

## LEVEL 1- HOUSE 1, 2 & 3

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



<b>1</b>	<p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY ( H3 )</p> <p>10:00AM ART THERAPY WITH KIMBERLY ( H3 )</p> <p>10:30 AM NEWS &amp; VIEWS ( 1 &amp; 2 )</p> <p>10:30 AM ANGLICAN MASS (CINEMA )</p> <p>11:00AM IN CHAIR EXERCISES H1&amp;2)</p> <p>1 :30 PM FLOOR GAMES ( 1 &amp; 2 )</p> <p>3 PM MUSIC &amp; INSTRUMENTS ( H3 )</p> <p>4 PM 1-1 ROOM VISITS</p>
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<b>2</b>	<p>10:30 AM MUSICAL MOMENTS</p> <p>11:00 AM COFFEE &amp; CHAT</p> <p>1 PM TOOLBOX ACTIVITIES</p> <p>NETFLIX AVAILABLE ALL DAY</p> <p>2 PM AFTERNOON GARDEN WALKS</p> <p>4 PM HAPPY HOUR</p>
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<b>3</b>	<p><b>LIVESTREAM CHURCH (BY REQUEST)</b></p> <p><b>COFFEE &amp; CHAT</b></p> <p><b>MUSICAL MOMENTS</b></p> <p><b>TOOLBOX ACTIVITIES</b></p> <p><b>NETFLIX AVAILABLE ALL DAY</b></p>
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<b>4</b>	<p><b>RESIDENT AND RELATIVE CHRISTMAS PARTY</b></p> <p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY ( H3 )</p> <p>10:30 AM NEWS &amp; VIEWS ( H1&amp;2 )</p> <p>11:00 AM MUSICAL MELODIES ( H3 )</p> <p>11:20 AM IN CHAIR EXERCISES ( H1 &amp; 2 )</p> <p>1:30 PM RESIDENTS AND RELATIVES CHRISTMAS PARTY</p>
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<b>5</b>	<p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY ( H3 )</p> <p>10:00 AM GESSY'S PHYSIO EXERCISES ( H4 )</p> <p>10:30 AM NEWS &amp; VIEWS ( H1 &amp; 2 )</p> <p>11:00 AM MUSICAL MELODIES ( H3 )</p> <p>11:20 AM INCHAIR EXERCISES ( H1 &amp; 2 )</p> <p>1:30 PM MASTERCHEF ( H1&amp;2 )</p> <p>2:45 PM YOGA</p> <p>3 :30 PM INDOOR OR OUTDOOR WALKING ( H3 )</p> <p>4 PM 1-1 ROOM VISITS</p>
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<b>6</b>	<p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY</p> <p>10:30 AM NEWS&amp;VIEWS</p> <p>11:15 AM ZUMBA GOLD (H3)</p> <p>1 :30 PM RACHEL'S BUS TRIP WESTFIELD SOUTHLAND SHOPPING</p> <p>1:30 PM DAN'S ART THERAPY ( 1 &amp; 2 )</p> <p>3 PM OUTDOOR TEA PARTY</p> <p>4 PM 1-1 ROOM VISITS</p>
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<b>7</b>	<p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY</p> <p>10:00AM GESSY'S PHYSIO EXERCISES</p> <p>10:30 AM CATHOLIC VISITOR</p> <p>10:30 AM NEWS &amp; VIEWS ( H1&amp;2 )</p> <p>11:00 AM PUPPETS ALIVE ( H3 )</p> <p>11:00 AM CHOIR ( L3 )</p> <p>11:15 AM ZUMBA GOLD (H1 &amp; 2 )</p> <p>1 :30 PM MEN'S GROUP ( CINEMA )</p> <p>1 :30 PM BINGO ( H1 &amp; 2 )</p> <p>3 PM DAN'S ART THERAPY ( H3 )</p> <p>4 PM 1-1 ROOM VISITS</p>
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<b>8</b>	<p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY ( H3 )</p> <p>10:00AM ART THERAPY WITH KIMBERLY ( H3 )</p> <p>10:30 AM NEWS &amp; VIEWS ( 1 &amp; 2 )</p> <p>10:30 AM CATHOLIC MASS (CINEMA )</p> <p>11:00AM IN CHAIR EXERCISES H1&amp;2)</p> <p>1 :30 PM FLOOR GAMES ( 1 &amp; 2 )</p> <p>3 PM MUSIC &amp; INSTRUMENTS ( H3 )</p> <p>4 PM 1-1 ROOM VISITS</p>
