</p> <p>10:30 – 11:45am Bus Ride Around Town</p> <p>2:00 – 3:00pm Anne Battams Community Singalong</p>	<p><b>18<sup>th</sup></b></p> <p>10:30 – 11:30am Let's Get Trivial!</p> <p>1:30 – 3:30pm Let's sit outside in the garden and chat!</p> <p>1:30 – 4:00pm Living Waters Movie Outing</p>	<p><b>19<sup>th</sup></b></p> <p>10:30 – 11:45am Chair Yoga &amp; Mini-Bike Pedals</p> <p>1:30 – 3:30pm BINGO</p> 
<p><b>20<sup>th</sup></b></p> <p>10:30 – 12pm Lutheran Church Traditional service DVD</p> <p>BBQ &amp; Happy hour at LUNCH</p> <p>1:30 – 3:30pm Bus Ride Around Town</p>	<p><b>21<sup>st</sup></b></p> <p>10:30 – 11:30am Chair Exercises and Table Tennis</p> <p>1:30 – 3:00pm Crossword Memories</p> <p>3:00 – 3:30pm Book Club</p>	<p><b>22<sup>nd</sup></b> Men's Probus – Loxton Club</p> <p>10:30 – 11:30am Walking Group</p> <p>1:30 – 3:30pm Come cook with us!</p> 	<p><b>23<sup>rd</sup></b></p> <p>10:30 – 11:30am Chapel</p> <p>1:30 – 3:00pm BINGO</p> <p>3:00 – 3:30pm Book Club Men's group – Bus / bike ride</p>	<p><b>24<sup>th</sup></b></p> <p>10:30 – 11:30am Chair Exercises &amp; Newspaper Reading</p> <p>10:30 – 11:45am Bus Ride Around Town</p> <p>2:00 – 3:00pm Anne Battams Community Singalong</p>	<p><b>25<sup>th</sup></b></p> <p>Crazy Hair and Outfit's Day!</p> <p>10:30 – 11:30am Let's Get Trivial!</p> <p>1:30 – 3:30pm Card making with Chelsea</p> 	<p><b>26<sup>th</sup></b></p> <p>10:30 – 11:45am Chair Yoga &amp; Mini-Golf</p> <p>1:30 – 3:30pm BINGO</p> 

PLEASE NOTE THAT LIFESTYLE ACTIVITIES ARE SUBJECT TO CHANGE

ALL ACTIVITIES ARE HELD IN THE CHAPEL AND WELLBEING CENTRE, UNLESS SPECIFIED OTHERWISE

# OCTOBER 2024

## LEISURE AND LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>28<sup>th</sup></b></p> <p>10:30 – 12pm Lutheran Church Traditional service DVD</p> <p>1:30 – 3:30pm Movie Afternoon</p> 	<p><b>29<sup>th</sup></b></p> <p>10:30 – 11:30am Chair Exercises &amp; Word Games</p> <p>1:30 – 3:30pm Paint n Sip</p> 	<p><b>30<sup>th</sup></b></p> <p>10:30 – 11:30am Walking Group</p> <p>1:30- 3:30pm Brain Boosters &amp; Word Games</p> 	<p><b>31<sup>st</sup></b></p> <p>10:30 – 11:30am Chapel</p> <p>1:30 – 3:00pm BINGO</p> <p>3:00 – 3:30pm Book Club</p>	<p><b>Are you missing your loved ones?? If you would like to Face time or Skype your loved ones on Riverview's iPad, we would LOVE to help you!</b></p> <p>Families can contact Riverview on 8584 7370 and residents can ask at the reception desk, and we can set up a time for you.</p> 