

October 2023

Level 2-House 4, 5 & 6



*subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
1 Livestream church (By request) 10:00 am coffee and chat 2 pm Afternoon movie matinee Netflix available all day Tool box activities Garden walks	2 9:30 am Welcome to the day 10:00 am News and views 10:30 am Word games & quizzes 11 :00 am 9 Letter word game 1 :30 pm meditation (Cinema) 2 pm dance and drama therapy 3 pm Bingo 4 pm 1-1 room visits	3 <i>AEC mobile voting booths</i> 9:30 am Welcome to the day 10:00 am Gessy's exercises (H4) 10:30 am News and views 11:00 am 9 Letter word games(L4) 1:30 pm Armchair travel 2 :45 pm yoga 3 :15 pm dance and drama therapy 4 pm 1-1 room visits	4 <i>AEC mobile voting booths</i> 9:30 am Lifestyle huddle meeting 10:30 am Zumba Gold (H4 & 5) 11:00 am Word games and quizzes 1:30 pm Lochlan's bus trip (Williamstown beach) 1 :30 pm Kimberly's art therapy 1 :30 pm Tommy's singalong & high tea (L1) 2 pm Music therapy 3 pm floor or card games 4 pm 1-1 room visits	5 9:30 am Welcome to the day 10:00 am Gessy's physio exercises (H4) 10:30 am News and views 10:30 am Catholic volunteer visitor 11:00 am puppets alive (H3) 11:00 am Choir (L3) 1:30 pm Paint and sip & creative crafts (with champagne) 3 pm Knitting Group 4 pm 1-1 room visits	6 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games & quizzes 10:30 am Anglican Mass (cinema) 11:00 am 9 letter word games (L4) 1 :30 pm Andrew's bus trip Heidi Museum 2 pm zumba gold (H6) 2 pm Trivia (L4) 3 pm Lochlan's Friday fiesta (L4) 3 pm Music therapy 3:15 pm Lionshare cafe visits 4 pm 1-1 room visits	7 10:30 am Musical moments 11:00 am Laughter & lattes 1 pm garden walks 2 pm afternoon movie Netflix available all day 4 pm Happy hour
8 Livestream church (By request) 10:00 am coffee and chat 2 pm CaSPA Care annaul concert (L3) Netflix available all day Tool box activities Garden walks	9 9:30 am Welcome to the day 10:00 am News and views 10:30 am Word games & quizzes 11 :00 am 9 Letter word game 1 :30 pm meditation (Cinema) 2 pm Omega violinist 3 pm Bingo 4 pm 1-1 room visits	10 9:30 am Welcome to the day 10:00 am Gessy's physio exercises (H4) 10:30 am Word games and quizzes 11:00 am 9 Letter word games(L4) 1:30 pm Armchair travel 2 :45 pm yoga 3 :15 pm dance and drama therapy 4 pm 1-1 room visits	11 9:30 am Welcome to the day 10:30 am Zumba Gold (H4 & 5) 11:00 am Word games and quizzes 1 :30 pm Kimberly's art therapy 1 :30 pm Tommy's singalong & high tea (L1) 2 pm Music Therapy 3 pm floor or card games 4 pm 1-1 room visits	12 <i>Shantelle in concert</i> 9:30 am Welcome to the day 10:00 am Gessy's physio exercises (H4) 10:30 am News and views 10:30 am Catholic volunteer visitor 11:00 am Choir (L3) 1:30 pm Shantelle" concert (L3) 3 pm Pampering 4 pm 1-1 room visits	13 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games & quizzes 10:30 am Catholic Mass (cinema) 11:00 am Shopping Trolley 11:00 am 9 letter word games (L4) 1:30 pm Andrew's bus trip National Gallery 2 pm zumba gold (H6) 3 pm Lochlan's Friday fiesta 3 pm Music therapy (L4) 3:15 pm Lionshare cafe visits 4 pm 1-1 room visits	14 10:30 am Musical moments 11:00 am Laughter & lattes 1 pm garden walks 2 pm afternoon movie Netflix available all day 4 pm Happy hour

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22 Livestream church (By request) 10:00 am coffee and chat 2 pm Afternoon movie matinee Netflix available all day Tool box activities Garden walks	23 9:30 am Welcome to the day 10:00 am News and views 10:30 am Word games & quizzes 11 :00 am 9 Letter word game 1 :30 pm meditation (Cinema) 2 pm dance and drama therapy 3 pm Bingo 4 pm 1-1 room visits	24 9:30 am Welcome to the day 10:00 am Gessy's physio exercises (H4) 10:30 am News and Views 11:00 am 9 Letter word games(L4) 1:30 pm Armchair travel 2 :45 pm yoga 3 :15 pm dance and drama therapy 4 pm 1-1 room visits	25 9:30 am Welcome to the day 10:30 am Zumba Gold (H4 & 5) 11:00 am Word games and quizzes 1 :30 pm Kimberly's art therapy 1 :30 pm Tommy's singalong & high tea (L1) 1 :30 pm Rachel's bus trip (Como House) 2 pm Food appreciation meeting (BOARDROOM) 2 pm Music Therapy 3 pm floor or card games 4 pm 1-1 room visits	26 9:30 am Welcome to the day 10:00 am Gessy's physio exercises (H 4) 10:30 am News and views 10:30 am Greek mass (Cinema) 10:30 am Catholic volunteer visitor 11:00 am Choir (L3) 1 pm Intergenerational program (L3) 1:30 pm painting and sip & creative crafts (with champagne) 3 pm Knitting Group 4 pm 1-1 room visits	27 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games & quizzes 11:00 am 9 letter word games (L4) 1 :30 pm Lifestyle focus group meeting (LM) 2 pm zumba gold (H6) 3 pm Lochlan's Friday fiesta (L4) 3 pm Music therapy 3:15 pm Lionshare cafe visits 4 pm 1-1 room visits	29 10:30 am Musical moments 11:00 am Laughter & lattes 1 pm garden walks 2 pm afternoon movie Netflix available all day 4 pm Happy hour
28 Livestream church (By request) 10:00 am coffee and chat 2 pm Afternoon movie matinee Netflix available all day Tool box activities Garden walks	30 9:30 am Welcome to the day 10:00 am News and views 10:30 am Word games & quizzes 11 :00 am 9 Letter word game 1 :30 pm meditation (Cinema) 2 pm dance and drama therapy 3 pm Bingo 4 pm 1-1 room visits	31 Halloween celebrations 9:30 am Welcome to the day 10:00 am Gessy's physio exercises 10:30 am News and views 11:00 am 9 Letter word games(L4) 1:30 pm Halloween powerpoint presentation 2 :45 pm yoga 3 :15 pm dance and drama therapy 4 pm 1-1 room visits	 <p>OUTLIGHT FAVOURITE Presents The Share & Care Variety Dancers Contacts: Vicki 0490 394 965 Carol 0418 556 337</p>			