


November 2023

The Cove

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|---|
|  | | | 1 9am Sonas 10.30 Golf 12.30 St Massage 1.30 Memory Magic 2.30 Table Games | 2 9am Exercises 10.30 Bobs 12.30 Nail Care 1.30 Quizzes 2.30 Snakes and Ladders | 3 9am Chair yoga 10.30 Tubegame 12.30 ST Massage 1.30 Sing a long 2.30 Movie | 4 9am Exercises 10.30 Bingo 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie |
| 5 9am Chair Yoga 10.30 Card Bingo 12.30 ST Massage 1.30 Who am I 3pm Movie | 6 9am Exercises 10.30 Skittles 12.30 Nail Care 1.30 Remember when 2.30 Boardgames | 7 Melbourne Cup 9am Ball Games 10.30 Silver & Gold 12.30 St Massage 1.30 Fashions of the Field 3pm Race that stops the Nat | 8 9am Sonas 10.30 Frantastic 12.30 St Massage 1.30 Memory Magic 2.30 Table Games | 9 9am Exercises 9.30 Anglicain Services 10.30 Bobs 12.30 Nail Care 1.30 Quizzes | 10 9am Chair yoga 10.30 Tubegame 12.30 ST Massage 1.30 Sing a long 2.30 Movie | 11 9am Exercises 10.30 Bingo 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie |
| 12 9am Chair Yoga 10.30 Card Bingo 12.30 ST Massage 1.30 Who am I 3pm Movie | 13 9am Exercises 10.30 Skittles 12.30 Nail Care 1.30 Remember when 2.30 Boardgames | 14 9am Ball Games 10.30 Bowls 12.30 St Massage 1.30 Music Bingo 2.30 Colour Therapy | 15 9am Sonas 10.30 Golf 12.30 St Massage 1.30 Memory Magic 2.30 Table Games | 16 9am Exercises 10.30 Bobs 12.30 Nail Care 1.30 Quizzes 2.30 Snakes and Ladders | 17 9am Chair yoga 10.30 The Gals 12.30 ST Massage 1.30 Sing a long 2.30 Movie | 18 9am Exercises 10.30 Bingo 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie |
| 19 9am Chair Yoga 10.30 Card Bingo 12.30 ST Massage 1.30 Who am I 3pm Movie | 20 9am Exercises 10.30 Skittles 12.30 Nail Care 1.30 Remember when 2.30 Boardgames | 21 9am Ball Games 10.30 Bowls 12.30 St Massage 1.30 Music Bingo 2.30 Colour Therapy | 22 9am Sonas 10.30 Golf 12.30 St Massage 1.30 Memory Magic 2.30 Table Games | 23 9am Exercises 9.30 Anglicain Services 10.30 Bobs 12.30 Nail Care 1.30 Quizzes | 24 9am Chair yoga 10.30 Tubegame 12.30 ST Massage 1.30 Sing a long 2.30 Movie | 25 9am Exercises 10.30 Bingo 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie |
| 26 9am Chair Yoga 10.30 Card Bingo 12.30 ST Massage 1.30 Who am I 3pm Movie | 27 9am Exercises 10.30 Skittles 12.30 Nail Care 1.30 Remember when 2.30 Boardgames | 28 9am Ball Games 10.30 Bowls 12.30 St Massage 1.30 Music Bingo 2.30 Colour Therapy | 29 9am Sonas 10.30 Golf 12.30 St Massage 1.30 Memory Magic 2.30 Table Games | 30 9am Exercises 10.30 Bobs 12.30 Nail Care 1.30 Quizzes 2.30 Snakes and Ladders | | |