

# July 2023

## level 1- house 1, 2 & 3

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><i>Vive La France!</i></p>	 <p>CHRISTMAS IN JULY</p> <p>NAIDOC WEEK</p>		 <p>Happy 4th of JULY</p> <p>INDEPENDENCE DAY</p>			<p>1</p> <p>10:30 am Musical moments</p> <p>11:00 am Coffee &amp; chat</p> <p>1 pm Toolbox activity</p> <p>Netflix available all day</p> <p>2 pm Afternoon movie matinee</p> <p>3 pm Garden walks</p> <p>4 pm Happy hour</p>
<p>2</p> <p><b>NAIDOC WEEK</b></p> <p>Livestream church mass ( By request )</p> <p>10:00 am coffee and chat</p> <p>2 pm musical moments</p> <p>Afternoon Tea</p> <p>3 pm Footy match of the day</p> <p>Netflix available all day</p> <p>Evening Movie</p>	<p>3</p> <p>9:30 am Welcome to the day</p> <p>9:40 am Newspaper read ( H3 )</p> <p>10:00 am Music &amp; movement ( H3 )</p> <p>11:00 am News and views ( H1 &amp; 2 )</p> <p>11:30 am Balloon therapy</p> <p>1:30 pm Meditation ( Cinema )</p> <p>1:30 pm Musical concert ( Youtube ) H 1 &amp; 2 )</p> <p>2pm Arts /craft ( H3 )</p> <p>3 pm Dance /Drama Therapy</p> <p>4 pm 1-1 room visits</p>	<p>4</p> <p><b>American Independence day</b></p> <p>9:30 am Welcome to the day</p> <p>9:30 am Pastoral care</p> <p>9:40 am Musical instruments ( H3 )</p> <p>10:00 am newspaper read ( H3 )</p> <p>10:00 am Gessy's physio exercises (H4 )</p> <p>11:00 am Dance /Drama Therapy (H1 &amp; 2 )</p> <p>1:30 pm Greek group ( H3 ) ( H1 &amp; 2 )</p> <p>2:45 pm Yoga with Ellen ( H1 &amp; 2 )</p> <p>3:30 pm sundowning actiities</p> <p>4 pm 1-1 room visits</p>	<p>5</p> <p>9:30 am Lifestyle huddle meeting</p> <p>10:30 am Music and movement ( H3 )</p> <p>10:45 am News and views ( H1 &amp; 2 )</p> <p>11:15 am Zumba gold ( H3 )</p> <p>1:30 pm Rachael's Bus trip</p> <p>1:30 pm Creative art therapy ( LM )</p> <p>1:30 pm Community visits</p> <p>1:30 pm floor games ( H1 &amp; 2 )</p> <p>3pm Creative arts ( H3 )</p> <p>4 pm 1-1 room visits</p>	<p>6</p> <p>9:30 am Welcome to the day</p> <p>9:30 am Gessy's physio exercises ( H4 )</p> <p>9:40 am Newspaper read ( H3 )</p> <p>10:00 am music and instruments ( H3 )</p> <p>10:30 am news and views ( H1 &amp; 2 )</p> <p>10:30 am Catholic volunteer visitor</p> <p>11:00 am Puppets ( H3 )</p> <p>11:00 am Choir ( L3 )</p> <p>11:15 am Zumba Gold ( H1 &amp; 2 )</p> <p>1:30 pm Mens Group ( Cinema )</p> <p>1:30 pm Ladies Group ( L3 )</p> <p>1:30 bingo ( H1 &amp; 2 )</p> <p>3 pm pampering / aromatherapy</p> <p>4 pm 1-1 room visits</p>	<p>7</p> <p><b>Star Festival</b></p> <p>9:30 am Welcome to the day</p> <p>9:40 am Newspaper read ( H3 )</p> <p>10:00 am Music and instruments ( H3 )</p> <p>10:30 am News and views ( H1 &amp; 2 )</p> <p>11:00 am in chair exercises ( H1 &amp; 2 )</p> <p>1:30 pm Footy Tipping</p> <p>1:30 pm Andrew's bus trip</p> <p>2 pm Star Festival Tanabata powerpoint presentation</p> <p>2 pm Afternoon Trivia ( L4 )</p> <p>3 pm Lochlan's Friday fiesta ( L4 )</p> <p>3:15 pm Cafe visits</p> <p>4 pm 1-1 room visits</p>	<p>8</p> <p>10:30 am Musical moments</p> <p>11:00 am Coffee &amp; chat</p> <p>1 pm Toolbox activity</p> <p>Netflix available all day</p> <p>2 pm Afternoon movie matinee</p> <p>3 pm Garden walks</p> <p>4 pm Happy hour</p>
