

July 2023

level 4- house 9 & 10

SUN



MON



TUE

WED



THU

FRI



SAT

10:30 am Musical moments
11:00 am coffee and chat
1 pm Tool box activities
2 pm Afternoon movie matinee
3 pm Garden Walks
4 pm Happy Hour

2

9 :30 am Livestream church
(by request)
10:30 am coffee and chat
1 pm musical moments
Netflix available all day
Footy match of the day
Toolbox activities
Garden Walks

3

9:30 am Welcome to the day
10 am Dance/Drama Therapy
11:00 am 9 letter word games
1 :30 pm Meditation (Cinema)
2 pm Residents choice of Artist
3 pm Active games
4 pm 1-1 room visits

4

American Independence day NAIDOC WEEK
9 :30 am Welcome to the day
9 :30 am Gessy's physio's exercises
9 :30 am Pastoral care visits
10:00 am Dance /Drama Therapy
11:00 am 9 Letter word games
1 :30 pm Greek group (H3)
2 pm Bingo
3 :30 pm yoga (L3)
3:pm Presentation & armchair travel to America (L4)
4 pm 1-1 room visits

5

9 :30 am Lifestyle huddle meeting
10:30 am news and views
11:00 am 9 letter word game
1 :30 pm Community visits
1 :30 pm Rachael's Bus trip
1:30 pm Creative arts therapy (LM)
1:30 pm masterchef
3 pm NAIDOC week presentation
4 pm 1-1 room visits

6

9 :30 am Welcome to the day
9 :30 am Gessy's physio exercises
10:30 am news and views
10:30 am Catholic volunteer visitor
11:00 am 9 letter words
11:00 am choir (L3)
11:00 am Puppets alive (H3)
1:30 pm Mens group (Cinema)
1:30 pm Ladies Group (L3)
2 pm Zumba Gold
3 pm Footy tipping
4 pm 1-1 room visits

7

Star Festival

9:30 am Welcome to the day
10:30 am News and views
11:00 am 9 letter words games
1 :30 pm Andrew's bus trip
2 pm STAR Festival presentation powerpoint
3 pm Lochlan's Friday fiesta
4 pm 1-1 room visits

8

10:30 am Musical moments
11:00 am coffee and chat
1 pm Tool box activities
2 pm Afternoon movie matinee
3 pm Garden Walks
4 pm Happy Hour

9

9 :30 am Livestream church
(by request)
10:30 am coffee and chat
1 pm musical moments
Netflix available all day
Footy match of the day
Toolbox activities
Garden Walks

10

9:30 am Welcome to the day
10 am Dance/Drama Therapy
11:00 am 9 letter word games
1 :30 pm Meditation (Cinema)
2 pm Musical concert (via youtube)
2 pm Omega violinist (L2)
3 pm Active games
4 pm 1-1 room visits

11

9 :30 am Welcome to the day
9 :30 am Gessy's physio's exercises
9 :30 am Pastoral care visits
10:00 am Dance/Drama Therapy
11:00 am 9 Letter word games
2 pm Bingo
3 :30 pm yoga (L3)
3:pm armchair travel (L4)
4 pm 1-1 room visits

12

9 :30 am Welcome to the day
10:30 am news and views
11:00 am 9 letter word game
12 pm Lochlan's Bus trip Vineyards
1 :30 pm Community visits
1:30 pm Creative arts therapy (LM)
2 pm documentary / Afternoon matinee movie
4 pm 1-1 room visits

13

9 :30 am Welcome to the day
9 :30 am Gessy's physio exercises
10:30 am news and views
10:30 am Catholic volunteer visitor
11:00 am 9 letter words
11:00 am choir (L3)
1 pm Intergenerational program (L2)
1:30 pm Mens group (Cinema)
2 pm Zumba Gold
3 pm Footy tipping
4 pm 1-1 room visits

14

Bastille Day

9:30 am Welcome to the day
10:30 am News and views
10:30 am Catholic mass (Cinema)
11:00 am 9 letter words games
1 :30 pm Andrew's bus trip
2 pm Christmas in July concert (L3)
3 pm Lochlan's Friday fiesta Bastille day celebrations
4 pm 1-1 room visits

15

10:30 am Musical moments
11:00 am coffee and chat
1 pm Tool box activities
2 pm Afternoon movie matinee
3 pm Garden Walks
4 pm Happy Hour

