

Lifestyle Activities

1-6 October

Time	Location	Activity	Notes
Tuesday 1 October			
9.45am - 11.15 am	St Clare	Art Group with Meredith	\$5.00
10am-11am	Riddle South	Craft	
2pm-3pm	St Clare	Milkshakes in the Garden	
Wednesday 2 October			
10.30am – 11am	Riddle North	Uniting Church Service	
2pm -3pm	Hub	Glenelg Ukelele Group	\$5.00
Thursday 3 October			
10am-11am	Café area	Walking Group with Garden Talk	
2pm – 3.30pm	Bric a Brac Trolley	All areas	
Friday 4 October			
10am-11am	Wisteria	Seated Exercises	
10am-11am	Riddle North	Ageing well morning tea	
2pm – 3pm	Hub	Dance with Dogs	\$3.00
Saturday 5 October			
10am-11am	Wisteria	Cooking Demonstration	
2pm-3pm	Hub	Bingo	\$2.50
Sunday 6 October			
10am-11am	Wisteria	Seated Exercises	
2pm – 3pm	Hub	Quiz and Things	

Dine with Lifestyle every day from 12pm-12.30pm

Lifestyle Activities

7-13 October

Time	Location	Activity	Notes
Monday 7 October			
10am - 11.15am	Hub	Ball Games	
2pm – 3pm	Cheater	Brain Teasers	
2pm-3pm	St Clare	Card Making	\$2.50
Tuesday 8 October			
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
9.30am	Riddle South	Hearing Clinic	
2pm-3pm	Hub	Resident Meeting	
Wednesday 9 October			
10.00am- 11am	Hub	Whiteboard Games	
2pm – 3pm	Hub	Armchair Travel to Ecuador	
Thursday 10 October			
10am-11am	Café area	Walking Group with Garden Talk	
2pm - 3pm	Riddle North	Anglican Church Service	
Friday 11 October			
10am - 11am	Wisteria	Seated Tai Chi	
2pm- 3pm	Hub	Frankie's Concert	\$5.00
Saturday 12 October			
10am - 11am	Riddle North	Knit and Natter	
10am	All Areas	Shopping Trolley	
2pm - 3pm	Hub	Singalong with Ollie and Dean	
Sunday 13 October			
10am - 11am	Hub	Café Club	\$2.00
2pm - 3pm	Hub	Bingo	\$2.50

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Lifestyle Activities

14-20 October

Time	Location	Activity	Notes
Monday 14 October			
10am - 11am	Hub	Tots at Dots	
2pm-3pm	Day Therapy Dining Room	Book Discussion Group: Battle of the Genres	
Tuesday 15 October			
9.45am-11.15am	St Clare	Art Group with Meredith	\$5.00
10am-11am	Riddle South	Table Games	
2pm-3pm	Cheater	Walk down memory lane	
Wednesday 16 October			
10.30am-11am	Hub	Uniting Church Service	
2pm-3.15pm	Hub	Singalong with Ollie and Dean	
Thursday 17 October			
10am - 11.10am	Garden/Cafe	Walking group with garden talk	
2pm – 3.15pm	The Shed	Men’s afternoon BBQ	
Friday 18 October			
9.45am – 10.45am	Kitchen	Kitchen Tour with Linda	Please book with Lifestyle (Maximum 6 residents)
2pm - 3pm	Hub	Movie – Penguin Bloom	
Saturday 19 October			
10am – 11am	Wisteria	Cooking Demonstration	
2pm – 3pm	Hub	Bingo	\$2.50
Sunday 20 October			
10am - 11am	Wisteria	Seated Exercises	
2pm - 3pm	Hub	High Tea	\$2.50

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Lifestyle Activities

21-27 October

Time	Location	Activity	Notes
Monday 21 October			
10am – 11am	Hub	Tots at Dots	
2pm - 3pm	St Clare	Card Making	\$2.50
2pm-3pm	Cheater	Brain Teasers	
Tuesday 22 October			
9.45 am – 11.15 am	St Clare	Art Group with Meredith	\$5.00
10am-11am	Wisteria	Fancy Nails	Book with Lifestyle
1.30pm-3.30pm	Meet at the café at 1.15pm	Sightseeing trip through Adelaide city	Book with Lifestyle \$10.00
Wednesday 23 October			
10.30am – 11pm	Hub	Church of Christ Church Service	
2pm – 3.15pm	Riddle North	Melbourne Cup Craft	
Thursday 24 October			
10am – 11am	Garden/Cafe	Walking group with garden talk	
2pm - 3pm	Riddle North	Vintage Voices Choir Practice	Please book with lifestyle if you are interested.
2pm-3pm	St Clare	Reminiscing Afternoon	
Friday 25 October			
10.30am-11.30am	St Clare	Clothing Stall: Jaydees Fashion	
2pm - 3pm	Day Therapy Dining Room	Birthday Afternoon Tea for October Birthdays	
Saturday 26 October			
10am - 11am	Riddle North	Knit and Natter	
10am	All Areas	Shopping Trolley	
2pm - 3pm	Hub	Singalong with Ollie and Dean	
Sunday 27 October			
10am-11am	Hub	Café Club	\$2.00
2pm-3pm	Hub	Bingo	\$2.50

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Lifestyle Activities

28-31 October

Monday 28 October			
10am - 11am	Hub	Tots at Dots	
Special Luncheon			
2pm-3pm	Wisteria	Whiteboard Games	
Tuesday 29 October			
9.45am-11.15am	St Clare	Art Group with Meredith	\$5.00
10am-11am	Riddle South	Quiz	
2pm-3pm	Riddle North	Craft	
Wednesday 30 October			
10.30am-11am	Hub	Baptist Church Service	
10am-11am	Riddle North	Intergenerational Morning Tea	
2pm-3.15pm	Hub	Singalong with Ollie and Dean	
Thursday 31 October			
10am - 11.10am	Garden/Cafe	Walking group with garden talk	
2pm – 3.15pm	Riddle North	Halloween Happy Hour Dress up scary	Spirits available \$5

