



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 1000 Room Visits 1030 Coffee & News 1100 Tai Chi 1115 Leg Workout 1330 Bingo / Happy Hour 1445 Happy Hour Music and Cheese	2 Coffee & Newspapers available in the Lounge 1300 Sing Along Lucy 1500 Netflix Manicures	3 Coffee & Newspapers available in the Lounge 1100 Songs of praise 1300 Movie in the theatre
4 1000 Room Visits 1030 Coffee & News 1100 Exercise Fun 1130 Word Game 1330 Hanny's Music Quiz 1330 Bus Trip - Cafe 1500 Balloon Tennis 1500 OAK Active Games	5 0915 Hairdresser 1000 Room Visits 1030 Coffee & News 1100 Fitness & Fun 1330 Sing Along 1500 Carpet Bowls 1500 OAK Pet Therapy Pastoral Care Visits	6 NATIONAL TEACHERS DAY 0930 Room Visits 1000 Bacon & Egg Rolls 1100 Bingo 1330 Choir / Craft 1500 Comedy in Theatre 1500 Activity Committee	7 1000 Room Visits 1030 Coffee & News 1100 Exercise & Weights 1130 Trivia 1330 Armchair Travel – Rocky Mountaineer - Canada 1500 OAK Ball Games	8 1000 Room Visits 1030 Coffee & News 1100 Exercise in Theatre 1330 Bingo 1445 Happy Hour – Raisin Toast	9 Coffee & Newspapers Available in the lounge 1700 Roaring 20's Pizza Night RSVP Required Manicures	10 Coffee & Newspapers available in the Lounge 1100 Songs of praise 1300 Movie in the theatre
11 1000 Room Visits 1030 Coffee & News 1100 Exercise Fun 1130 Outdoors Walk 1330 Andre Rieu Concert 1430 Scavenger Hunt 1500 OAK Clay	12 0915 Hairdresser 1000 Room Visits 1030 Coffee & News 1100 Fitness & Fun 1330 Scenic Bus Trip 1500 White Board Games 1500 OAK Baking Pastoral Care Visits	13 0930 Room Visits 1000 Cheese On Toast 1100 Wheel Of Fortune VIRTUAL 1330 Choir / Pie Making 1500 2 Cellos in Theatre	14 1000 Room Visits 1030 Coffee & News 1100 Exercise & Weights 1130 Learn A Dance 1330 Consumer Meeting 1430 Drumming 1500 OAK Craft	15 NATIONAL BOSS DAY 1000 Room Visits 1030 Coffee & News 1100 Tai Chi 1115 Leg Workout 1330 Bingo 1445 Happy Hour – TOAST TO THE BOSS	16 Coffee & Newspapers available in the Lounge 1300 Sing Along Lucy 1500 Netflix Manicures	17 Coffee & Newspapers available in the Lounge 1100 Songs of Praise 1300 Movie in the theatre
18 1000 Room Visits 1030 Coffee & News 1100 Exercise Fun 1130 Word Game 1330 Bus Trip 1330 Beethoven Symphony #7 1500 Dice Games 1500 OAK Bowling	19 0915 Hairdresser 1000 Room Visits 1100 Exercise in Theatre 1330 Craft 1500 Carpet Bowls 1500 OAK Pet Therapy Pastoral Care Visits	20 0930 Room Visits 1000 Waffles 1100 Bingo 1330 Choir / Ballet in Theatre 1515 Comedy in Theatre 1500 Activity Committee	21 OKTOBERFEST 1000 Room Visits 1030 Coffee & News 1100 Exercise & Weights 1200 OKTOBERFEST RSVP REQUIRED 1330 Movie 1500 Shuffleboard 1500 OAK Movies	22 1000 Room Visits 1030 Coffee & News 1100 Active Games 1330 Bingo 1445 Happy Hour - ALL THINGS GREEN	23 Coffee & Newspapers available in the Lounge 1300 Word Games Lucy 1500 Netflix Manicures	24 Coffee & Newspapers available in the Lounge 1000 Songs of Praise 1300 Movie in the theatre
25 1000 Room Visits 1030 Coffee & News 1100 Wild Moves Class 1100 Exercise Fun 1130 Outdoors Walk 1330 Ian & Yvette's Trivia 1500 Bingo 1500 OAK Massage	26 0915 Hairdresser 1000 Room Visits 1030 Coffee & News 1100 Fitness & Fun 1400 Church Service 1500 Giant Find A Word 1500 OAK Baking Pastoral Care Visits	27 0930 Room Visits 1100 Hoy 1145 Toast your own sandwiches 1330 Choir 1430 Birthday Celebrations 1515 Comedy in Theatre	28 CANTEEN National Bandanna Day - Fundraiser 1000 Room Visits 1030 Coffee & News 1100 Exercise & Weights 1330 Arm Chair Travel - Hawaii 1430 Drumming 1500 OAK	29 HALLOWEEN 1000 Room Visits 1030 Coffee & News 1100 Active Games 1200 Progressive Lunch RSVP Required 1400 Bingo	30 Coffee & Newspapers available in the Lounge 1300 Word Games Lucy 1500 Netflix Manicures	31 Coffee & Newspapers available in the Lounge 1000 Songs of Praise 1300 Movie in the theatre



THIS MONTH

Happy Birthday to everyone with a birthday in October!



