







# AUGUST 2023

## LEVEL 1- HOUSE 3 MSU



SUN	MON	TUE	WED	THU	FRI	SAT
<div><div>Aged Care Employee Day</div><div>Thanks for caring</div><div>Saturday 7th August</div><div>agedcareday.com.au</div><div>#ThanksforCaring</div></div>		<div>1 SWISS NATIONAL DAY</div> <div>9:30 AM WELCOME TO THE DAY 9:45 AM MUSIC &amp; MOVEMENT IN CHAIR EXERCISES 11:00 AM BALLOON &amp; MUSIC THERAPY 1:30 PM PET THERAPY 2:45 PM YOGA WITH ELLEN ( L1) 3:30 PM INDOOR OR OUTDOOR WALKING GROUP 4 PM 1 - 1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>2</div> <div>9:30 AM LIFESTYLE HUDDLE MEETING 10:30 AM BALLOON &amp; MUSIC THERAPY 11:15 AM ZUMBA GOLD 1:30 PM MUSIC MELODIES 1:30 PM RACHAEL'S BUS TRIP 1:30 PM TOMMY'S SINGALONG &amp; HIGH TEA 3 PM ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISIT 6 PM SUNDOWNING ACTIVITIES</div>	<div>3</div> <div>9:30 AM WELCOME TO THE DAY 9:40 AM NEWSPAPER READ 10:00 AM MUSIC AND INSTRUMENTS 10:30 AM CATHOLIC VOLUNTEER VISITS 11:00 AM PUPPETS ALIVE 11:00 AM CHIOR ( L3 ) 1 PM INTERGENERATION PROGRAM ( L3 ) 1:30 PM MENS GROUP ( CINEMA) 1:30 PM MUSICAL CONCERT 3 PM PAMPERING OR AROMATHERAPY 4 PM 1-1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>4</div> <div>9:30 AM WELCOME TO THE DAY 9 :40 AM NEWSPAPER READ 10:00 AM ART THERAPY 1:30PM ANDREW'S BUS TRIP 1:30 PM RELAXING THERAPY MUSIC 3 PM ACTIVE GAMES 4 PM 1-1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>5</div> <div>MUSICAL MOMENTS COFFEE &amp; CHAT TOOLBOX ACTIVITIES NETFLIX AVAILABLE ALL DAY MIDDAY MOVIE 3 PM GARDEN WALK 4 PM HAPPY HOUR</div>
<div>6</div> <div>LIVESTREAM CHURCH (BY REQUEST ) COFFEE AND CHAT MIDDAY MOVIE MUSICAL MOMENTS PM FOOTY MATCH OF THE DAY NETFLIX AVAILABLE ALL DAY</div>	<div>7 AGED CARE EMPLOYEE DAY</div> <div>9:30 AM WELCOME TO THE DAY 9 :45 AM BALLOON /MUSIC THERAPY 10:30 AM MUSIC MELODIES 1:30PM SINGAPORE MASTERCHEF 1:30 PM AGED CARE EMPLOYEE DAY CELEBRATIONS ( L3 ) 3 PM DANCE /DRAMA THERAPY 4 PM TABLE GAMES ACTIVITIES 4 PM 1-1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>8</div> <div>9:30 AM WELCOME TO THE DAY 9:45 AM MUSIC &amp; MOVEMENT IN CHAIR EXERCISES 11:00 AM BALLOON &amp; MUSIC THERAPY 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 6 PM SUNDOWNING ACTIVITIES</div>	<div>9 NATIONAL SINGAPORE DAY INDIGENOUS DAY</div> <div>9:30 AM WELCOME TO THE DAY 9 :45 AM MUSIC &amp; MOVEMENT IN CHAIR EXERCISES 10:30 AM BALLOON &amp; MUSIC THERAPY 11:15 AM ZUMBA GOLD 1:30 TOMMY'S SINGALONG &amp; TEA