

MON	TUE	WED	THU	FRI	SAT
			01	02 BINGO 10am-12pm CRAFT 1pm-3pm	03
05 SCARECROW MAKING FOR MENTAL HEALTH WEEK 10am-2pm	06 BINGO 10am-12pm GAMES 1pm-3pm	07 SCARECROW MAKING 10am-2pm	08 SCARECROW MAKING 10am-2pm	09 BINGO 10am-12pm WALKING 1pm-3pm	10 OUTING TO KINGBOROUGH MARKET & KETTERING Departing Sorell @ 9:30am
12 GARDEN PREPERATION DAY 10am-2pm	13 TRANSPORT FOR SHOPPING Departing Prosser 9am & Sorell 10am	14 MUSIC REMINICSING 10am-2pm	15 MUSIC REMINISCING 10am-2pm	16 BINGO 10am-12pm CRAFT 1am-3pm	17
19 OUTING TO NEW NORFOLK 10am-2pm	20 OP SHOPPING & LUNCH Departing Prosser 9am & Sorell 10am	21 POSITIVITY MURAL OR CRAFT OF CHOICE 10am-2pm	22 SHOW DAY PUBLIC HOLIDAY – CENTRE CLOSED	23 BINGO 10am-12pm MOVIE 1pm-3pm	24 MOUNT WELLINGTON (KUNANYI) & FERN TREE TAVERN Departing Sorell @ 9:30am
26 POSITIVITY MURAL 10am-2pm	27 PHOTO RESTORATION 10am-12pm SIT & FIT CHAIR YOGA 1pm-3pm	28 MAKE A BEE HOTEL TO TAKE HOME 10am-2pm	29 MAKE A BEE HOTEL TO TAKE HOME 10am-2pm	30 BINGO 10am-12pm CRAFT 1pm-3pm	31



SEE NEXT PAGE
FOR ACTIVITY
DETAILS

PLEASE RSVP 5
BUSINESS DAYS
BEFORE
ACTIVITY

THEDISTRICT
NURSES.ORG.AU

03 6208 0500



OUTING DETAILS

Join us for a day out exploring...

- **Saturday 10/10** – Visiting Kingborough Market & Oyster Cove Inn for lunch - **Departing Sorell @ 9:30am. Mornington pick up available.**
- **Monday 19/10** – Morning Tea in Sorell & New Norfolk Hotel for lunch – **Departing Prosser @ 9am and Sorell 10am.**
- **Tuesday 20/10** – Bring along your list of Op Shops to visit & lunch destination decided as a group on the day – **Departing Prosser @ 9am and Sorell @ 10am.**
- **Saturday 24/10** – Visiting Mount Wellington for morning tea and Fern Tree Tavern for lunch – **Departing Sorell @ 9:30am. Mornington pick up available.**

Notes:

- All Meals Provided on full in-house days
- Saturday - Bus included in cost - Meals NOT included
- CTST cost on all outings where the CTST bus is used
- Cost of morning tea, lunch and bus may vary depending on the program funding, please check with your coordinator if you're unsure
- Please do not arrive before 9:45am. This gives our staff time to set up and helps ensure everyone's safety, as early arrivals may be unsupervised.
- If f you're using CTST transport, please request a later drop-off time where possible

ACTIVITY DETAILS

Group Games

Join us for some fun and laughter and maybe even win a prize or two.

Arts and Craft

Get creative - Keep your hands busy and mind active by joining in with our art and craft activities. No experience is needed, just come along and have a go.

Bingo

Come and join in with one of our bingo groups for fun, prizes and great company!

SIT & FIT

Gentle seated exercises to help maintain balance and coordination.

Social Baking

Get hands on and make your own tasty treat.

Transport for Shopping

Do you need to go to the Hearing Place? Coles? Bunnings? Eastlands? Drop offs in-between welcomed. Please book a seat and advise your locations around your requirements.