Wednesday mornings are spent enjoying morning tea together.

Consumers are encouraged to join us as we serve Waffles, Raisin Toast, Bacon & Egg Rolls or Pancakes in the dining room from 1000.



Our Progressive Lunches

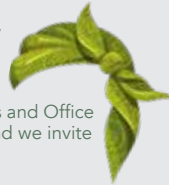
Our Progressive lunches have been a hit, this month we dined in Paris and enjoyed Chef Lisa's amazing cuisine, seated amongst the Eiffel Tower and the French Snails. October will see Consumers dining for Halloween and Oktoberfest.

Please note that all Consumers receive an invitation to these events and need to RSVP to be included on the day.



National CANTEEN – Bandanna Day

Thursday 28th October is National CANTEEN – Bandanna Day raising funds for Children affected by Cancer. Bandannas are available from the Activities and Office staff for \$5 this is a fantastic organisation to support and we invite Consumers, Families and Staff to join us.



Ocean Mist will hold a **ROARING 20's Dinner** on **October 9**. If you could provide something to tie into this theme for your loved one we would appreciate your assistance.



Bus Trips

The bus is booked to go out each week, please ensure that you book your spot when there is an outing that you would like to go on.



LUCKY NUMBERS

Lucky numbers can be purchased daily. The Winner of the \$25 LUCKY NUMBERS for September was **Roy Cummings**

Check out the Shopping trolley in the Activities Room. The trolley has an array of lollies, jewelry and beauty products for sale. The trolley is available all weekend with a money tin for your convenience. **Funds raised from the trolley went to purchasing a speaker and microphone for the bus as requested by Consumers.**



Keep in touch with loved ones

The iPhone and iPad are available for everybody to use, see activities staff for availability.

The **Fathers Day raffle** was won by a very proud Dad - **John Bradley**.

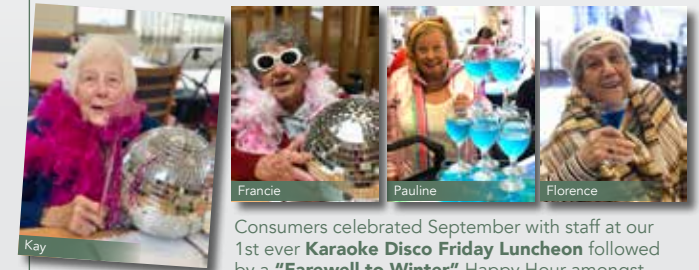


The Activity Committee has been formed to provide everyone with the opportunity to discuss the activities and their benefits, requests, upcoming events and the opportunity for Consumers to assist in the organization of major events. The meetings are held every 2nd Wednesday @ 1500.

A LOOK BACK AT SEPTEMBER

September was a busy month at Ocean Mist. Consumers dined in Paris, cheered on the AFL – minus Geelong, we supported George and Edward and were barracking hard for the Demons in the Grand Final.

Ocean Mist Consumers competed in a National Virtual Trivia Game, competing against 55 other Aged Care Homes throughout Australia. Finishing in the **Top 5** we will be receiving a Gift Card to spend on Activities of our choice. Thanks to everybody who came along and helped out. **Murray you are a champion.** Ocean Mist will also compete in a Virtual Bingo session this month.



Kay

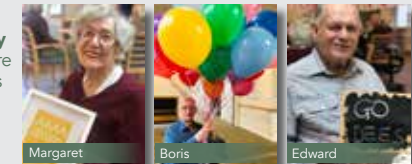
Francie

Pauline

Florence

Consumers celebrated September with staff at our 1st ever **Karaoke Disco Friday Luncheon** followed by a **"Farewell to Winter"** Happy Hour amongst the Champagne Fountain and the Icy Snow.

On Friday 10th September, Ocean Mist celebrated **Grandparents Day** with a High Tea. Families again were amazing and sent in some fabulous photos, amazing video messages and kind words about their grandparents. Our Grandparents shared stories of their loved ones and George was the winner with by far the most grand and great grand kids.



Margaret

Boris

Edward

Thank you to all the families who helped make this day special.

Follow us @oceanmisttorquay @oceanmistagedcare