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<b>9</b>	<p><b>PLANETSHAKERS CITY CHURCH CHOIR</b></p> <p>10:30 AM MUSICAL MOMENTS</p> <p>11:00 AM COFFEE &amp; CHAT</p> <p>1 PM TOOLBOX ACTIVITIES</p> <p>NETFLIX AVAILABLE ALL DAY</p> <p>2 PM AFTERNOON GARDEN WALKS</p> <p>3:30 PM PLANETSHAKERS CHURCH CHOIR ( L3 )</p> <p>4 PM HAPPY HOUR</p>
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<b>10</b>	<p><b>LIVESTREAM CHURCH (BY REQUEST)</b></p> <p><b>COFFEE &amp; CHAT</b></p> <p><b>MUSICAL MOMENTS</b></p> <p><b>TOOLBOX ACTIVITIES</b></p> <p><b>NETFLIX AVAILABLE ALL DAY</b></p>
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<b>11</b>	<p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY( H3 )</p> <p>10:30 AM NEWS &amp; VIEWS ( H1&amp;2 )</p> <p>11:00 AM MUSICAL MELODIES ( H3 )</p> <p>11:20 AM IN CHAIR EXERCISES ( H1 &amp; 2 )</p> <p>1:30 PM DAN'S ART THERAPY ( H1&amp;2 )</p> <p>2 PM OMEGA VIOLINIST WITH GUEST ( L2 )</p> <p>3 PM PAMPERING ( H3 )</p> <p>4 PM 1-1 ROOM VISITS</p>
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<b>12</b>	<p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY ( H3 )</p> <p>10:00 AM GESSY'S PHYSIO EXERCISES ( H4 )</p> <p>10:30 AM NEWS &amp; VIEWS ( H1 &amp; 2 )</p> <p>11:00 AM MUSICAL MELODIES ( H3 )</p> <p>11:20 AM INCHAIR EXERCISES ( H1 &amp; 2 )</p> <p>1:15 PM GALILEE CATHOLIC CHILDRENS CHOIR CONCERT ( L3 )</p> <p>2:45 PM YOGA</p> <p>3 :30 PM INDOOR OR OUTDOOR WALKING ( H3 )</p> <p>4 PM 1-1 ROOM VISITS</p>
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<b>13</b>	<p>9:30 AM LIFESTYLE HUDDLE MEETING</p> <p>9:45 AM BALLOON THERAPY</p> <p>10:30 AM NEWS AND VIEWS</p> <p>11:15 AM ZUMBA GOLD (H3)</p> <p>1:30 PM TOMMY'S SINGALONG ( H1 &amp; 2 )</p> <p>1:30 PM HIGH TEA</p> <p>3 PM SINGALONGS WITH TOMMY ( H3 )</p> <p>4 PM OYSTER BAR ( BOARDROOM )</p> <p>4 PM 1-1 ROOM VISITS</p> <p>5 PM INTERNATIONAL VOLUNTEER DAY CELEBRATIONS ( LIONSHARE CAFE )</p>
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<b>14</b>	<p><b>RESIDENT AND RELATIVE MEETING</b></p> <p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY</p> <p>10:00AM GESSY'S PHYSIO EXERCISES</p> <p>10:30 AM CATHOLIC VISITOR</p> <p>10:30 AM NEWS &amp; VIEWS ( H1&amp;2 )</p> <p>11:00 AM CHOIR ( L3 )</p> <p>11:15 AM ZUMBA GOLD (H1 &amp; 2 )</p> <p>1 :30 PM MEN'S GROUP ( CINEMA )</p> <p>1:30 PM RESIDENT AND RELATIVE MEETING</p> <p>3:30 PM DAN'S ART THERAPY ( H3 )</p> <p>4 PM 1-1 ROOM VISITS</p>
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<b>15</b>	<p>9:30 AM WELCOME TO THE DAY</p> <p>9:45 AM BALLOON THERAPY ( H3 )</p> <p>10:00AM ART THERAPY WITH KIMBERLY ( H3 )</p> <p>10:30 AM NEWS &amp; VIEWS ( H1 &amp; 2 )</p> <p>11:00AM IN CHAIR EXERCISES ( H1&amp;2 )</p> <p>1:30 PM ANDREW'S BUS TRIP ABACAS BAR &amp; KITCHEN CAFE</p> <p>1 :30 PM FLOOR GAMES ( H1 &amp; 2 )</p> <p>3 PM MUSIC &amp; INSTRUMENTS ( H3 )</p> <p>4 PM 1-1 ROOM VISITS</p>
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<b>16</b>	<p>10:30 AM MUSICAL MOMENTS</p> <p>11:00 AM COFFEE &amp; CHAT</p> <p>1 PM TOOLBOX ACTIVITIES</p> <p>NETFLIX AVAILABLE ALL DAY</p> <p>2 PM AFTERNOON GARDEN WALKS</p> <p>4 PM HAPPY HOUR</p>
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## LEVEL 1- HOUSE 1, 2 & 3

