





# St. Carthage's Community Care

## Seniors' Day Club 2010



Friendship is like a rainbow when the perfect amount of happiness and tears are mixed the result is a colourful bridge between two hearts.

Mon	Tue	Wed	Thu	Fri	Birthdays	Important Date's
<u>1</u> <b>Carpet Bowls</b> <b>Quiz—</b> <b>Exercises</b> <b>Shuffleboard</b>	<u>2</u> Melbourne Cup Day	<u>3</u> Exercises Carpet Bowls Quiz Shuffle board	<u>4</u> <b>Exercises</b> <b>Ten Pin</b> <b>Quiz</b> <b>Hoy</b> <b>Shuffleboard</b>	<u>5</u> <b>Card</b> <b>Competition</b>  <b>Hoy</b>	Dorothy K— 6th	Melbourne Cup Day 
<u>8</u> Beetle/Dice Clothing and Jewelry display Exercise Shuffle Board	<u>9</u> Exercise Basketball Matching Memory Hoop /Shuffle	<u>10</u> Ten Pin Exercises Beetle / Dice Quizz—Video Shuffle Board	<u>11</u> Exercise Basketball Matching Memory game Hoop /Shuffle	<u>12</u> Cards  Bingo	Jean M—9 Esther T—9 Kath O—10 Bell C—10	Rememberance Day 11 
<u>15</u> Outing Lennox head	<u>16</u> <b>Exercises</b> <b>Clelia Adams</b> <b>ABC Quiz</b> <b>Hoy</b> <b>Shuffleboard</b>	<u>17</u> Outing Lennox head	<u>18</u> M'Tea Outing Bingo Shuffleboard	<u>19</u> <b>Cards</b> <b>Clothing</b> <b>and Jewelry</b> <b>display</b> <b>Hoy</b>	Maria S— 21st	
<u>22</u> <b>B'Day</b> <b>M'Tea in the</b> <b>Community</b> <b>Garden</b> <b>Exercises</b> <b>Shuffleboard</b>	<u>23</u> Outing Fish and chips Evans Head	<u>24</u> <b>B'Day</b> <b>M'Tea in the</b> <b>Community</b> <b>Garden</b> <b>Exercises</b> <b>Shuffleboard</b>	<u>25</u> <b>Exercises</b> <b>Ten Pin</b> <b>ABC Quiz</b>  Entertainment	<u>26</u> Cards  Bingo	Edna C—22 Jenny M—22 Nellie H—25	
<u>29</u> Crossword Quiz -Hoy Exercises Shuffleboard	<u>30</u> Beetle Dice Game Exercises Carpet Bowls Shuffle board					St. Andrews Day Scotland 30th 

For enquiries about Monday, Wednesday or Friday Clubs contact :

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Enquiries about Tuesday or Thursday Clubs contact:

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# St. Carthage's Community Care Seniors' Day Club 2010



*"What lies behind us and what lies before us are tiny matters  
compared to what lies within us"* Ralph Waldo Emerson

Mon	Tue	Wed	Thu	Fri	Birthdays	Important Dates
<p><b>October is the month of Apples</b></p> 	<p><b>Apple sauce</b> <b>6 apples</b> <b>1 cup water</b> <b>1/2 cup sugar</b> <b>1tsp Lemon Juice</b></p>			<p><b>1 Card Comp Exercises Hoy</b></p> 		
<p><b>4 Public Holiday</b></p>	<p><b>5 Beetle Dice Game Exercises Shuffleboard</b></p>	<p><b>6 Paper Plane Comp. Exercise Shuffleboard</b></p>	<p><b>7 Beetle Dice Game Exercises Knowledge Quiz Shuffleboard</b></p>	<p><b>8 Cards Exercises Tombola</b></p>	<p><b>Marg M—4</b> <b>Gloria C—8</b></p>	
<p><b>11 Outing Brunswick Heads</b></p>	<p><b>12 Outing Maritime Museum Ballina Bowling Club</b></p>	<p><b>13 Early start Young Hearts Dusty Rhodes House with No Steps</b></p>	<p><b>14 Outing to Ballina</b></p>	<p><b>15 Card Comp Exercises Hoy</b></p> 		<p><b>30th Halloween</b></p> 
<p><b>18 Joan away October Fest German Food Quiz Carpet bowls Exercises Shuffleboard</b></p>	<p><b>19 October Fest German Food Quiz Exercises Shuffleboard</b></p>	<p><b>20 Joan away October Fest German Food Quiz Carpet bowls Exercises Shuffleboard</b></p>	<p><b>21 Lismore Show Quiz Exercises Shuffleboard</b></p>	<p><b>22 Cards House with no Steps Plant Nursery</b></p>	<p><b>Dot T—18</b> <b>Dina P—18</b> <b>Vittoria B—19</b> <b>Kath W—19</b> <b>John K—23</b> <b>Joan R—23</b></p>	<p><b>Lismore Show Week</b></p> 
<p><b>25 B'Day Beetle Carpet Bowls Exercises Ann Saul</b></p>	<p><b>26 M'Tea Outing Bingo Shuffleboard</b></p>	<p><b>27 B'Day Outing Brunswick Heads</b></p>	<p><b>28 Beetle Dice Game Exercises Quiz Shuffleboard</b></p>	<p><b>29 Cards Exercises Tombola</b></p>		<p><b>25th</b></p> 