

# JANUARY 2024

## LEVEL 3- HOUSE 7 & 8



**\*subject to change**

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY



**1**  
**PUBLIC HOLIDAY**  
**NEW YEARS DAY**  
10:00 AM MORNING TV SHOWS  
11:00 AM COFFEE AND CHAT  
12:00 PM DINING MUSIC EXPERIENCE  
2 PM NEW YEARS DAY CELEBRATIONS (VIA YOUTUBE) WITH CHAMPAGNE  
3 PM PAMPERING  
6 PM NETFLIX MOVIES

**2**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:00 AM NEWS AND VIEWS  
10:30 AM WORD GAMES & QUIZZES  
11:00 AM 9 LETTER GAMES ( L4 )  
2 PM RESIDENT CHOICE OF NETFIX MOVIES  
4 PM 1-1 ROOM VISITS

**3**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM WORD GAMES AND QUIZZES  
11:00 AM IN CHAIR EXERCISES  
11:00 AM 9 LETTER WORD GAMES ( L4 )  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
1:30 PM RACHEL'S BUS TRIP  
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA ( L1 )  
2 PM ARMCHAIR TRAVEL  
4 PM OYSTER BAR ( BOARDROOM )  
4 PM 1-1 ROOM VISITS

**4**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM NEWS AND VIEWS  
10:30 AM CATHOLIC VOLUNTEER VISITOR  
10:45 AM WORD GAMES AND QUIZZES  
11:00 AM CHOIR  
1:30 PM LADIES AFTERNOON WITH CAKE AND WINE  
1:30 PM MEN'S GROUP ( CINEMA )  
2:45 PM ZUMBA GOLD  
4 PM 1-1 ROOM VISITS

**5**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM WORD GAMES AND QUIZZES  
2 PM TRIVIA ( L4 )  
3 PM LOCHLAN'S FRIDAY FIESTA ( L4 )  
3 PM CAROL'S SINGALONGS  
4 PM 1-1 ROOM. VISITS

**6**  
10:00 AM MORNING TV SHOWS  
11:00 AM COFFEE AND CHAT  
12:00 PM DINING MUSIC EXPERIENCE  
2 PM AFTERNOON MOVIE MATINEE  
3 PM GARDEN WALKS  
4 PM HAPPY HOUR  
6 PM SATURDAY NIGHT AT THE MOVIES

**7**  
LIVESTREAM CHURCH MASS ( BY REQUEST )  
10:00 AM MORNING TV SHOWS  
12:00 PM DINING EXPERIENCE  
2 PM AFTERNOON MOVIE MATINEE  
3 PM TOOLBOX ACTIVITIES  
4 PM GARDEN WALKS  
6 PM SUNDAY NIGHT AT THE MOVIES

**8**  
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 DOCUMENTARY  
2 PM OMEGA VIOLINIST ( L2 )  
3 PM FLOOR GAMES  
4 PM 1-1 ROOM VISITS

**9**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:00 AM NEWS AND VIEWS  
10:30 AM WORD GAMES & QUIZZES  
11:00 AM 9 LETTER GAMES ( L4 )  
1:30 PM RESIDENT CHOICE OF ARTIST  
3:30 PM YOGA  
4 PM 1-1 ROOM VISITS

**10**  
**ELVIS RICKY NEILVIS CONCERT**  
9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM NEWS AND VIEWS  
11:00 AM WORD GAMES AND QUIZZES  
11:00 AM 9 LETTER WORD GAMES ( L4 )  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
1:30 PM MIDDAY MOVIE  
1:30 PM ELVIS RICKY NEILVIS CONCERT ( L2 )  
3 PM CAFE VISITS  
4 PM OYSTER BAR ( BOARDROOM )  
4 PM 1-1 ROOM VISITS

