

Lennox Head Evening VIEW Club

Why We Love October

- **Spring Sunshine** – After the cool winter months, October gifts us longer, brighter days. Perfect for picnics, coastal walks, and garden visits.
 - **Jacaranda Magic** – From Sydney streets to country towns, the purple blooms put on a show like no other.
 - **Time Together** – October's long weekend (Labour Day, first Monday of the month) is always an excellent excuse for a girls' trip or a relaxed get-together.
 - **October 1st - International Coffee Day** - celebrates the plights of coffee growers around the world, **National Day (China)**: Marks the founding of the People's Republic of China in 1949, with grand celebrations and parades, **World Vegetarian Day**: Promotes vegetarianism and its benefits for health, environment, and animal rights.
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What's On This Month

✦ **Jacaranda Season** – Head to **Grafton** or simply stroll through Sydney's leafy suburbs to see the purple trees in bloom. It's Instagram heaven!

✦ **Floriade in Canberra** – Not far from NSW, this floral festival is perfect for a day trip or weekend away with friends.

✦ **Sculpture by the Sea (Bondi to Tamarama)** – From October 17 to November 3, 2025, this coastal walk turns into a giant outdoor art gallery and massive sculpture park. Imagine art, ocean views, and fresh spring air—all in one, showcasing sculptures from Australian and international artists.

✦ **Spring Racing Carnival** – Dress up, pop on a hat, and enjoy the social side of the races—whether you're into horses or just the champagne.

October celebrations in Australia

- 1. **Australian Breast Cancer Awareness Month**: This month focuses on raising awareness about breast cancer, promoting early detection, and supporting those affected.
 - 2. **Sustainable House Day**: Typically held in October, this event encourages the public to explore sustainable and energy-efficient homes, promoting eco-friendly living.
 - 3. **Mental Health Month**: October is recognized for raising awareness about mental health issues, advocating for support services, and reducing stigma.
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Little Adventures for October

- Take a bushwalk in the **Blue Mountains** and see the spring wildflowers.
 - Plan a **wine-tasting day in the Hunter Valley**—October weather makes it dreamy.
 - Head to the coast for some **whale spotting** or just a lazy beach day before the summer crowds arrive.
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Final Thought

October feels like a month made for friendship, fun, and fresh starts. Let's make the most of these spring days—whether it's over coffee under the jacarandas, a day trip to the coast, or simply enjoying the sunshine together.

Here's to a colourful, happy, and joy-filled October! 🌸 ✨