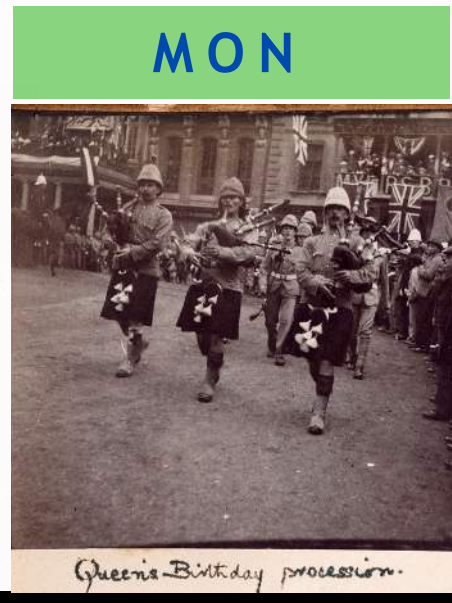


JUNE 2023

LEVEL 1 House 1, 2 & 3

*subject to change



THU

1 9:30 am Welcome to the day
9:30 am Gessy's physio exercises (H4)
9:40 am Newspaper read (H3)
10:00am Music and instruments (H3)
10:30 am news & views (H1 & 2)
11:00 am Puppets alive (H3)
11:00 am in chair exercises (H1 & 2)
11:00 am Choir (L3)
12:00 pm Ladies Group Luncheon Host Theresa Fifth Avenue Jewellery (Boardroom)
1:30 pm Men's Group (cinema)
1:30 pm Bingo (H1 & 2)
3 pm pampering
4 pm 1-1 room visits

FRI

2 9:30 am Welcome to day
9:40 am Newspaper read (H3)
10:00 am music and instruments (H3)
10:30 am News and views (H1 & 2)
10:30 am Anglican Mass (Cinema)
11:00 am in chair exercises (H1 & 2)
1:30 pm Andrew's bus trip Beachcomber Cafe
2pm community walks / outdoor walks & activities
2 pm Afternoon Trivia (L4)
3 pm Lochlan's Friday Fiesta (L4)
3:15 pm Cafe visits
4 pm 1-1 room visits

SAT

3 10:30 am Musical moments
11:00 am Coffee & chat
1 pm Toolbox activity
Netflix available all day
2 pm Afternoon movie matinee
3 pm Garden Walks
4 pm Happy hour

SUN

4 Livestream church service (by Service)
10:00 am coffee and chat
2 pm Musical moments
Afternoon tea
3 pm Footy match of the day
Netflix available all day
Garden Walks

MON

5 9:30 am Welcome to the day
9:40 am Newspaper reading (H3)
11:00 am music & movement (H3)
11:00 am news and views (H1 & 2)
11:00 am shopping trolley (all available)
11:30 am Balloon therapy (H1 & 2)
1:30 pm Meditation (Cinema)
1:30 pm Masterchef (H3)
1:30 pm Musical concert via (youtube)
2 pm Omega violinist (L2)
3 pm Footy tipping
4 pm 1-1 room visits

TUE

6 **Sweden Independence day**
9:30 am Welcome to the day
9:30 am Pastoral care
9:40 am Musical instruments (H3)
10:00 am Newspaper read (H3)
10:30 am Pet Therapy
10:00 am Gessy's physio exercises (H4)
11:00 am music and movement (H1 & 2)
1:30 pm masterchef (H1 & 2)
2 pm Presentation music of Sweden (L3)
3:30 pm Greek Group (H3)
4 pm 1-1 room visits

WED

7 9:30 am Lifestyle huddle meeting
10:30 am Music and movement (H3)
10:45 am News and Views (H1 & 2)
11:15 am Zumba Gold (H3)
11:30 am Musical melodies (H1 & 2)
1:30 pm Rachael's bus trip Dandenong Ranges
1:30 pm Creative art therapy (LM)
1:30 pm Floor games (H1 & 2)
3 pm Creative arts (H3)
4 pm 1-1 room visits

THU

8 9:30 am Welcome to the day
9:30 am Gessy's physio exercises (H4)
9:40 am Newspaper read (H3)
10:00am Music and instruments (H3)
10:30 am news & views (H1 & 2)
11:00 am in chair exercises (H1 & 2)
11:00 am Choir (L3)
1:30 pm Men's Group (cinema)
1:30 pm singalongs (H1 & 2)
3 pm pampering (H3)
4 pm 1-1 room visits