<p>9</p> <p>Livestream church mass ( By request )</p> <p>10:00 am coffee and chat</p> <p>2 pm musical moments</p> <p>Afternoon Tea</p> <p>3 pm Footy match of the day</p> <p>Netflix available all day</p> <p>Evening Movie</p>	<p>10</p> <p>9:30 am Welcome to the day</p> <p>9:40 am Newspaper read ( H3 )</p> <p>10:00 am Music &amp; movement ( H3 )</p> <p>11:00 am News and views ( H1 &amp; 2 )</p> <p>11:30 am Balloon therapy</p> <p>1:30 pm Meditation ( Cinema )</p> <p>1:30 pm Musical concert ( Youtube ) H1 &amp; 2</p> <p>1 pm Dance /Drama Therapy ( H3 )</p> <p>2 pm Omega Violinist ( L2 )</p> <p>3 pm Afternoon movie matinee</p> <p>4 pm 1-1 room visits</p>	<p>11</p> <p>9:30 am Welcome to the day</p> <p>9:30 am Pastoral care</p> <p>9:40 am Musical instruments ( H3 )</p> <p>10:00 am newspaper read ( H3 )</p> <p>10:00 am Gessy's physio exercises (H4 )</p> <p>11:00 am Dance /drama therapy (H1 &amp; 2 )</p> <p>1:30 pm masterchef ( H1 &amp; 2 )</p> <p>2:45 pm Yoga ( H1 &amp; 2 )</p> <p>3:30 pm Balloon therapy ( H3 )</p> <p>4 pm 1-1 room visits</p>	<p>12</p> <p>9:30 am Welcome to the day</p> <p>10:30 am Music and movement ( H3 )</p> <p>10:45 am News and views ( H1 &amp; 2 )</p> <p>11:15 am Zumba gold ( H3 )</p> <p>1:30 pm Lachlan's Bus trip</p> <p>1:30 pm Creative art therapy ( LM )</p> <p>1:30 pm Community visits</p> <p>1:30 pm floor games ( H1 &amp; 2 )</p> <p>3pm Creative arts ( H3 )</p> <p>4 pm 1-1 room visits</p>	<p>13</p> <p>9:30 am Welcome to the day</p> <p>9:30 am Gessy's physio exercises ( H4 )</p> <p>9:40 am Newspaper read ( H3 )</p> <p>10:00 am music and instruments ( H3 )</p> <p>10:30 am news and views ( H1 &amp; 2 )</p> <p>10:30 am Catholic volunteer visitor</p> <p>11:00 am Chior ( L3 )</p> <p>11:15 am Zumba Gold ( H1 &amp; 2 )</p> <p>1 pm Intergenerational Program ( L2 )</p> <p>1:30 pm Mens Group ( Cinema )</p> <p>1:30 bingo ( H1 &amp; 2 )</p> <p>3 pm pampering / aromatherapy</p> <p>4 pm 1-1 room visits</p>	<p>14</p> <p><b>Bastille Day</b></p> <p>9:30 am Welcome to the day</p> <p>9:40 am Newspaper read ( H3 )</p> <p>10:00 am Music and instruments ( H3 )</p> <p>10:30 am News and views ( H1 &amp; 2 )</p> <p>10:30 am Catholic mass ( Cinema )</p> <p>11:00 am in chair exercises ( H1 &amp; 2 )</p> <p>1:30 pm Footy Tipping</p> <p>1:30 pm Andrew's bus trip</p> <p>2 pm Christmas in July concert ( L3 )</p> <p>3 pm Lochlan's Friday fiesta</p> <p>Bastille day celebrations ( L4 )</p> <p>3:15 pm Bastille day treats /champagne and french music</p> <p>4 pm 1-1 room visits</p>	<p>15</p> <p>10:30 am Musical moments</p> <p>11:00 am Coffee &amp; chat</p> <p>1 pm Toolbox activity</p> <p>Netflix available all day</p> <p>2 pm Afternoon movie matinee</p> <p>3 pm Garden walks</p> <p>4 pm Happy hour</p>



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SUN	MON	TUE	WED	THU	FRI	SAT
<b>16</b> Livestream church mass ( By request ) 10:00 am coffee and chat 2 pm musical moments Afternoon Tea 3 pm Footy match of the day Netflix available all day Evening Movie	<b>17</b> 9 :30 am Welcome to the day 9:40 am Newspaper read ( H3) 10:00 am Music & movement ( H3 ) 11:00 am News and views ( H1 & 2 ) 11:30 am Balloon Therapy 1:30 pm Meditation ( Cinema) 1 :30 pm Musical concert ( Youtube ) H 1 & 2 1:30 pm Floor games ( H3 ) 3 pm Dance Therapy ( H3) 4 pm 1-1 room visits	<b>18</b> 9:30 am Welcome to the day 9:30 am Pastoral care 9 :40 am Musical instruments ( H 3 ) 10:00 am newspaper read ( H3) 10:00 am Gessy's physio exercises (H4 ) 11:00 am Dance /drama Therapy (H1 & 2 ) 1:30 pm Greek Group ( H 