













August 2019

"If you want to find happiness, find gratitude."

- Steve Maraboli



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<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>		<p>1. 10am - St Joseph's Prep/ Year 1 Students visiting</p> 	<p>2. 10am - Craft Club</p> 	<p>3. 10am - Morning Walk</p> 	<p>4. 1 on 1 with a Lifestyle Therapist</p> 
<p>5. 8am - Men's Breakfast Club</p> <p>10am - "Gunther Groovers" Choir</p>	<p>6. 10am - Join us for a game of Jingo in the Hub</p> <p>10am - Men's Shed outing</p> <p>11am - Uniting Church Service in the Hub</p> <p>1pm - Thera-band Exercises</p>	<p>7. 09:30 to 11:30am - Gunther Gumnuts Playgroup</p> <p>10am - Music with Edith in the Hub</p>	<p>8. 10am - St Joseph's Year 6 Students visiting</p> 	<p>9. 10am - Music with Jack in the Hub</p> 	<p>10. 10am - Morning Tea in the Hub</p> 	<p>11. 1 on 1 with a Lifestyle Therapist</p> 
<p>12. 10am - Friendship Club</p> 	<p>13. 10am - Jingo in the Hub</p> <p>10am - Men's Shed outing</p> <p>1pm - Thera-band Exercises</p>	<p>14. 09:30 to 11:30am - Gunther Gumnuts Playgroup</p> 	<p>15. 10am - St Joseph's Year 4/5 Students visiting</p> 	<p>16. 10am - Garden Club Meet</p> 	<p>17. 10am - Games Morning in the Hub</p> 	<p>18. 1 on 1 with a Lifestyle Therapist</p> 
<p>19. 10am - Gayndah State School visiting for Grandparents Day</p> 	<p>20. 10am - Join us for a game of Jingo in the Hub</p> <p>10am - Men's Shed outing</p> <p>1pm - Thera-band Exercises</p>	<p>21. 10am - Gayndah Kindy Visiting</p> <p>09:30 to 11:30am - Gunther Gumnuts Playgroup</p> <p>Seniors Week Celebrations with NBRC</p>	<p>22. 9am Departure - Maryborough Markets & Lunch in the Botanical Gardens</p>	<p>23. 10am - Bruce McGilvery 50's Music & BBQ Lunch</p> 	<p>24. 10am - Morning Walk</p> 	<p>25. 1 on 1 with a Lifestyle Therapist</p> 
<p>Seniors Week Saturday 17th August 2019 to Sunday 25th August 2019</p>						
<p>26. 10am - Gayndah State School Year 3/4 Students visiting</p> <p>1pm - Residents & Relatives Meeting in the Hub</p>	<p>27. 10am - Jingo in the Hub</p> <p>10am - Men's Shed outing</p> <p>1pm - Thera-band Exercises</p>	<p>28. 09:30 to 11:30am - Gunther Gumnuts Playgroup</p> 	<p>29. 11:30am - Lunch at A Little Different Café</p> 	<p>30. 3 to 4pm - Happy Hour in</p> 	<p>31. 10am - Indoor Bowls in the Hub</p> 