







AUGUST 2023

LEVEL 1- HOUSE 1 & 2



SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Saturday 7th August agedcareday.com.au #ThanksforCaring</p>		1 SWISS NATIONAL DAY  <p>9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS 11:00 AM DANCE THERAPY 1:30 PM MASTERCHEF 1:30 PM PET THERAPY 2:45 PM YOGA WITH ELLEN 3:30 PM INDOOR OR OUTDOOR WALKING GROUP 4 PM 1-1 ROOM VISITS</p>	2 <p>9:30 AM LIFESTYLE HUDDLE MEETING 11:00 AM NEWS AND VIEWS 11:30 AM IN CHAIR EXERCISES 1:30 PM RACHAEL'S BUS TRIP 1:30 PM ART THERAPY (LM) 1:30 PM TOMMY'S SINGALONG & HIGH TEA 3:15 PM FLOOR GAMES 4 PM 1-1 ROOM VISITS</p>	3 <p>9:30 AM WELCOME TO THE DAY 10:30 AM NEWS AND VIEWS 10:30 AM CATHOLIC VOLUNTEER VISIT 11:00 AM CHIOR (L3) 11:00 AM PUPPETS ALIVE (H3) 11:15AM ZUMBA GOLD 1 PM INTERGENERATIONAL PROGRAM (L3) 1:30 PM MENS GROUP 1:30 PM BINGO 3 PM RESIDENT CHOICE OF MUSICAL MUSICAL CONCERT (YOUTUBE) 4 PM 1-1 ROOM VISITS</p>	4 <p>9:30 AM WELCOME TO THE DAY 10:30 AM NEWS AND VIEWS 10:30 AM SHEERY ZAK MORRIS IN CHAIR EXERCISES 10:30 AM ANGLICAN MASS (CINEMA) 11:00 AM MUSICAL INSTRUMENTS 1:30 PM MEDITATION (CINEMA) 1:30 PM ANDREW'S BUS TRIP 1:30 PM CREATIVE ARTS 2 PM TRIVIA (L4) 3 PM FRIDAY FIESTA (L4) 3 PM FRIDAY AFTERNOON MOVIE MATINEE 4 PM 1-1 ROOM VISITS</p>	5 <p>10:30 AM MUSICAL MOMENTS 11:00 AM COFFEE & CHAT 1 PM TOOLBOX ACTIVITIES NETFLIX AFTERNOON MOVIE MATINEE 3 PM GARDEN WALKS 4 PM HAPPY HOUR</p>
6 <p>LIVESTREAM CHURCH (BY REQUEST) COFFEE AND CHAT MIDDAY MOVIE MUSICAL MOMENTS 3 PM FOOTY MATCH OF THE DAY NETFLIX AVAILABLE ALL DAY</p>	7 AGED CARE EMPLOYEE DAY <p>9:30 AM WELCOME TO DAY 10:30 AM MUSIC & MOVEMENT 11:00 AM NEWS LIVE (TV) 11:00 AM SHOPPING TROLLEY 1PM AFTERNOON WITH FRANK SINATRA 1:30 PM AGED CARE EMPLOYEE DAY CELEBRATIONS (L3) 1:30 PM MEDITATION (CINEMA) 3 PM ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISITS</p>	8 <p>9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS 11:00 AM DANCE THERAPY 1:30 PM MASTERCHEF 1:30 PM GREEK GROUP (H3) 2:45 PM YOGA WITH ELLEN 3:30 PM INDOOR OR OUTDOOR WALKING GROUP 4 PM 1-1 ROOM VISITS</p>	9 NATIONAL SINGAPORE DAY INDIGENOUS DAY <p>9:30 AM WELCOME TO THE DAY 11:00 AM NEWS AND VIEWS 11:30 AM IN CHAIR EXERCISES 1:30 PM LOCHLAN'S BUS TRIP 1:30 PM ART THERAPY (LM) 1:30 PM TOMMY'S SINGALONG & HIGH TEA 3 PM INDIGENOUS DAY