



OCTOBER

2026

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Phone: (02) 9135 4868



OCTOBER 2026

			THURSDAY 1 AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  AM/PM Craft & game day- Let's play BINGO!  PM Select a room at the Day Program for free time 	FRIDAY 2 AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  AM/PM Wet or dry Park visit & movie day  PM Select a room at the Day Program for free time 
			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 LUNCHESES 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.

OCTOBER 2026

PUBLIC HOLIDAY	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
	AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  AM/PM Craft & games day  PM Select a room at the Day Program for free time 	AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  AM/PM BBQ Lunch \$5 & ball games at Botanical Gardens  PM Select a room at the Day Program for free time 	AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park.  AM/PM Craft day & bowling \$8  PM Select a room at the Day Program for free time 	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)  PM Select a room at the Day Program for free time 
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MONDAY 12

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)



PM

Select a room at the Day Program for free time



TUESDAY 13

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 14

AM

JB Cafe Open



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



AM/PM

Shine Shed \$15



PM

Select a room at the Day Program for free time



THURSDAY 15

AM

JB Cafe Open



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



AM/PM

Craft & cooking chicken burgers \$5



PM

Select a room at the Day Program for free time



FRIDAY 16

AM

JB Cafe Open



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



AM/PM

Koshigaya Park



PM

Select a room at the Day Program for free time



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BRING OWN LUNCH



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MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park.  AM/PM Bowling \$8  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park.  AM/PM Craft, game & cooking Carbonara \$5  PM Select a room at the Day Program for free time 	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)  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park.  AM/PM Craft & game day, Tom's Birthday on Friday - Lets have cake!  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park.  AM/PM Wet or dry park outing  PM Select a room at the Day Program for free time 
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MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park  AM/PM Wet or dry park outing with lunch  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park  AM/PM  Halloween craft day PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park  AM/PM Karaoke Halloween dance party, dress up  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park  AM/PM Craft day & swimming - bring concession card / companion card (if you have them)  PM Select a room at the Day Program for free time 	AM  JB Cafe Open Stretch, chair yoga, or play with Loui at the park  AM/PM Wet or dry park outing  PM Select a room at the Day Program for free time 
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