

# August 2021

## Yallambee Lifestyle and Wellbeing Activity Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						<b>1 Waratah Program</b> 10:15 Movers & Shakers 11:00 Walking Program 1:30 Art/ Singing/ Outdoor 2:30 Walking Program 3:00 Virtual Forest
<b>2</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Carpet Bowls <b>G</b>	<b>3</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Craft & Knitting <b>G</b>	<b>4</b> 10:15 Golf and Walking Group / Movers & Shakers/ <b>G</b> 1:30 Bingo <b>G</b>	<b>5</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Bill Bishop <b>G</b>	<b>6</b> 10:15 Friendship Fridays <b>G</b> 10:45 Anglican Service <b>G</b> 1:30 Casino Game <b>G</b> 2:30 Happy Hour <b>CBD</b>	<b>7 Waratah Program</b> 10:15 Movers & Shakers 11:00 Walking Program 1:30 Art/ Singing/ Outdoor 2:30 Walking Program 3:00 Virtual Forest	<b>8 Waratah Program</b> 10:15 Movers & Shakers 11:00 Walking Program 1:30 Art/ Singing/ Outdoor 2:30 Walking Program 3:00 Virtual Forest
<b>9</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 11:30 Luncheon to Bowls <b>L</b> 1:30 Carpet Bowls <b>G</b>	<b>10</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Board Games <b>G</b>	<b>11</b> 10:15 Golf and Walking Group / Movers & Shakers/ <b>G</b> 1:30 Bingo <b>G</b>	<b>12</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Active Games <b>G</b>	<b>13</b> 10:15 Friendship Fridays <b>G</b> 1:30 International Left Handers Day <b>G</b> 2:30 Happy Hour <b>CBD</b>	<b>14 Waratah Program</b> 10:15 Movers & Shakers 11:00 Walking Program 1:30 Art/ Singing/ Outdoor 2:30 Walking Program 3:00 Virtual Forest	<b>15 Waratah Program</b> 10:15 Movers & Shakers 11:00 Walking Program 1:30 Art/ Singing/ Outdoor 2:30 Walking Program 3:00 Virtual Forest
<b>16</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Carpet Bowls <b>G</b>	<b>17</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 10:45 Catholic Mass <b>G</b> 1:00 Midvalley Shopping <b>F</b> 1:30 Craft & Knitting <b>G</b>	<b>18</b> 10:15 Golf and Walking Group / Movers & Shakers/ <b>G</b> 10:45 Uniting Church <b>L</b> 1:30 Bingo <b>G</b>	<b>19</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Sing a long <b>G</b>	<b>20</b> 10:15 Friendship Fridays <b>G</b> 1:30 Short Stories <b>G</b> 2:30 Happy Hour <b>CBD</b>	<b>21 Waratah Program</b> 10:15 Movers & Shakers 11:00 Walking Program 1:30 Art/ Singing/ Outdoor 2:30 Walking Program 3:00 Virtual Forest	<b>22 Waratah Program</b> 10:15 Movers & Shakers 11:00 Walking Program 1:30 Art/ Singing/ Outdoor 2:30 Walking Program 3:00 Virtual Forest
<b>23</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Carpet Bowls <b>G</b>	<b>24</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 11:00 Men's Luncheon <b>F</b> 1:30 Board Games <b>G</b>	<b>25</b> 10:15 Golf and Walking Group / Movers & Shakers/ <b>G</b> 10:45 NOW Church <b>L</b> 1:30 Bingo <b>G</b>	<b>26</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Active Games <b>G</b> 2:30 Resident Meeting <b>G</b>	<b>27</b> 10:15 Friendship Fridays <b>G</b> 1:30 Singing with Tess <b>CBD</b> 2:30 Happy Hour <b>CBD</b>	<b>28 Waratah Program</b> 10:15 Movers & Shakers 11:00 Walking Program 1:30 Art/ Singing/ Outdoor 2:30 Walking Program 3:00 Virtual Forest	<b>29 Waratah Program</b> 10:15 Movers & Shakers 11:00 Walking Program 1:30 Art/ Singing/ Outdoor 2:30 Walking Program 3:00 Virtual Forest
<b>30</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Carpet Bowls <b>G</b>	<b>31</b> 10:15 Movers & Shakers <b>H</b> 10:45 Brain Teasers <b>H</b> 1:30 Craft & Knitting <b>G</b>					<b>Location Key</b> <b>H</b> - Houses <b>G</b> - Grevillia Lounge <b>A</b> - Atrium Lounge <b>L</b> - Laurel Lounge <b>CBD</b> - Central Area <b>F</b> - Foyer