

September 2019

Palm Sails

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am Exercises 10.30 Robert 1.30 Movie	2 9.30 Exercises With Mob 10.30 On This Day 1.30 Shuffleboard	3 9am Exercises 10.30 Bingo 2pm The Gals	4 9am Exercises 10.30 Bowls 1.30 Whiteboard Games	5 9.30 Assisted Shopping 10.30 Rummikub 1.30 Shopping Bus/ Big Bingo	6 9.30 Exercises 10.30 Golf 1.30 Rowdy Rockers	7 9am Exercises 10.30 Bingo 1.30 Sing a long
8 9am Exercises 10.30 Remember When 1.30 Movie	9 9.30 Exercises With Mob 10.30 On This Day 1.30 Shuffleboard	10 9am Exercises 10.30 Bingo 1.30 Darts	11 9am Exercises 9.30 St Luke's 10.30 Bowls 1.30 Whiteboard Games	12 9.30 Morning Tea Bus 10.30 Rummikub 1.30 Shopping Bus/ Big Bingo	13 9.30 Exercises 9.30 Catholic Mass 10.30 Tempo Terrific 12.30 Spring BBQ 1.30 Rowdy Rockers	14 9am Exercises 10.30 Shing digs @TS 1.30 Bingo
15 9am Exercises 10.30 Remember When 1.30 Movie	16 9.30 Exercises With Mob 10.30 On This Day 1.30 Shuffleboard	17 9am Exercises 10.30 Bingo 1.30 Singalong With Lonny	18 Mexican Theme 9am Exercises 10.30 Bowls 1.30 Whiteboard Games	19 9.30 Morning Tea Bus 10.30 Rummikub 1.30 Shopping Bus/ Big Bingo	20 9.30 Exercises 10.30 Golf 1.30 Rowdy Rockers	21 Spring Fete 9am Exercises 10.30 Bingo 1.30 Sing a long
22 9am Exercises 10.30 Remember When 1.30 Movie	23 9.30 Exercises With Mob 10.30 On This Day 1.30 Shuffleboard	24 9am Exercises 10.30 Bingo 1.30 Darts	25 9am Exercises 9.30 St Luke's 10.30 Bowls 1.30 Whiteboard Games	26 10.30 Rummikub 1am Lunch Bus 1.30 Big Bingo	27 9.30 Exercises 10.30 Golf 1.30 Rowdy Rockers	28 9am Exercises 10.30 Bingo 1.30 Sing a long
29 9am Exercises 10.30 Remember When 1.30 Movie	30 9.30 Exercises With Mob 10am B/day For Olive W 10.30 On This Day 1.30 Shuffleboard					BIRTHDAYS 30th Olive W