

Lifestyle Activities

1-4 October

Time	Location	Activity	Notes
Thursday 1 October			
10 am-11 am	Café area	Walking Group with Garden Talk	
2 pm – 3 pm	Riddle North	Celebrating Older Persons Day	Catered
Friday 2 October			
10am-11am	Cheater	Newspaper Reading	
2pm – 3pm	Hub	Seated Tai Chi	
Saturday 3 October			
10am-11am	Day Respite Dining Room	Cooking Demonstration	
2pm-3pm	Hub	Bingo	\$2.50
Sunday 4 October DAY LIGHT SAVINGS STARTS			
10am-11am	Cheater	Lifestyle Visits	
2pm – 3pm	Hub	High Tea	\$2.50

Daylight Saving Time

Starts Sun, 4th Oct 2026



VIC, NSW, SA, TAS, and ACT

 Daylight Saving Time starts Sun, 4th October!
Don't forget to put your clocks forward 1 hour at
2 am. More daylight, less sleep.



Lifestyle Activities

5-11 October

Time	Location	Activity	Notes
Monday 5 October		PUBLIC HOLIDAY	
10 am – 11 am	Hub	Bocce	
2 pm – 3 pm	Front Garden	Milkshakes in the Garden	catered
Tuesday 6 October			
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
10.00am -11.00am	Wisteria	Knit and Natter	
2pm-3pm	Wisteria	Shuffleboard	
Wednesday 7 October			
10.30am- 11am	Hub	Anglican Church Service	
2pm- 3pm	Hub	Henry Olonga Concert	\$5.00
Thursday 8 October			
10am-11am	Café area	Walking Group with Garden Talk	
2pm - 3pm	Day respite	Armchair travel to London UK	
Friday 9 October			
10am - 11am	St Clare	Make your own Life History Book	Ongoing individual project
1.30pm- 4.10pm	Hub	Movie - Elvis	
Saturday 10 October			
10am - 11am	Chester	Quiz	
10am- onwards	All Areas	Treats Trolley	
2pm - 3pm	Hub	Singalong with Ollie and Dean	
Sunday 11 October			
10am - 11am	Hub	Café Club	catered
2pm - 3pm	Hub	Bingo	\$2.50

Lifestyle Activities

12-18 October

Time	Location	Activity	Notes
Monday 12 October			
10am – 11.15am	Hub	Tots at Dots	
11am- 12pm	Wisteria Lounge	Library Book Group	Movie /TV show adaptations
2pm-3pm	Hub	Lions Assistance Dogs Guest Speaker & Demonstration	
Tuesday 13 October			
9.45am-11.15am	St Clare	Art Group with Meredith	\$5.00
9.30am- 3.30pm	Wisteria	Hearing Clinic	
2pm-3pm	Cheater	Whiteboard Games	
Wednesday 14 October			
10.30am-11am	Hub	Uniting Church Service	
2pm-3.15pm	Hub	Senior Smart AI workshop	
Thursday 15 October			
10am - 11am	Garden/Cafe	Walking group with garden talk	
2pm – 3.00pm	Back Garden	Games	
Friday 16 October			
10am – 11am	Back Garden	Charades	
2 pm – 3 pm	Hub	Seated Tai Chi	
Saturday 17 October			
10am – 11am	Day Respite	'Magic Table' games	
2pm – 3pm	Hub	Bingo	\$2.50
Sunday 18 October			
10am - 11am	St Clare	Lifestyle Visits	
2pm - 3pm	Hub	High Tea	\$2.50



Guest Speakers 12th October

Lifestyle Activities

19-25 October

Time	Location	Activity	Notes
Monday 19 October			
10am – 11am	Hub	Tots at Dots	
2pm - 3pm	Wisteria lounge	Scrabble & Upwords	
Tuesday 20 October			
9.45 am – 11.15 am	St Clare	Art Group with Meredith	\$5.00
10am-11am	Wisteria	Knit and Natter	
2pm-3pm	Day respite dining	Spring Rocks! – paint a rock	
Wednesday 21 October			
10.30am – 11pm	Hub	Church of Christ Church Service	
2pm – 3.15pm	Day Respite Dine	Melbourne Cup Hats/ Fascinators	
Thursday 22 October			
10am – 11am	Garden/Cafe	Walking group with garden talk	
2pm - 3pm	Hub	Copy Cats Concert	\$5.00
Friday 23 October			
10am-11am	St Clare	Make your own Life History Books	Ongoing individual project
2pm - 3pm	Hub	Andre Rieu DVD	
Saturday 24 October			
10am - 11am	Cheater	Quiz	
10am- Onwards	All Areas	Treats Trolley	
2pm - 3pm	Hub	Singalong with Ollie and Dean	
Sunday 25 October			
10am-11am	Hub	Café Club	catered
2pm-3pm	Hub	Bingo	\$2.50



Melbourne cup hats 21st October

Lifestyle Activities

26-31 October

Monday 26 October			
10am - 11am	Hub	Tots at Dots	
2pm-3pm	Riddle	Shuffleboard	
Tuesday 27 October			
9.45am-11.15am	St Clare	Art Group with Meredith	\$5.00
10am-11am	Cheater	Lifestyle Visits	
2pm-3pm	Hub	Resident Meeting	
Wednesday 28 October			
10.30am-11am	Hub	Baptist Church Service	
2pm-3.00pm	Hub	Maureen Ross from Ross Roses guest speaker	
Thursday 29 October			
10am - 11am	Garden/Cafe	Walking group with garden talk	
2pm – 3.15pm	Hub	Bikie Busker Concert	\$5.00
Friday 30 October			
10am-11am	Wisteria	Drop a line (Send a postcard)	
2pm-3pm	Hub	Seated Tai Chi	
Saturday 31 October			
10am – 11am	Day Respite	Cooking Demonstration	
2pm – 3pm	Hub	Bingo	\$2.50



28th October