

# October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Hello October</b></p>	<p>It's Important to have a twinkle in your wrinkle</p>	<p>Beautiful young people are accidents of nature, but beautiful old people are works of art</p>	<p>Anyone who keeps the ability to see beauty never grows old.</p>	<p>The most beautiful people wear their hearts on their sleeves.</p>	<p>Everyday provides its own gifts.</p>	<p><b>Be H.A.P.P.Y</b></p> 
<p>2</p> <p><b>Public Holiday</b></p>	<p>3</p> <p><b>HAIRDRESSER</b> <b>National Beer &amp; Pizza Day</b></p> <p>9.45 Walking Group 10.30 Craft 1.45 Men's Group 2.30 Country Drive</p>	<p>4</p> <p>9.45 Exercises 11.00 Shuffleboard 2pm Men's Bus Trip Club Cowra</p> 	<p>5</p> <p>9.45 Walking Group 10.45 Combined Church Service 1.45 Bingo</p> 	<p>6</p> <p>10am Bus Trip Community Morning Tea Cowra Neighborhood Centre</p> <p>9.45 Exercises 2pm Carpet Bowls</p> 	<p>7</p> <p>9.45 Taste Testing 11.00 Shuffleboard 1.45 Active Games</p> 	<p>8</p> <p>9.45 Trivia and Discussion Group 1.30 Bingo</p> 
<p>9</p> <p><b>National Curry Week Enjoy Curry Menu Options this week</b></p> <p>9.45 Exercises 1.45 Knitting Group 2.30 Country Drive</p>	<p>10</p> <p><b>HAIRDRESSER</b> 9.45 Walking Group 10.30 Craft 1.45 Men's Group 3pm Board Games</p> 	<p>11</p> <p>9.45 Exercises 11.00 Catholic Church Service 11.00 Shuffleboard 1pm Hand and Nail Ladies</p>	<p>12</p> <p>9.45 Walking Group 1.45 Bingo</p> 	<p>13</p> <p>9.45 Exercises 11am Masala Library Indian Restaurant Lunch</p> 	<p>14</p> <p>9.45 Taste Testing 11.00 Shuffleboard 1.45 Active Games</p> 	<p>15</p> <p>9.45 Trivia and Discussion Group 1.30 Bingo</p> 
<p>16</p> <p>9.45 Exercises 11.00 Resident's Committee Meeting 1.45 Knitting Group 2.30 Country Drive</p> 	<p>17</p> <p><b>HAIRDRESSER</b> 9.45 Walking Group 10.30 Craft 1.45 Men's Group 3pm Board Games</p> 	<p>18</p> <p><b>World Pasta Day</b> 9.45 Exercises 11.00 Catholic Church Service 11.00 Shuffleboard 1.30 Men's Bus Trip Koorawatha Hotel</p>	<p>19</p> <p>9.45 Walking Group 10.45 Combined Church Service 1.45 Bingo</p> 	<p>20</p> <p>9.30 Bus Trip Breakout Brasserie Café Morning Tea 9.45 Exercises 2pm Birthday Happy Hour Norm Excell</p> 	<p>21</p> <p>9.45 Taste Testing 11.00 Shuffleboard 1.45 Active Games</p> 	<p>22</p> <p>9.45 Trivia and Discussion Group 1.30 Bingo</p> 
<p>23</p> <p>9.45 Exercises 1.45 Knitting Group 2.30 Country Drive</p> 	<p>24</p> <p><b>HAIRDRESSER</b> 9.45 Walking Group 10.30 Craft 1.45 Men's Group 3pm Board Games</p>	<p>25</p> <p>9.45 Resident's Meeting 11.00 Catholic Church Service 11.00 Shuffleboard 1pm Hand and Nail Ladies</p>	<p>26</p> <p>9.45 Walking Group 1.45 Bingo</p> 	<p>27</p> <p>9.30 Bus Trip Japanese Gardens 9.45 Exercises 12.30 Mr. Whippy Ice-cream Van Visit</p> 	<p>28</p> <p>9.45 Taste Testing 11.00 Shuffleboard 1.45 Active Games</p> 	<p>29</p> <p>9.45 Trivia and Discussion Group 1.30 Bingo</p> 
<p>30</p> <p>9.45 Exercises 1.45 Knitting Group 2.30 Country Drive</p>	<p>31</p> <p><b>HAIRDRESSER</b> 9.45 Walking Group 10.30 Craft 1.45 Men's Group 3pm Board Games</p>	<p>1</p> <p>9.45 Exercises 11.00 Catholic Church Service 11.00 Shuffleboard 2pm Men's Bus Trip Cowra Golf Club</p>	<p>2</p> <p>9.45 Walking Group 10.45 Combined Church Service 1.45 Bingo</p>	<p>3</p> <p>9.30 Bus Trip Perennial Plants Café Canowindra 9.45 Exercises 2pm Carpet Bowls</p>	<p>4</p> <p>9.45 Taste Testing 11.00 Shuffleboard 1.45 Active Games</p>	<p>5</p> <p>9.45 Trivia and Discussion Group 1.30 Bingo</p>