HIGH 1:30 PM LOCHLAN'S BUS TRIP 3 PM ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISIT 6 PM SUNDOWNING ACTIVITIES</div>	<div>10</div> <div>9:30 AM WELCOME TO THE DAY 9:40 AM NEWSPAPER READ 10:00 AM MUSIC AND INSTRUMENTS 10:30 AM CATHOLIC VOLUNTEER VISITS 11:00 AM CHIOR ( L3 ) 1:30 PM LADIES GROUP ( L3 ) 1:30 PM MENS GROUP ( CINEMA) 1:30 PM MUSICAL CONCERT 3 PM HIGH TEA 4 PM 1-1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>11</div> <div>9:30 AM WELCOME TO THE DAY 9 :40 AM NEWSPAPER READ 10:00 AM ART THERAPY 10:30 AM CATHOLIC MASS ( CINEMA) 1:30PM ANDREW'S BUS TRIP 1:30 PM RELAXING THERAPY MUSIC VIA YOUTUBE 3 PM SENSORY ACTIVITIES 4 PM 1-1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>12</div> <div>MUSICAL MOMENTS COFFEE &amp; CHAT TOOLBOX ACTIVITIES NETFLIX AVAILABLE ALL DAY MIDDAY MOVIE 3 PM GARDEN WALK 4 PM HAPPY HOUR</div>
<div>13</div> <div>LIVESTREAM CHURCH (BY REQUEST ) COFFEE AND CHAT MIDDAY MOVIE MUSICAL MOMENTS 3 PM FOOTY MATCH OF THE DAY NETFLIX AVAILABLE ALL DAY</div>	<div>14 INDEPENDENCE DAY INDONESIA</div> <div>9:30 AM WELCOME TO THE DAY 9 :45 AM BALLOON /MUSIC THERAPY 10:30 AM MUSIC MELODIES 1:30PM MASTERCHEF 3 PM DANCE /DRAMA THERAPY 4 PM TABLE GAMES ACTIVITIES 4 PM 1-1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>15 INDIAN INDEPENDENCE DAY</div> <div>9:30 AM WELCOME TO THE DAY 9:45 AM MUSIC &amp; MOVEMENT IN CHAIR EXERCISES 11:00 AM BALLOON &amp; MUSIC THERAPY 1:30 PM PET THERAPY 2 :45 PM YOGA WITH ELLEN ( L1) 3:30 PM INDOOR OR OUTDOOR WALKING GROUP 4 PM 1 - 1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>16TEA DANCE PARTY</div> <div>9:30 AM LIFESTYLE HUDDLE MEETING 10:30 AM BALLOON &amp; MUSIC THERAPY 11:15 AM ZUMBA GOLD 1:30 PM ARMCHAIR TRAVEL 1:30 PM TEA DANCE ( TEMPERANCE HALL ) 6 PM SUNDOWNING ACTIVITIES</div>	<div>17</div> <div>9:30 AM WELCOME TO THE DAY 9:40 AM NEWSPAPER READ 10:00 AM MUSIC AND INSTRUMENTS 10:30 AM CATHOLIC VOLUNTEER VISITS 11:00 AM CHIOR ( L3 ) 1:30 PM MENS GROUP ( CINEMA) 1:30 PM MUSICAL CONCERT 3 PM PAMPERING OR AROMATHERAPY 4 PM 1-1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>18</div> <div>9:30 AM WELCOME TO THE DAY 9 :40 AM NEWSPAPER READ 10:00 AM ART THERAPY 1:30PM ANDREW'S BUS TRIP 1:30 PM ARMCHAIR TRAVEL 3 PM ACTIVE GAMES 4 PM 1-1 ROOM VISITS 6 PM SUNDOWNING ACTIVITIES</div>	<div>19</div> <div>MUSICAL MOMENTS COFFEE &amp; CHAT TOOLBOX ACTIVITIES NETFLIX AVAILABLE ALL DAY MIDDAY MOVIE 3 PM GARDEN WALK 4 PM HAPPY HOUR</div>