POWERPOINT PRESENTATION 4 PM 1-1 ROOM VISITS</p>	10 <p>9:30 AM WELCOME TO THE DAY 10:30 AM NEWS AND VIEWS 10:30 AM CATHOLIC VOLUNTEER VISIT 11:00 AM CHIOR (L3) 11:15AM ZUMBA GOLD 1:30 PM MENS GROUP 1:30 PM LADIES GROUP (L3) 1:30 PM BINGO 3 PM OLD TIME FAVOURITES MUSICAL CONCERT (YOUTUBE) 4 PM 1-1 ROOM VISITS</p>	11 <p>9:30 AM WELCOME TO THE DAY 10:30 AM NEWS AND VIEWS 10:30 AM SHERRY ZAK MORRIS IN CHAIR EXERCISES 10:30 AM CATHOLIC MASS (CINEMA) 11:00 AM MUSICAL INSTRUMENTS 1:30 PM ANDREW'S BUS TRIP 1:30 PM CREATIVE ARTS 2 PM TRIVIA (L4) 3 PM FRIDAY FIESTA (L4) 3 PM FRIDAY AFTERNOON MOVIE MATINEE 4 PM 1-1 ROOM VISITS</p>	12 <p>10:30 AM MUSICAL MOMENTS 11:00 AM COFFEE & CHAT 1 PM TOOLBOX ACTIVITIES NETFLIX AFTERNOON MOVIE MATINEE 3 PM GARDEN WALKS 4 PM HAPPY HOUR</p>
13 <p>LIVESTREAM CHURCH (BY REQUEST) COFFEE AND CHAT MIDDAY MOVIE MUSICAL MOMENTS 3 PM FOOTY MATCH OF THE DAY NETFLIX AVAILABLE ALL DAY</p>	14 INDEPENDENCE DAY INDONESIA  <p>9:30 AM WELCOME TO DAY 10:30 AM MUSIC & MOVEMENT 11:00 AM NEWS LIVE (TV) 1PM MIDDAY MOVIE 1:30 PM MEDITATION (CINEMA) 3 PM ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISITS</p>	15 INDIAN INDEPENDENCE DAY  <p>9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS 11:00 AM DANCE THERAPY 1:30 PM INDIAN INDEPENDENCE DAY POWERPOINT PRESENTATION 1:30 PM PET THERAPY 2:45 PM YOGA WITH ELLEN 3:30 PM INDOOR OR OUTDOOR WALKING GROUP 4 PM 1-1 ROOM VISITS</p>	16  TEA DANCE PARTY <p>9:30 AM LIFESTYLE HUDDLE MEETING 11:00 AM NEWS AND VIEWS 11:30 AM IN CHAIR EXERCISES 1:30 PM TEA DANCE PARTY TEMPERANCE HALL 1:30 PM ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISITS</p>	17 <p>9:30 AM WELCOME TO THE DAY 10:30 AM NEWS AND VIEWS 10:30 AM CATHOLIC VOLUNTEER VISIT 11:00 AM CHIOR (L3) 11:15AM ZUMBA GOLD 1:30 PM MENS GROUP 1:30 PM BINGO 3 PM ARMCHAIR TRAVEL (YOUTUBE) 4 PM 1-1 ROOM VISITS</p>	18 <p>9:30 AM WELCOME TO THE DAY 10:30 AM NEWS AND VIEWS 10:30 AM SHERRY ZAK MORRIS IN CHAIR EXERCISES 10:30 AM CATHOLIC MASS (CINEMA) 11:00 AM MUSICAL INSTRUMENTS 1:30 PM ANDREW'S BUS TRIP 1:30 PM CREATIVE ARTS 2 PM TRIVIA (L4) 3 PM FRIDAY FIESTA (L4) 3 PM FRIDAY AFTERNOON MOVIE MATINEE 4 PM 1-1 ROOM VISITS</p>	19 <p>10:30 AM MUSICAL MOMENTS 11:00 AM COFFEE & CHAT 1 PM TOOLBOX ACTIVITIES NETFLIX AFTERNOON MOVIE MATINEE 3 PM GARDEN WALKS 4 PM HAPPY HOUR</p>

