

SAMFORD GROVE ACTIVITIES – OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>3pm Games in Homestead Recreation Room</p>	<p>2</p> <p>9:30am Bus - Aspley</p> <p>2.00pm Mah-Jong Homestead</p> <p>Public Holiday – Office will be closed</p>	<p>3</p> <p>9:30am Exercise with Leisa</p> <p>9:30-4:30 Five Good Friends</p> <p>11:30 FGF - BBQ</p> <p>2.00pm Mah-Jong Homestead</p>	<p>4</p> <p>9.30 Bus – Brookside</p> <p>9:15 Floor Yoga</p> <p>10:30 Chair Yoga</p> <p>2pm Movie</p> <p>Double Bin</p>	<p>5</p> <p>9.30 Mah-Jong</p> <p>2.00 Hydrotherapy Class</p> <p>2:00 Meet with the Committee – Function Room</p> <p>3pm Ukelele practice</p>	<p>6</p> <p>8:30am Advanced Exercise with Leisa</p> <p>9:30am Exercise with Leisa</p> <p>9:30am Cards</p> <p>4-6pm Happy Hour</p>	<p>7</p> <p>10am Craft coffee & chat</p>
<p>8</p> <p>3pm Games in Homestead</p>	<p>9</p> <p>8am – Podiatrist</p> <p>9:30am Bus - Stafford</p> <p>9:30am Cards</p> <p>9.30am Book Shelving in Library</p> <p>2.00pm Mah-Jong Homestead</p>	<p>10</p> <p>9:30am Exercise with Leisa'</p> <p>2.00pm Mah-Jong Homestead</p> <p>6:30 for 7pm Start – Trivia Evening</p>	<p>11</p> <p>9.30 Bus – Brookside</p> <p>9:15 Floor Yoga</p> <p>10:30 Chair Yoga</p> <p>2pm Movie</p> <p>Single Bin</p>	<p>12</p> <p>9:30 Mah-Jong</p> <p>2:00 Hydrotherapy Class</p> <p>3pm Ukelele practice (meeting room)</p> <p>Octoberfest Lunch (RSVP by 9/10/23)</p>	<p>13</p> <p>9:30am Cards</p> <p>4-6pm Happy Hour</p> <p>Collect your Samford Pump from Function Room</p>	<p>14</p> <p>10am Craft coffee & chat</p>
<p>15</p> <p>2pm New release Movie - TBA</p> <p>3pm Games in Homestead</p>	<p>16</p> <p>9:30am Bus – Strathpine</p> <p>9:30am Cards</p> <p>9.30am Book Shelving in Library</p> <p>2.00pm Mah-Jong Homestead</p>	<p>17</p> <p>9:30am Exercise with Leisa</p> <p>2.00pm Mah-Jong Homestead</p> <p>9:30-4:30 Five Good Friends</p>	<p>18</p> <p>9.30 Bus – Brookside</p> <p>9:15 Floor Yoga</p> <p>10:30 Chair Yoga</p> <p>2pm Movie</p> <p>2:30 Afternoon Tea & "Totally Insane Ukes"</p> <p>Double Bin</p>	<p>19</p> <p>9:30 Mah-Jong</p> <p>2:00 Hydrotherapy Class</p> <p>2:00 Men's Group</p> <p>3pm Ukelele practice</p> <p>6:30 – Bills Bingo</p>	<p>20</p> <p>8:30am Advanced Exercise with Leisa</p> <p>9:30am Exercise with Leisa</p> <p>9:30am Cards</p> <p>4-6pm Happy Hour</p>	<p>21</p> <p>10am Craft coffee & chat</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 3pm Games in Homestead	23 8am – Podiatrist 9:30am Bus – Brookside 9:30am Cards 9.30am Book Shelving in Library 1pm – Private Function	24 9:30am Exercise with Leisa 2.00pm Mah-Jong Homestead	25 9.30 Bus – Brookside 9:15 Floor Yoga 10:30 Chair Yoga 2pm Movie Single Bin	26 9:30 Mah-Jong Meals on Wheels Morning Tea (Bus trip name on list) 2:00 Hydrotherapy Class 3pm Ukelele practice	27 8:30am Advanced Exercise with Leisa 9:30am Exercise with Leisa 9:30am Cards 4-6pm Happy Hour Collect your Samford Pump from Function Room 	28 10am Craft coffee & chat
29 3pm Games in Homestead	30 9:30am Bus – Keperra 9:30am Cards 9.30am Book Shelving in Library 2.00pm Mah-Jong Homestead	31 9:30am Exercise with Leisa 2.00pm Mah-Jong Homestead	Village Health Professionals Podiatrist: Monthly Damian – 3228 5700 Massage: Leisa Whitlock – 0407 755 161 Impact Hearing: Dendra Phone 3289 5563 Eyemobile: Thrish Phone 0413 497 189 Hairdresser: Wednesday - Friday weekly by appointment 0437 787 700			