

July 2019

“Kindness is spreading sunshine into other people’s lives regardless of the weather.”

- RAKtivist



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. 10am - Friendship Club 	2. 10am - Jingo in the Hub 1pm - Thera-band Exercises in the Hub	3. 09:30 to 11:30am - Gunther Gumnuts Playgroup 10am - Music with Edith in the Hub	4. 10am - Garden Club Meeting 	5. 3 to 4pm - Happy Hour in the Hub 	6. 10am - Morning Walk 	7. 1 on 1 with a Lifestyle Therapist
8. 8am - Men’s Breakfast Club 10am - Country Bus Drive 	9. 09:30am - Men’s Shed Visit 10am - Join us for a game of Jingo in the Hub 11am - Uniting Church Service in the Hub 1pm - Thera-band Exercises	10. 09:30 to 11:30am - Gunther Gumnuts Playgroup 8pm - State of Origin Game 3	11. 2pm - Men’s Afternoon Fishing 	12. 10am - Music in the Hub with Jack 	13. 10am to 2pm - NAIDOC Celebrations in the Lions Park 	14. 1 on 1 with a Lifestyle Therapist
15. 10am - Gayndah State School Year 6 Students Visiting 10am - Painting Bed End Project	16. 09:30am - Men’s Shed Visit 10am - Jingo in the Hub 1pm - Thera-band Exercises in the Hub	17. 09:30 to 11:30am - Gunther Gumnuts Playgroup 	18. 10am - Visiting Blue Care for Jewellery Making 2pm - Men’s Afternoon Fishing 	19. 10am - “Gunther Groovers” Choir Practice 	20. 10am - Cooking in Allawah Wing 	21. 1 on 1 with a Lifestyle Therapist
22. 10am - Billie Tea & Damper Morning 	23. 09:30am - Men’s Shed Visit 10am - Join us for a game of Jingo in the Hub 1pm - Thera-band Exercises	24. 09:30 to 11:30am - Gunther Gumnuts Playgroup 	25. 10am - St Josephs Year 2/3 Students visiting 10am - Men’s Outing 11am - Anglican Church Service in the Hub	26. 10am - Morning Tea at the Big Orange 	27. 10am - Morning Walk 	28. 1 on 1 with a Lifestyle Therapist
29. 10am - Painting Bed End Project 10am - Gayndah State School Year 1/2 Students visiting 1pm - Residents & Relatives Meeting in the Hub	30. 09:30am - Men’s Shed Visit 10am - Jingo in the Hub 1pm - Thera-band Exercises in the Hub	31. 09:30 to 11:30am - Gunther Gumnuts Playgroup 	<p>The Resident Coffee Shop is open every Wednesday from 09:30 to 11:30am</p> <p>** Men’s Activities are highlighted in blue**</p>			