









## Toowoomba Daily Activies November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>-Events are subject to change at short notice. -Morning tea and lunch abd a water bottle needs to be provied daily, unless the calender states other wise. -Cleaning tasks are done very afternoon. -Morning brain and body warm up actives every morning for 15 minutes.</p>	<p>- Sunscreen is applied twice daily. - New morning task will be lets get ready for the day.</p>	<p>1</p> <p><b>Group outting</b></p> <p><b>Cobb and Co</b></p> <p>Lunch at the windmills/ gardens</p>	<p>2</p> <p>Bowling at sunset super bowl</p> <p>Walking club</p> <p>BBQ in the Park</p> <p>SUNSET SUPERBOWL.</p>	<p>3</p> <p>Currawong Music Therapy</p>  <p>Live Big - Personal Safty.</p>
<p>6</p> <p>Budgeting our shopping list</p> <p>Coles shopping or Library</p> <p>Walking Club</p> <p>Basic Pilates</p> 	<p>7</p> <p>Walking club</p> <p>Swimming at the pool</p> <p>Auslan session</p> <p>Relaxation session</p>	<p>8</p> <p><b>Group Outting</b></p> <p><b>Apex Park Gatton</b></p> <p><b>Picnic Lunch Provied</b></p>	<p>9</p> <p>Swimming @ Highfields pool</p> <p>BBQ in the Park</p>	<p>10</p> <p>Group 1- Movies and Lunch</p> <p><b>Movie to be advised 08/11/2023</b></p> <p>Group 2 - Lazer Tag and Lunch</p> 
<p>13</p> <p>Budgeting our shopping list</p> <p>Coles shopping or Library</p> <p>Walking Club</p> <p>Basic Pilates</p>	<p>14</p> <p>Walking club</p> <p>Bowling at sunset super bowl</p> <p>Auslan session</p> <p>Basic Yoga</p>	<p>15</p> <p>Morning Tea gold coin donation</p> 	<p>16</p> <p>Bowling at sunset super bowl</p> <p>Walking club</p> <p>BBQ in the Park</p> <p>SUNSET SUPERBOWL.</p>	<p>17</p> <p><b>Currawong music Therapy</b></p>  <p>Live Big - Personal Hygiene.</p>
<p>20</p> <p>Budgeting our shopping list</p> <p>Coles shopping or Library</p> <p>Walking Club</p> <p>Basic Pilates</p> 	<p>21</p> <p>Walking club</p> <p>Swimming at the pool</p> <p>Auslan session</p> <p>Relaxation session</p>	<p>22</p> <p><b>Lunch Outting</b></p>  <p><b>\$35 lunch a drink and dessert</b></p>	<p>23</p> <p>Swimming @ Highfields pool</p> <p>BBQ in the Park</p>	<p>24</p> <p><b>Cultural Crafts Day</b></p> <p>Kurdish Pattern Art</p> <p>Lets try Kurdish Bread</p> 
<p>27</p> <p>Budgeting our shopping list</p> <p>Coles shopping or Library</p> <p>Walking Club</p> <p>Basic Pilates</p>	<p>28</p> <p>Walking club</p> <p>Bowling at sunset super bowl</p> <p>Auslan session</p> <p>Basic Yoga</p>	<p>29</p> <p><b>Group outting</b></p> <p><b>Fishing at Cooby Dam</b></p> <p>Lunch by the Lake</p>	<p>30</p> <p>Bowling at sunset super bowl</p> <p>BBQ in the Park</p> <p>Walking club</p> <p>SUNSET SUPERBOWL.</p>	<p>1</p> <p><b>Ready Set Christmas</b></p> <p>Decorating the centre</p> <p><b>Christmas crafts</b></p> 