

CapellaBay Activities Calendar – October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9.15 Sit Dance 10.30 Hoy 2.00 Pamper Parlour GF	2 9.15 Sit Dance 10.30 New Residents Morning Tea. 2.00 Movie Matinee Revealing Gallipoli	3 9.15 Exercise 10.30 Bingo
4 9.15 Sit Dance 10.00 Morning Tea on the Deck 11.30 Songs of Praise	5 Public Holiday QUEEN'S BIRTHDAY	6 9.15 News and exercise 10.30 Queens Birthday Morning Tea Please wear your best Hat 2.00 Men's Meeting 3.00 Individual Music Therapy	7 9.15 Tai Chi OR 9.30 Guided Garden Walk 10.30 Spirit of song Collection of beautiful hymns on the big screen 2.00 The Gathering	8 9.15 Sit Dance 10.30 Personal Visits 2.00 Pamper Parlour L1	9 9.15 Sit Dance 10.30 Bocce 1.30 Movie Matinee Phantom of the Opera	10 9.15 Exercise 10.30 Bingo
11 9.15 Sit Dance 10.00 10.00 Morning Tea on the Deck 11.30 Songs of Praise	12 9.15 News and Exercise 10.30 Scattergories 1.30 Graces Knit&Knatter 3.15 1:1 Visits with Murphy	13 9.15 News and Exercise 10.30 Arm Chair Travel to Germany 2.00 Men's Meeting 3.00 Individual Music Therapy	14 9.15 Tai Chi OR 9.30 Guided Garden Walk 10.30 The Price is Right 2.00 The Gathering Oktoberfest Theme	15 9.15 Sit Dance 10.30 Ladies Coffee Club 2.00 Pamper Parlour GF	16 8.00am McDonalds Breakfast RSVP at Reception 10.30 Sit Dance 1.30 Artist Impressions Claude Monet Waterlilies	17 9.15 Exercise 10.30 Bingo
18 9.15 Sit Dance 10.00 Morning Tea on the Deck 11.30 Songs of Praise	19 9.15 News and Exercise FL 2.00 Hoy 1.30 Graces Knit&Knatter 3.15 1:1 Visits with Murphy	20 9.15 News and Exercise FL 10.30 Doco Morning Great North 2.00 Men's Meeting 3.00 Individual Music Therapy	21 9.15 Tai Chi OR 9.30 Guided Garden Walk 10.30 Golf Putting 2.00 The Gathering	22 9.15 Sit Dance 10.30 Rock Painting 2.00 Pamper Parlour L1	23 9.15 Sit Dance 10.30 Nathaniel virtual Concert 1.30 Movie Matinee North by Northwest	24 9.15 Exercise 10.30 Bingo
25 9.15 Sit Dance 10.00 Morning Tea on the Deck 11.30 Songs of Praise	26 9.15 News and Exercise FL 10.30 Quiz & Trivia Morning 1.30 Graces Knit&Knatter 3.15 1:1 Visits with Murphy	27 9.15 News and Exercise FL 10.30 Sausage Sizzle on the Deck. 2.00 Men's Meeting 3.00 Individual Music Therapy	28 9.15 Tai Chi OR 9.30 Guided Garden Walk 10.30 Arm Chair Travel to Germany 2.00 The Gathering	29 9.15 Sit Dance 11.30 Pizza Luncheon RSVP at Reception 2.00 Pamper Parlour GF	30 9.15 Sit Dance 10.30 Halloween Morning Tea 2.00 Ice Cream Social	31 9.15 Exercise 10.30 Bingo