**subject to change*

AUGUST 2023

LEVEL 1- HOUSE 1 & 2

**subject to change*

SUN	MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25	26
LIVESTREAM CHURCH (BY REQUEST) COFFEE AND CHAT MIDDAY MOVIE MUSICAL MOMENTS 3 PM FOOTY MATCH OF THE DAY NETFLIX AVAILABLE ALL DAY	9:30 AM WELCOME TO DAY 10:30 AM MUSIC & MOVEMENT 11:00 AM NEWS LIVE (TV) 1PM AFTERNOON WITH DORIS DAY 1:30 PM MEDITATION (CINEMA) 2 PM OMEGA MUSIC THERAPY (L2) 3 PM ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISITS	9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS 11:00 AM DANCE THERAPY 1:30 PM MASTERCHEF 1:30 PM GREEK GROUP 2:45 PM YOGA WITH ELLEN 3:30 PM INDOOR OR OUTDOOR WALKING GROUP 4 PM 1-1 ROOM VISITS	RON IN CONCERT 9:30 AM WELCOME TO THE DAY 11:00 AM NEWS AND VIEWS 11:30 AM IN CHAIR EXERCISES 1:30 PM RACHAEL'S BUS TRIP 1:30 PM RON IN CONCERT (L3) 1:30 PM ART THERAPY (LM) 3:15 PM FLOOR GAMES 4 PM 1-1 ROOM VISITS	9:30 AM WELCOME TO THE DAY 10:30 AM NEWS AND VIEWS 10:30 AM CATHOLIC VOLUNTEER VISIT 11:00 AM CHIOR (L3) 11:15AM ZUMBA GOLD 1:30 PM MENS GROUP 1:30 PM LADIES GROUP (L3) 1:30 PM BINGO 3 PM RESIDENT CHOICE MUSICAL ARTIST (YOUTUBE) 4 PM 1-1 ROOM VISITS	9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM SHERRY ZAK MORRIS IN CHAIR EXERCISES 10:30 AM CATHOLIC MASS (CINEMA) 11:00 AM MUSICAL INSTRUMENTS 1:30 PM CREATIVE ARTS 1:30 PM LIFESTYLE HUDDLE MEETING (LM) 2 PM TRIVIA (L4) 3 PM FRIDAY FIESTA (L4) 3 PM FRIDAY AFTERNOON MOVIE MATINEE 4 PM 1-1 ROOM VISITS	10:30 AM MUSICAL MOMENTS 11:00 AM COFFEE & CHAT 1 PM TOOLBOX ACTIVITIES NETFLIX AFTERNOON MOVIE MATINEE 3 PM GARDEN WALKS 4 PM HAPPY HOUR

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DAFFODIL DAY



LIVESTREAM CHURCH (BY REQUEST)
COFFEE AND CHAT
MIDDAY MOVIE
MUSICAL MOMENTS
3 PM FOOTY MATCH OF THE DAY
NETFLIX AVAILABLE ALL DAY

9:30 AM WELCOME TO DAY
10:30 AM MUSIC & MOVEMENT
11:00 AM NEWS LIVE (TV)
1PM OLD TIME FAVOURITES
YOUTUBE MUSICAL
1:30 PM MEDITATION (CINEMA)
3 PM ARMCHAIR TRAVEL
4 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES
10:30 AM NEWS AND VIEWS
11:00 AM DANCE THERAPY
1:30 PM MASTERCHEF
1:30 PM PET THERAPY
2:45 PM YOGA WITH ELLEN
3:30 PM INDOOR OR OUTDOOR WALKING GROUP
4 PM 1-1 ROOM VISITS

9:30 AM LIFESTYLE HUDDLE MEETING
11:00 AM NEWS AND VIEWS
11:30 AM IN CHAIR EXERCISES
1:30 PM LOCHLAN'S BUS TRIP
1:30 PM ART THERAPY (LM)
2 PM FOOD APPRECIATION MEETING (BOARDROOM)
1:30 PM TOMMY'S SINGALONGS & HIGH TEA
3:15 PM CARD / BOARD GAMES
4 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS
10:30 AM CATHOLIC VOLUNTEER VISIT
10:30 AM GREEK MASS (CINEMA)
11:00 AM CHIOR (L3)
11:15AM ZUMBA GOLD
1 PM INTERGENERATIONAL PROGRAM (L3)
1:30 PM MENS GROUP
1:30 PM BINGO
3 PM ARMCHAIR TRAVEL (YOUTUBE)
4 PM 1-1 ROOM VISITS