FRI

9 9:30 am Welcome to day
9:40 am Newspaper read (H3)
10:00 am music and instruments (H3)
10:30 am News and views (H1 & 2)
10:30 am Catholic mass (cinema)
11:00 am in chair exercises (H1 & 2)
1:30 pm Andrew's bus trip South Melbourne Market
2pm Board games / card games
2 pm Afternoon Trivia (L4)
3 pm Lochlan's Friday Fiesta (L4)
3:15 pm Cafe visits
4 pm 1-1 room visits

SAT

10 10:30 am Musical moments
11:00 am Coffee & chat
1 pm Toolbox activity
Netflix available all day
2 pm Afternoon movie matinee
3 pm Garden Walks
4 pm Happy hour

SUN

11 Livestream church service (by Service)
10:00 am coffee and chat
2 pm Musical moments
Afternoon tea
3 pm Footy match of the day
Netflix available all day
Garden Walks

MON

12 **PUBLIC HOLIDAY Philippines independence day**
10:30 am Musical moments
11:00 am Coffee & chat
1 pm Toolbox activity
Netflix available all day
2 pm Afternoon movie matinee
3 pm Garden Walks

TUE

13 9:30 am Welcome to the day
9:30 am Pastoral care
9:40 am Musical instruments (H3)
10:00 am Newspaper read (H3)
10:30 am Pet Therapy
10:00 am Gessy's physio exercises (H4)
11:00 am music and movement (H1 & 2)
1:30 pm masterchef (H1 & 2)
3:30 pm Balloon therapy (H3)
4 pm 1-1 room visits

WED

14 9:30 am Welcome to day
9:40 am Newspaper read (H3)
10:30 am Music and movement (H3)
10:45 am News and View (H1 & 2)
11:15 am Zumba Gold (H3)
11:30 am Musical melodies (H1 & 2)
1:30 pm Creative art therapy (LM)
1:30 pm Lochlan's s bus trip
2 pm Philip in concert (LM)
1:30 pm Floor games (H1 & 2)
3 pm Creative arts (H3)
4 pm 1-1 room visits

THU

15 9:30 am Welcome to the day
9:30 am Gessy's physio exercises (H4)
9:40 am Newspaper read (H3)
10:00am Music and instruments (H3)
10:30 am news & views (H1 & 2)
11:00 am in chair exercises (H1 & 2)
11:00 am Choir (L3)
1 pm Intergenerational program (L2)
1:30 pm Men's Group (cinema)
1:30 pm Bingo (H1 & 2)
3 pm pampering (H3)
4 pm 1-1 room visits

FRI

16 9:30 am Welcome to day
9:40 am Newspaper read (H3)
10:00 am music and instruments (H3)
10:30 am News and views (H1 & 2)
10:30 am Catholic mass (cinema)
11:00 am in chair exercises (H1 & 2)
1:30 pm Andrew's bus trip D'Lish Fish n chips & pier VIEWS
2pm community walks / outdoor walks & activities
2 pm Afternoon Trivia (L4)
3 pm Lochlan's Friday Fiesta (L4)
3:15 pm Cafe visits
4 pm 1-1 room visits

SAT

17 10:30 am Musical moments
11:00 am Coffee & chat
1 pm Toolbox activity
Netflix available all day
2 pm Afternoon movie matinee
3 pm Garden Walks
4 pm Happy hour

