LumiaCare

NOVEMBER 2026

Annemarie Lemming - Day Program Coordinator
jbcare_dayprogram@lumiacare.com.au
Phone: (02) 9135 4868

NOVEMBER 2026

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	**AM** JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	**AM** JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	**AM** JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	**AM** JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 
AM/PM Swimming $6 - bring concession card/companion card (if you have them) 	**AM/PM** Cooking - steak sandwiches $5/ Arts & crafts 	**AM/PM** Funhouse HQ $12 - remember to bring fun house socks or pay $4 for another pair of socks  	**AM/PM** Ethan's birthday - Lets have a cake!/ Crafts & games  	**AM/PM** Wet/Dry park - please bring swimmers 
PM Select a room at the Day Program for free time 	**PM** Select a room at the Day Program for free time 	**PM** Select a room at the Day Program for free time 	**PM** Select a room at the Day Program for free time 	**PM** Select a room at the Day Program for free time 
BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 

ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE $5 FOR ANY LUNCHES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.

NOVEMBER 2026

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	**AM** JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	**AM** JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	**AM** JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	**AM** JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 
AM/PM OP Shopping - bring some money to spend 	**AM/PM** Bingo & air hockey with prizes 	**AM/PM** Remembrance Day Swimming $6 - bring concession card/companion card (if you have them) 	**AM/PM** Split group - Bowling $8/ In-house crafts 	**AM/PM** Gym day 
PM Select a room at the Day Program for free time 	**PM** Select a room at the Day Program for free time 	**PM** Select a room at the Day Program for free time 	**PM** Select a room at the Day Program for free time 	**PM** Select a room at the Day Program for free time 
BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 	BRING WATER BOTTLE BRING OWN LUNCH 

ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE $5 FOR ANY LUNCHES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.

NOVEMBER 2026

MONDAY 16

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

Eagle Vale Duck Pond



PM

Select a room at the Day Program for free time



TUESDAY 17

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

Craft & Game day



PM

Select a room at the Day Program for free time



WEDNESDAY 18

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

Carlos 60th Birthday! - Lets party with a BBQ, cake and games $5



PM

Select a room at the Day Program for free time



THURSDAY 19

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

Split group - Swimming $6 OR in-house craft day



PM

Select a room at the Day Program for free time



FRIDAY 20

AM

JB Cafe Open



Stretch, chair yoga, or play with Loui at the park.



AM/PM

Wet/dry park



PM

Select a room at the Day Program for free time



BRING WATER BOTTLE BRING OWN LUNCH	BRING WATER BOTTLE BRING OWN LUNCH	BRING WATER BOTTLE	BRING WATER BOTTLE BRING OWN LUNCH	BRING WATER BOTTLE BRING OWN LUNCH

ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE $5 FOR ANY LUNCHES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.

NOVEMBER 2026

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
AM JB Cafe Open Stretch, chair yoga, or play with Loui at the park.	**AM** JB Cafe Open Stretch, chair yoga, or play with Loui at the park.	**AM** JB Cafe Open Stretch, chair yoga, or play with Loui at the park.	**AM** JB Cafe Open Stretch, chair yoga, or play with Loui at the park.	**AM** JB Cafe Open Stretch, chair yoga, or play with Loui at the park.
AM/PM Simmo's beach - macquarie fields	**AM/PM** Craft, game & bingo with prizes	**AM/PM** Indoor sports centre	**AM/PM** Game, craft day Travis & Jasmin's Birthday! - lets have cake!	**AM/PM** Swimming $6 -bring concession card/companion card (if you have them)
PM Select a room at the Day Program for free time	**PM** Select a room at the Day Program for free time	**PM** Select a room at the Day Program for free time	**PM** Select a room at the Day Program for free time	**PM** Select a room at the Day Program for free time
BRING WATER BOTTLE BRING OWN LUNCH	BRING WATER BOTTLE BRING OWN LUNCH	BRING WATER BOTTLE BRING OWN LUNCH	BRING WATER BOTTLE BRING OWN LUNCH	BRING WATER BOTTLE BRING OWN LUNCH

ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE $5 FOR ANY LUNCHES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.

NOVEMBER 2026

MONDAY 30	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park  **AM/PM** Bowling $6  **PM** Select a room at the Day Program for free time 				
BRING WATER BOTTLE BRING OWN LUNCH 				

ACTIVITIES ARE SUBJECT TO CHANGE

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, SUN HAT AND APPLY SUNSCREENS FOR ALL OUTINGS. IT WILL BE $5 FOR ANY LUNCHES PROVIDED AT JB CARE AS SHOWN ON THE CALENDAR. NO LUNCH NEEDED FOR THESE DAYS IF YOU WOULD LIKE TO PARTICIPATE, IF YOU DO NOT WISH TO PARTICIPATE, PLEASE BRING LUNCH.