3) 2:45 pm Yoga ( H1 &2 ) 3:30 pm Sundowning activities 4 pm 1-1 room visits	<b>19</b> <b>Islamic new year</b> 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 ( H 3 ) 1:30 pm Rachael's Bus trip 1:30 pm Creative art therapy ( LM ) 1:30 pm Community visits 1:30 pm Islamic new year presentation ( H1 & 2 ) 3pm Creative arts ( H3 ) 4 pm 1-1 room visits	<b>20</b> 9 :30 am Welcome to the day 9 :30 am Gessy's physio exercises ( H4 ) 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 volunteer visitor 11:00 am Chior ( L3 ) 11:15 am Zumba Gold ( H1 & 2 ) 1 :30 pm Mens Group ( Cinema ) 1 :30 pm Ladies Group ( L3 ) 1:30 bingo ( H1 & 2 ) 3 pm pampering / aromatherapy 4 pm 1-1 room visits	<b>21</b> 9:30 am Welcome to the 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 1:30 pm Footy Tipping 2 pm community /outdoor walking 2 pm Afternoon Trivia ( L4 ) 3 pm Lochlan's Friday fiesta ( L4) 3:15 pm Cafe visits 4 pm 1-1 room visits	<b>22</b> 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
<b>23</b> Livestream church mass ( By request ) 10:00 am coffee and chat 2 pm musical moments Afternoon Tea 3 pm Footy match of the day Netflix available all day Evening Movie	<b>24</b> 9 :30 am Welcome to the day 9:40 am Newspaper read ( H3) 10:00 am Music & movement ( H3 ) 11:00 am News and views ( H1 & 2 ) 11:30 am Balloon therapy 1:30 pm Meditation ( Cinema) 1 :30 pm Musical concert ( Youtube ) H 1 & 2 2 pm Masterchef ( H3 ) 3 pm Dance /Drama therapy ( H 3 ) 4 pm 1-1 room visits	<b>25</b> 9:30 am Welcome to the day 9:30 am Pastoral care 9 :40 am Musical instruments ( H 3 ) 10:00 am newspaper read ( H3) 10:00 am Gessy's physio exercises (H4 ) 11:00 am Dance /drama Therapy (H1 & 2 ) 1:30 pm masterchef ( H1 & 2 ) 2:45 pm Yoga ( 1 & 2 ) 3:30 pm Balloon therapy ( H3 ) 4 pm 1-1 room visits	<b>26</b> 9 :30 am Welcome to the day 10:30 am Music and movement ( H3 ) 10:45 am News and views ( H1 & 2 ) 11:15 am Zumba gold ( H 3 ) 1:30 pm Lochlan's bus trip 1:30 pm U and I designers woman fashion clothing ( LM ) 1:30 pm Community visits 1 :30 pm floor games ( H1 & 2 ) 2 pm Food appreciation meeting ( Boardroom ) 3pm Creative arts ( H3 ) 4 pm 1-1 room visits	<b>27</b> 9 :30 am Welcome to the day 9 :30 am Gessy's physio exercises ( H4 ) 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 volunteer visitor 11:00 am Chior ( L3 ) 11:15 am Zumba Gold ( H1 & 2 ) 1 :30 pm Mens Group ( Cinema ) 1:30 bingo ( H1 & 2 ) 3 pm pampering / aromatherapy 4 pm 1-1 room visits	<b>28</b> 9:30 am Welcome to the 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 1:30 pm Footy Tipping 2 pm Lifestyle focus meeting 2 pm community /outdoor walking 2 pm Afternoon Trivia ( L4 ) 2 pm Lifestyle focus meeting ( LM ) 3 pm Lochlan's Friday fiesta ( L4) 3:15 pm Cafe visits 4 pm 1-1 room visits	<b>29</b> 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
<b>30</b> Livestream church mass ( By request ) 10:00 am coffee and chat 2 pm musical moments Afternoon Tea 3 pm Footy match of the day Netflix available all day Evening Movie	<b>31</b> 9 :30 am Welcome to the day 9:40 am Newspaper read ( H3) 10:00 am Music & movement ( H3 ) 11:00 am News and views ( H1 & 2 ) 11:30 am Balloon therapy 1:30 pm Meditation ( Cinema) 1 :30 pm Musical concert ( Youtube ) H 1 & 2 1:30 pm Masterchef ( H3 ) 3 pm Dance/Drama Therapy ( H3 ) 4 pm 1-1 room visits					