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**17**

**LIVESTREAM CHURCH  
(BY REQUEST)  
COFFEE & CHAT  
MUSICAL MOMENTS  
TOOLBOX ACTIVITIES  
NETFLIX AVAILABLE  
ALL DAY**

**18**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS & VIEWS  
( H1 & 2 )  
11:00 AM MUSICAL MELODIES  
( H3 )  
11:20 AM INCHAIR EXERCISES  
( H1 & 2 )  
1:30 PM DAN'S ART THERAPY  
CARD MAKING ( H1 & 2 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

**19**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM GESSY'S PHYSIO EXERCISES  
( H4 )  
10:30 AM NEWS & VIEWS ( H1 & 2 )  
11:00 AM MUSICAL MELODIES ( H3 )  
11:20 AM INCHAIR EXERCISES  
( H1 & 2 )  
1:30 PM MASTERCHEF ( H1 & 2 )  
2:45 PM YOGA  
3:30 PM INDOOR OR OUTDOOR  
WALKING  
( H3 )  
4 PM 1-1 ROOM VISITS

**20**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:30 AM NEWS&VIEWS  
11:15 AM ZUMBA GOLD (H3)  
1:30 PM RACHEL'S BUS TRIP  
NORTH POINT BRIGHTON CAFE  
1:30 PM TOMMY'S SINGALONGS AND  
HIGH TEA  
( 1 & 2 )  
3 PM SINGALONGS WITH TOMMY  
( H3 )  
4 PM OYSTER BAR  
( BOARDROOM )  
4 PM 1-1 ROOM VISITS

**21**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:00AM GESSY'S PHYSIO  
EXERCISES  
10:30 AM CATHOLIC VISITOR  
10:30 AM NEWS & VIEWS  
( H1 & 2 )  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD  
( H1 & 2 )  
1:30 PM MEN'S GROUP  
( CINEMA )  
1:30 PM BINGO ( H1 & 2 )  
3 PM DAN'S ART THERAPY ( H3 )  
4 PM 1-1 ROOM VISITS

