

OCTOBER | 2022

Monday

October 3rd

**NO PROGRAM
PUBLIC HOLIDAY**

Thursday

October 6th

HEALTHY LIVING 9:30am-1:30pm
Join us for a session of chair yoga before we share morning tea together. Afterwards, we'll look at the benefits of raw foods and how we can incorporate them into our diet! Ali will demonstrate a simple but delicious recipe that you can try at home!

Friday

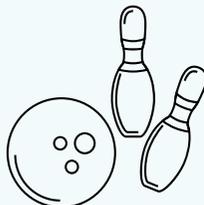
October 7th

SPICE OF LIFE 10am-2pm
Join with friends for a day at the centre as we celebrate **Columbus Day** and **International Coffee Day!** We'll enjoy a special morning tea and test your knowledge with some fun trivia and games!



October 10th

FUN & GAMES 1:30pm-3:30pm
Catch up with friends over afternoon tea! Then we'll get moving with some fun active games including bowling and balloon tennis! Team up with friends and battle it out for the top prize!



October 13th

HEALTHY LIVING 9:30am-1:30PM
Enjoy a session of chair yoga with Negar! Then, we'll celebrate **National Nutrition Week** and take a look at the Try for 5 initiative which aims to raise awareness of the benefits of eating vegetables! We'll take a closer look at what's on our plates and how we can enjoy more veggies in our meals.

October 14th

SPICE OF LIFE 10am-2pm
Join with friends for a day out as we head to **Tulip Top Gardens!** We'll explore the beautiful gardens before sharing lunch at the cafe! Entry cost will be covered by us, just bring along your session fee and lunch money!

Monday

October 17th

FUN & GAMES 1:30pm-3:30pm

Join us for an afternoon movie at the centre! We'll have a selection of old and new movies to choose from! There'll be popcorn and choc tops, so come along and enjoy!



October 24th

FUN & GAMES 1:30pm-3:30pm

Catch up with friends over afternoon tea! Then we'll join in some friendly competition, playing a variety of board games. There'll be some old classics and new favourites, and chocolates for prizes, of course!

Thursday

October 20th

HEALTHY LIVING 9:30am-1:30PM

Today we'll enjoy a session of chair yoga at the centre. Afterwards, we'll share morning tea together before we discuss all things clutter including what it is, how it effects us and some simple steps we can take to declutter our homes! We'll take a look at various methods including Marie Kondo's minimalism inspired approach to sorting clutter and sparking joy!

October 27th

HEALTHY LIVING 9:30am-1:30pm

Start your day right with chair yoga with Negar! Afterwards, we'll celebrate **International Coffee Day!** Enjoy a special morning tea with yummy treats before we test your knowledge of coffee with some fun games!



Friday

October 21st

SPICE OF LIFE 10am-2pm

Hallo! Willkommen! Join us for the trip of a lifetime as we head to Germany for the day to celebrate **Oktoberfest!** We'll look at the history of Oktoberfest, it's traditions and how it is celebrated around the world. We'll play some fun games while enjoying some delicious German treats!

October 28th

SPICE OF LIFE 10am-2pm

What's a ghost's favourite dessert? I-Scream! Join us for a fun **Halloween** themed day with plenty of tricks and treats!

