

Goodwin House Monthly Program - November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
31	1	2	3	4	5	7	8	9	10	11	12	
Halloween	Melbourne Cup	Anglican service	9:30 - Tai Chi & Meditation	9:30 - Exercises	Polish dance group 3:30	9:30- Balance fitness	9:30 - Yoga	9:30 - Yoga	9:30 - Tai Chi & Meditation	Remebrance Day	Open Day Fair	
9:30- Balance fitness	9:30 - Yoga	10:15 Catholic service		10:45 - Bits & Bobs		Uniting Care service		10:15 Catholic Service		9:30 - Exercises		
		Stick soccer	Room visits	Bridging the Gap + bus trip Cockington Green		11:00 - Cooking	Carpet Bowls	Singalong with Margaret	Ten Pin bowls	10:45 - Bits & Bobs		
11:00 - Cooking	Sweeps Lunch	Movement to music	Ready Steady Cook, bus trip	Bryan Butler Performance	SUNDAY	2:00 - Latte Da & nail art	Taste test new menu, Dickson College visit	Birthday afternoon tea	On-canvas painting (extra services ladies only)	Remebrance Day service	SUNDAY	
Latte Da & nail art; knock knock jokes	Hat and Dress Parade	Delta Dog visit, Shopping	Trivia	Knitting group	2pm Sunday film	Spanish language class	3:15 Word Challenge	Wii Games	3:15 Trivia	Cooking	10:30 Catholic prayers and communion, 2pm Sunday film	
Spanish language class	3:15 Word challenge	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	3:15 Knitting group	SATURDAY	
MONDAY	TUESDAY	16	17	18	19	21	22	23	24	FRIDAY	26	
14	15	9:30 - Yoga	9:30 - Tai Chi & Meditation	9:30 - Exercises	Shuffleboard, cards and board games available in activities room	9:30- Balance fitness	National Lebanon Day	9:30 - Yoga	9:30 - Tai Chi & Meditation	25	Shuffleboard, cards and board games available in activities room	
9:30- Balance fitness	9:30 - Yoga	10:30 Anglican service		10:45 - Bits & Bobs			Merici dance performace & art class	9:30 - Yoga		10:30 Anglican service		9:30 - Exercises
	10:45 - Bits & Bobs	Putt putt golf	Shopping	Bean bag challege		Cooking	10:45 - Bits & Bobs	Singalong with Margaret	Hang Man	10:45 - Bits & Bobs		
Cooking	Bingo, Hellenic Club	Residents meeting	Balloon release	Bean bag challege	SUNDAY	Latte Da & nail art	Lebanese craft	Ring toss	2:00 Combined trivia comp	Bridging the Gap, Christmas tree set up	SUNDAY	
Latte Da & nail art	Sandie Micheal Fashion 3pm	happy hour, Delta Dogs visit	3:15 Trivia	3:15 Knitting group	10:30 Catholic prayers and communion, 2pm Sunday film	4:00 Room visits/ 1:1 time	Film & theatre room	ipads	3:15 Trivia	Film	10:30 Catholic prayers and communion, Carols performance SFC Canberra	
Spanish language class	3:15 Word challenge	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONDAY	3:15 Word challenge	WEDNESDAY	THURSDAY	3:15 Knitting group	SATURDAY	
MONDAY	TUESDAY	30	1	2	3	5	TUESDAY	7	8	FRIDAY	10	
28	29	St Andrews Day	9:30 - Tai Chi & Meditation	9:30 - Exercises	Shuffleboard, cards and board games available in activities room	9:30- Balance fitness	6	9:30 - Yoga	9:30 - Tai Chi & Meditation	9	Shuffleboard, cards and board games available in activities room	
9:30- Balance fitness	9:30 - Yoga	9:30 - Yoga		10:45 - Bits & Bobs				11:00 - Cooking		9:30 - Yoga		10:15 Catholic service
	10:45 - Bits & Bobs	10:30 Anglican service	Shopping	Bridging the Gap, Music in the Gardens		10:45 - Bits & Bobs	Singalong with Margaret	CSO string quartet	10:45 - Bits & Bobs			
11:00 - Cooking	carpet bowls	ipads	Farrer choir caroals	painting	SUNDAY	Latte Da & nail art	Emmaus Christian School performance	Ainslie choir perofrmance	Brite Notes	Bridging the Gap	SUNDAY	
Latte Da & nail art	christmas carols, Monash	Extra serivces high tea	3:15 Trivia	3:15 Knitting group	10:30 Catholic prayers and communion, 2pm Sunday film	Spanish language class	Bingo	Hot potato	Trivia	Pictionary	10:30 Catholic prayers and communion, 2pm Sunday film	
Spanish language class	3:15 Word challenge	Delta Dogs visit					3:15 Word challenge			3:15 Knitting group		