JUNE 2023

LEVEL 1 House 1 , 2 & 3



*subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
18 Livestream church service (by Service) 10:00 am coffee and chat 2 pm Musical moments Afternoon tea 3 pm Footy match of the day Netflix available all day Garden Walks	19 9 :30 am Welcome to the day 9 :40 am Newspaper reading (H3) 11:00 am music & movement (H3) 11:00 am news and views (H1 & 2) 11:00 am shopping trolley (all available) 11:30 am Balloon therapy (H1 & 2) 1 :30 pm Meditation (Cinema) 1 :30 pm Masterchef (H3) 1:30 pm Armchair travel 3 pm Footy tipping 4 pm 1-1 room visits	20 9 :30 am Welcome to the day 9 :30 am Pastoral care 9 :40 am Musical instruments (H3) 10:00 am Newspaper read (H3) 10:00 am Gessy's physio exercises (H4) 11:00 am music and movement (H1 & 2) 1:30 pm masterchef (H1 & 2) 3:30 pm Greek Group (H3) 4 pm 1-1 room visits	21 9:30 am Lifestyle huddle meeting 10:30 am Music and movement (H3) 10:45 am News and Views (H1 & 2) 11:15 am Zumba Gold (H3) 11 :30 am Musical melodies (H1 & 2) 1:30 pm Creative art therapy (LM) 1:30 pm Rachael's bus trip 1:30 pm Community visits 1 : 30 pm Floor games (H1 & 2) 3 pm Creative arts (H3) 4 pm 1-1 room visits	22 9 :30 am Welcome to the day 9 :30 am Gessy's physio exercises (H4) 9 :40 am Newspaper read (H3) 10:00am Music and instruments 10:30 am news & views (H1& 2) 11 :00 am in chair exercises (H1 & 2) 11:00 am Choir (L3) 1:30 pm Men's Group (cinema) 1:30 pm Bingo (H1 & 2) 3 pm pampering (H3) 4 pm 1-1 room visits	23 9 :30 am Welcome to day (H3) 9 :40 am Newspaper read (H3) 10:00 am music and instruments (H3) 10:30 am News and views (H1 & 2) 11:00 am in chair exercises (H1 & 2) 1:30 pm Resident and relative meeting 2 pm Afternoon Trivia (L4) 3 pm Lochlan's Friday Fiesta (L4) 3 :15 pm Cafe visits 4 pm 1-1 room visits	24 10:30 am Musical moments 11:00 am Coffee & chat 1 pm Toolbox activity Netflix available all day 2 pm Afternoon movie matinee 3 pm Garden Walks 4 pm Happy hour 6 pm Saturday night movies(cinema)
25 Independence day Croatia Livestream church service (by Service) 10:00 am coffee and chat 2 pm Musical moments Afternoon tea 3 pm Footy match of the day Netflix available all day Garden Walks	26 9 :30 am Welcome to the day 9 :40 am Newspaper reading (H3) 11:00 am music & movement (H3) 11:00 am news and views (H1 & 2) 11:00 am shopping trolley (all available) 11:30 am Balloon therapy (H1 & 2) 1 :30 pm Meditation (Cinema) 1 :30 pm Masterchef (H3) 1:30 pm Croatia independence day armchair travel via (youtube) (H1 & 2) 3 pm Footy tipping 4 pm 1-1 room visits	27 9 :30 am Welcome to the day 9 :30 am Pastoral care 9 :40 am Musical instruments (H3) 10:00 am Newspaper read (H3) 10:00 am Gessy's physio exercises (H4) 11:00 am music and movement (H1 & 2) 1:30 pm masterchef (H1 & 2) 3:30 pm Memory lane /sensory activities (H3) 4 pm 1-1 room visits	28 9:30 am Welcome to day 9 :40 am Newspaper read (H3) 10:30 am Music and movement (H3) 10:45 am News and View (H1 & 2) 11:15 am Zumba Gold (H3) 11 :30 am Musical melodies (H1 & 2) 12 pm Lochlan Lunch bus trip 1:30 pm Creative art therapy (LM) 1:30 pm Community visits 1 : 30 pm Floor games (H1 & 2) 2pm Food appreciation meeting (BOARDROOM) 3 pm Creative arts (H3) 4 pm 1-1 room visits	29 9 :30 am Welcome to the day 9 :30 am Gessy's physio exercises (H4) 9 :40 am Newspaper read (H3) 10:00am Music and instruments 10 :30 am Greek mass (Cinema) 10:30 am news & views (H1& 2) 11 :00 am in chair exercises (H1 & 2) 11:00 am Choir (L3) 1:30 pm Men's Group (cinema) 1:30 pm Bingo (H1 & 2) 3 pm pampering (H3) 4 pm 1-1 room visits	30 9 :30 am Welcome to day 9 :40 am Newspaper read (H3) 10:00 am music and instruments (H3) 10:30 am News and views (H1 & 2) 11:00 am in chair exercises (H1 & 2) 1:30 pm Andrew's bus trip 2pm community walks /outdoor walks & activities 2 pm Lifestyle focus group (LM) 2 pm Afternoon Trivia (L4) 3 pm Lochlan's Friday Fiesta (L4) 3 :15 pm Cafe visits 4 pm 1-1 room visits	