**22**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00AM ART THERAPY WITH  
KIMBERLY  
( H3 )  
10:30 AM NEWS & VIEWS  
( H1 & 2 )  
11:00AM IN CHAIR EXERCISES  
( H1 & 2 )  
1:30 PM ANDREWS BUS TRIP  
THE POUND CAFE  
1:30 PM FLOOR GAMES ( 1 & 2 )  
3 PM MUSIC & INSTRUMENTS  
( H3 )  
4 PM 1-1 ROOM VISITS

**23**

10:30 AM MUSICAL  
MOMENTS  
11:00 AM COFFEE &  
CHAT  
1 PM TOOLBOX  
ACTIVITIES  
NETFLIX AVAILABLE ALL  
DAY  
2 PM AFTERNOON  
GARDEN WALKS  
4 PM HAPPY HOUR

**24**

**LIVESTREAM CHURCH  
(BY REQUEST)  
COFFEE & CHAT  
MUSICAL MOMENTS  
TOOLBOX ACTIVITIES  
NETFLIX AVAILABLE  
ALL DAY**

**25**

**PUBLIC HOLIDAY**

10:30 AM MUSICAL  
MOMENTS  
11:00 AM COFFEE & CHAT  
12:00 PM CHRISTMAS  
LUNCH  
1 PM CHRISTMAS CAROL  
(ON YOUTUBE )  
NETFLIX AVAILABLE ALL DAY  
2 PM AFTERNOON GARDEN  
WALKS

**26 PUBLIC HOLIDAY**

10:30 AM MUSICAL  
MOMENTS  
11:00 AM COFFEE & CHAT  
1 PM TOOLBOX ACTIVITIES  
NETFLIX AVAILABLE ALL  
DAY  
2 PM AFTERNOON GARDEN  
WALKS

**27**

9:30 AM LIFESTYLE HUDDLE MEETING  
9:45 AM BALLOON THERAPY  
10:30 AM NEWS&VIEWS  
11:15 AM ZUMBA GOLD (H3)  
1:30 PM LOCHLAN'S BUS TRIP  
1:30 PM TOMMY'S SINGALONGS  
( H1 & 2 )  
2 PM FOOD APPRECIATION MEETING  
( CINEMA )  
3PM TOMMY'S SINGALONG ( H3 )  
4 PM 1-1 ROOM VISITS

**28**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:00AM GESSY'S PHYSIO EXERCISES  
10:30 AM CATHOLIC VISITOR  
10:30 AM NEWS & VIEWS ( H1 & 2 )  
10:30 PM GREEK MASS  
( CINEMA )  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD (H1 & 2 )  
1:30 PM MEN'S GROUP ( CINEMA )  
1:30 PM BINGO ( H1 & 2 )  
3 PM DAN'S ART THERAPY ( H3 )  
4 PM 1-1 ROOM VISITS

**29**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00AM ART THERAPY WITH  
KIMBERLY  
( H3 )  
10:30 AM NEWS & VIEWS ( 1 & 2 )  
11:00AM IN CHAIR EXERCISES  
( H1 & 2 )  
1:30 PM LIFESTYLE FOCUS GROUP  
( LM )  
1:30 PM FLOOR GAMES ( 1 & 2 )  
3 PM MUSIC & INSTRUMENTS ( H3 )  
4 PM 1-1 ROOM VISITS

**30**

10:30 AM MUSICAL  
MOMENTS  
11:00 AM COFFEE & CHAT  
1 PM TOOLBOX ACTIVITIES  
NETFLIX AVAILABLE ALL  
DAY  
2 PM AFTERNOON GARDEN  
WALKS  
4 PM HAPPY HOUR

**31 NEW YEARS EVE**

**LIVESTREAM CHURCH  
(BY REQUEST)  
COFFEE & CHAT  
MUSICAL MOMENTS  
TOOLBOX ACTIVITIES  
NETFLIX AVAILABLE  
ALL DAY  
NEW YEARS EVE  
FIREWORKS AND CELEBRATIONS  
VIA LIVE TV**

