


# November 2023

# Nursing Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Birthdays 13th Dianne		<b>1</b> 9am Exercise 10.30 Bobs 12.30 St Massage 1.30 Hat Making 3pm Movie	<b>2</b> 9am Exercises 10.30 Tubegame 12.30 ST Masaage 1.30 Hat Making 1.30 Residents meeting	<b>3</b> 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Hat Making 3pm Movie	<b>4</b> 9am Balloon Games 10.30 Bingo 12.30 Nail Care 1.30 Sing a Long 3pm Movie
<b>5</b> 9am Exercises 10.30 Darts 12.30 ST Massage 1.30 Quizzes 2.30 Movie	<b>6</b> 9am Exercises 10.30 Golf 12.30 Nail Care 1.30 Remember When 3pm Movie	<b>7</b> Melbourne cup 9am Exercises 10.30 Silver & Gold 1.30 Fashion of the fields 3pm The Race that stops The Nation	<b>8</b> 9am Exercise 10.30 Frantastic 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie	<b>9</b> 9am Exercises 9.30 Anglicain Service 10.30 Tubegame 12.30 ST Masaage 1.30 Who am I	<b>10</b> 9am Exercises 9.30 Catholic Mass 10.30 Skittles 12.30 ST Massage 1.30 Memory Magic	<b>11</b> 9am Balloon Games 10.30 Bingo 12.30 Nail Care 1.30 Sing a Long 3pm Movie
<b>12</b> 9am Exercises 10.30 Darts 12.30 ST Massage 1.30 Quizzes 2.30 Movie	<b>13</b> 9am Exercises 10.30 Golf 12.30 Nail Care 1.30 Remember When 3pm Movie	<b>14</b> 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Crossword 3pm Movie	<b>15</b> 9am Exercise 10.30 Bobs 12.30 St Massage 1.30 Whiteboard Games 3pm Movie	<b>16</b> 9am Exercises 10.30 Tubegame 12.30 ST Masaage 1.30 Who am I 3pm Movie	<b>17</b> 9am Exercises 10.30 The Gals 12.30 ST Massage 1.30 Memory Magic 3pm Movie	<b>18</b> 9am Balloon Games 10.30 Bingo 1pm Glydstale Horses 2.15 Dancing Mates 3pm Movie
<b>19</b> 9am Exercises 10.30 Darts 12.30 ST Massage 1.30 Quizzes 2.30 Movie	<b>20</b> 9am Exercises 10.30 Golf 12.30 Nail Care 1.30 Remember When 3pm Movie	<b>21</b> 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Crossword 3pm Movie	<b>22</b> 9am Exercise 10.30 Bobs 12.30 St Massage 1.30 Whiteboard Games 3pm Movie	<b>23</b> 9am Exercises 9.30 Anglicain Service 10.30 Tubegame 12.30 ST Masaage 1.30 Who am I	<b>24</b> 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Memory Magic 3pm Movie	<b>25</b> 9am Balloon Games 10.30 Bingo 12.30 Nail Care 1.30 Sing a Long 3pm Movie
<b>26</b> 9am Exercises 10.30 Darts 12.30 ST Massage 1.30 Quizzes 2.30 Movie	<b>27</b> 9am Exercises 10.30 Golf 12.30 Nail Care 1.30 Remember When 3pm Movie	<b>28</b> 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Crossword 3pm Movie	<b>29</b> 9am Exercise 10.30 Bobs 12.30 St Massage 1.30 Whiteboard Games 3pm Movie	<b>30</b> 9am Exercises 10.30 Tubegame 12.30 ST Masaage 1.30 Who am I 3pm Movie		