July 2023

level 4- house 9 & 10

SUN	MON	TUE	WED	THU	FRI	SAT
16 9 :30 am Livestream church (by request) 10:30 am coffee and chat 1 pm musical moments Netflix available all day Footy match of the day Toolbox activities Garden Walks	17 9:30 am Welcome to the day 10 am Dance /Drama Therapy 11:00 am 9 letter word games 1 :30 pm Meditation (Cinema) 2 pm Movie matinee 3 pm Floor games 4 pm 1-1 room visits	18 9 :30 am Welcome to the day 9 :30 am Gessy's physio's exercises 9 :30 am Pastoral care visits 10:00 am Dance and Drama Therapy 11:00 am 9 Letter word games 1 :30 pm Greek group (H3) 2 pm Bingo 3 :30 pm yoga (L3) 3:pm armchair travel (L4) 4 pm 1-1 room visits	19 9 :30 am Lifestyle huddle meeting 10:30 am news and views 11:00 am 9 letter word game 1 :30 pm Community visits 1 :30 pm Rachael's Bus trip 1:30 pm Creative arts therapy (LM) 1:30 pm masterchef 3 pm classical composer 4 pm 1-1 room visits	20 9 :30 am Welcome to the day 9 :30 am Gessy's physio exercises 10:30 am news and views 10:30 am Catholic volunteer visitor 11:00 am 9 letter words 11:00 am choir (L3) 1:30 pm Mens group (Cinema) 1:30 pm Ladies Group (L3) 2 pm Zumba Gold 3 pm Footy tipping 4 pm 1-1 room visits	21 9:30 am Welcome to the day 10:30 am News and views 11:00 am 9 letter words games 1 :30 pm Andrew's bus trip 2 pm Trivia 3 pm Lochlan's Friday fiesta 4 pm 1-1 room visits	22 10:30 amMusical moments 11:00 am coffee and chat 1 pm Tool box activities 2 pm Afternoon movie matinee 3 pm Garden Walks 4 pm Happy Hour
23 9 :30 am Livestream church (by request) 10:30 am coffee and chat 1 pm musical moments Netflix available all day Footy match of the day Toolbox activities Garden Walks	24 9:30 am Welcome to the day 10 am Dance /Drama therapy 11:00 am 9 letter word games 1 :30 pm Meditation (Cinema) 2 pm Movie matinee 3 pm Balloon Therapy 4 pm 1-1 room visits	25 9 :30 am Welcome to the day 9 :30 am Gessy's physio's exercises 9 :30 am Pastoral care visits 10:00 am Dance / Drama Therapy 11:00 am 9 Letter word games 2 pm Bingo 3 :30 pm yoga (L3) 3:pm armchair travel (L4) 4 pm 1-1 room visits	26 9 :30 am Welcome to the day 10:30 am news and views 11:00 am 9 letter word game 1 :30 pm Community visits 1:30 pm bus trip 1:30 pm U and I designer Woman's fashion clothing (LM) 2 pm Food appreciation meeting (Boardroom) 3 pm Australian Ballet concert (via Youtube) 4 pm 1-1 room visits	27 9 :30 am Welcome to the day 9 :30 am Gessy's physio exercises 10:30 am news and views 10:30 am Catholic volunteer Visitor 11:00 am 9 letter words 11:00 am choir (L3) 1:30 pm Mens group (Cinema) 2 pm Zumba Gold 3 pm Footy tipping 4 pm 1-1 room visits	28 9:30 am Welcome to the day 10:30 am News and views 11:00 am 9 letter words games 1 :30 pm Andrew's bus trip 2 pm Lifestyle focus meeting (LM) 2 pm Trivia 3 pm Lochlan's Friday fiesta 4 pm 1-1 room visits	29 10:30 amMusical moments 11:00 am coffee and chat 1 pm Tool box activities 2 pm Afternoon movie matinee 3 pm Garden Walks 4 pm Happy Hour 6 pm Saturday night at the movies
30 9 :30 am Livestream church (by request) 10:30 am coffee and chat 1 pm musical moments Netflix available all day Footy match of the day Toolbox activities Garden Walks	31 9:30 am Welcome to the day 10 am Dance/drama Therapy 11:00 am 9 letter word games 1 :30 pm Meditation (Cinema) 2 pm Residents choice of Artist 3 pm Board /card games 4 pm 1-1 room visits					