\*subject to change

*\*subject to change*



# AUGUST 2023

## LEVEL 1- HOUSE 3 MSU

*\*subject to change*

SUN	MON	TUE	WED	THU	FRI	SAT
<b>20</b> <b>LIVESTREAM CHURCH (BY REQUEST)</b> <b>COFFEE AND CHAT</b> <b>MIDDAY MOVIE</b> <b>MUSICAL MOMENTS</b> <b>3 PM FOOTY MATCH OF THE DAY</b> <b>NETFLIX AVAILABLE ALL DAY</b>	<b>21</b> <b>9:30 AM WELCOME TO THE DAY</b> <b>9:45 AM BALLOON /MUSIC THERAPY</b> <b>10:30 AM MUSIC MELODIES ( CINEMA )</b> <b>1:30PM MASTERCHEF</b> <b>2 PM OMEGA MUSIC THERAPY ( L2 )</b> <b>3 PM DANCE /DRAMA THERAPY</b> <b>4 PM TABLE GAMES ACTIVITIES</b> <b>4 PM 1-1 ROOM VISITS</b> <b>6 PM SUNDOWNING</b>	<b>22</b> <b>9:30 AM WELCOME TO THE DAY</b> <b>9:45 AM MUSIC &amp; MOVEMENT</b> <b>IN CHAIR EXERCISES</b> <b>11:00 AM BALLOON &amp; MUSIC THERAPY</b> <b>1:30 PM GREEK GROUP</b> <b>2:45 PM YOGA WITH ELLEN ( L1 )</b> <b>3:30 PM INDOOR OR OUTDOOR WALKING GROUP</b> <b>4 PM 1 - 1 ROOM VISITS</b> <b>6 PM SUNDOWNING ACTIVITIES</b>	<b>23 RON IN CONCERT</b> <b>9:30 AM WELCOME TO THE DAY</b> <b>9:45 AM MUSIC &amp; MOVEMENT IN CHAIR EXERCISES</b> <b>10:30 AM BALLOON &amp; MUSIC THERAPY</b> <b>11:15 AM ZUMBA GOLD</b> <b>1:30 PM RACHAEL 'S BUS TRIP</b> <b>1:30 PM RON THE ENTERTAINER ( L3 )</b> <b>1:30 PM FLOOR GAMES</b> <b>4 PM 1-1 ROOM VISIT</b> <b>6 PM SUNDOWNING ACTIVITIES</b>	<b>24</b> <b>9:30 AM WELCOME TO THE DAY</b> <b>9:40 AM NEWSPAPER READ</b> <b>10:00 AM MUSIC AND INSTRUMENTS</b> <b>10:30 AM CATHOLIC VOLUNTEER VISITS</b> <b>11:00 AM CHIOR ( L3 )</b> <b>1:30 PM ANDREW'S BUS TRIPS</b> <b>1:30 PM MENS GROUP ( CINEMA )</b> <b>1:30 PM LADIES GROUP</b> <b>1:30 PM MUSICAL CONCERT</b> <b>3 PM REMINISCING</b> <b>4 PM 1-1 ROOM VISITS</b> <b>6 PM SUNDOWNING ACTIVITIES</b>	<b>25</b> <b>9:30 AM WELCOME TO THE DAY</b> <b>9:40 AM NEWSPAPER READ</b> <b>10:00 AM ART THERAPY</b> <b>1:30 PM RELAXING THERAPY MUSIC ( YOUTUBE )</b> <b>1:30 PM LIFESTYLE HUDDLE MEETING ( LM )</b> <b>3 PM SENSORY ACTIVITIES</b> <b>4 PM 1-1 ROOM VISITS</b> <b>6 PM SUNDOWNING ACTIVITIES</b>	<b>26</b> <b>MUSICAL MOMENTS</b> <b>COFFEE &amp; CHAT</b> <b>TOOLBOX</b> <b>ACTIVITIES</b> <b>NETFLIX</b> <b>AVAILABLE ALL DAY</b> <b>MIDDAY MOVIE</b> <b>3 PM GARDEN WALK</b> <b>4 PM HAPPY HOUR</b>
<b>27</b> <b>LIVESTREAM CHURCH (BY REQUEST)</b> <b>COFFEE AND CHAT</b> <b>MIDDAY MOVIE</b> <b>MUSICAL MOMENTS</b> <b>3 PM FOOTY MATCH OF THE DAY</b> <b>NETFLIX AVAILABLE ALL DAY</b>	<b>28</b> <b>9:30 AM WELCOME TO THE DAY</b> <b>9:45 AM BALLOON /MUSIC THERAPY</b> <b>10:30 AM MUSIC MELODIES</b> <b>1:30PM MASTERCHEF</b> <b>3 PM DANCE /DRAMA THERAPY</b> <b>4 PM TABLE GAMES ACTIVITIES</b> <b>4 PM 1-1 ROOM VISITS</b> <b>6 PM SUNDOWNING ACTIVITIES</b>	<b>29</b> <b>9:30 AM WELCOME TO THE DAY</b> <b>9:45 AM MUSIC &amp; MOVEMENT</b> <b>IN CHAIR EXERCISES</b> <b>11:00 AM BALLOON &amp; MUSIC THERAPY</b> <b>1:30 PM PET THERAPY</b> <b>2:45 PM YOGA WITH ELLEN ( L1 )</b> <b>3:30 PM INDOOR OR OUTDOOR WALKING GROUP</b> <b>4 PM 1 - 1 ROOM VISITS</b> <b>6 PM SUNDOWNING ACTIVITIES</b>	<b>30</b> <b>9:30 AM LIFESTYLE HUDDLE MEETING</b> <b>9:45 AM MUSIC &amp; MOVEMENT IN CHAIR EXERCISES</b> <b>10:30 AM BALLOON &amp; MUSIC THERAPY</b> <b>11:15 AM ZUMBA GOLD</b> <b>1:30 PM TOMMY'S SINGALONG</b> <b>1:30 PM LOCHLAN'S BUS TRIP</b> <b>2 PM FOOD APPRECIATION MEETING ( BOARDROOM )</b> <b>3 PM ARMCHAIR TRAVEL</b> <b>4 PM 1-1 ROOM VISIT</b> <b>6 PM SUNDOWNING ACTIVITIES</b>	<b>31 DAFFODIL DAY</b> <b>9:30 AM WELCOME TO THE DAY</b> <b>9:40 AM NEWSPAPER READ</b> <b>10:00 AM MUSIC AND INSTRUMENTS</b> <b>10:30 AM GREEK MASS ( CINEMA )</b> <b>10:30 AM CATHOLIC VOLUNTEER VISITS</b> <b>11:00 AM CHIOR ( L3 )</b> <b>1 PM INTERGENERATION PROGRAM ( L3 )</b> <b>1:30 PM ANDREW'S BUS TRIPS</b> <b>1:30 PM MENS GROUP ( CINEMA )</b> <b>1:30 PM MUSICAL CONCERT</b> <b>3 PM CREATIVE ARTS MAKING /COLOURING DAFFODIL FLOWERS</b> <b>4 PM 1-1 ROOM VISITS</b> <b>6 PM SUNDOWNING ACTIVITIES</b>	