**11**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM NEWS AND VIEWS  
10:30 AM CATHOLIC VOLUNTEER VISITOR  
10:45 AM WORD GAMES AND QUIZZES  
11:00 AM CHOIR  
1:30 PM COCKTAIL HOUR  
1:30 PM MEN'S GROUP ( CINEMA )  
2:45 PM ZUMBA GOLD  
4 PM 1-1 ROOM VISITS

**12**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM WORD GAMES AND QUIZZES  
2 PM TRIVIA ( L4 )  
3 PM LOCHLAN'S FRIDAY FIESTA ( L4 )  
3:15 PM LIONSHARE CAFE  
4 PM 1-1 ROOM. VISITS

**13**  
10:00 AM MORNING TV SHOWS  
11:00 AM COFFEE AND CHAT  
12:00 PM DINING MUSIC EXPERIENCE  
2 PM AFTERNOON MOVIE MATINEE  
3 PM GARDEN WALKS  
4 PM HAPPY HOUR  
6 PM SATURDAY NIGHT AT THE MOVIES

**14**  
LIVESTREAM CHURCH MASS ( BY REQUEST )  
10:00 AM MORNING TV SHOWS  
12:00 PM DINING EXPERIENCE  
2 PM AFTERNOON MOVIE MATINEE  
3 PM TOOLBOX ACTIVITIES  
4 PM GARDEN WALKS  
6 PM SUNDAY NIGHT AT THE MOVIES

**15**  
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 MUSICAL CONCERT (VIA YOUTUBE )  
3 PM FLOOR GAMES  
4 PM 1-1 ROOM VISITS

**16**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:00 AM NEWS AND VIEWS  
10:30 AM WORD GAMES & QUIZZES  
11:00 AM 9 LETTER GAMES ( L4 )  
1:30 PM MUSICAL CONCERT VIA YOUTUBE  
3:30 PM YOGA  
4 PM 1-1 ROOM VISITS

**17**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM WORD GAMES AND QUIZZES  
11:00 AM IN CHAIR EXERCISES  
11:00 AM 9 LETTER WORD GAMES ( L4 )  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
1:30 PM RACHEL'S BUS TRIP  
2 PM ARMCHAIR TRAVEL  
4 PM 1-1 ROOM VISITS

**18**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM NEWS AND VIEWS  
10:30 AM CATHOLIC VOLUNTEER VISITOR  
10:45 AM WORD GAMES AND QUIZZES  
11:00 AM CHOIR  
1:30 PM AUSTRALIAN ARTS & CRAFT  
2:45 PM ZUMBA GOLD  
4 PM 1-1 ROOM VISITS

**19**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM WORD GAMES AND QUIZZES  
1:30 PM LIFESTYLE FOCUS GROUP ( LM )  
2 PM TRIVIA ( L4 )  
3 PM LOCHLAN'S FRIDAY FIESTA ( L4 )  
3 PM CAROL'S SINGALONGS  
4 PM 1-1 ROOM. VISITS

**20**  
10:00 AM MORNING TV SHOWS  
11:00 AM COFFEE AND CHAT  
12:00 PM DINING MUSIC EXPERIENCE  
2 PM AFTERNOON MOVIE MATINEE  
3 PM GARDEN WALKS  
4 PM HAPPY HOUR  
6 PM SATURDAY NIGHT AT THE MOVIES

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### SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**21**  
**LIVESTREAM CHURCH MASS**  
( BY REQUEST )  
**10:00 AM MORNING TV SHOWS**  
**12:00 PM DINING EXPERIENCE**  
**2 PM AFTERNOON MOVIE MATINEE**  
**3 PM TOOLBOX ACTIVITIES**  
**4 PM GARDEN WALKS**  
**6 PM SUNDAY NIGHT AT THE MOVIES**

**22**  
**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 DOCUMENTARY (VIA YOUTUBE )**  
**3 PM FLOOR GAMES**  
**4 PM 1-1 ROOM VISITS**

**23**  
**9:30 AM WELCOME TO THE DAY**  
**9:30 AM GESSY'S PHYSIO EXERCISES**  
**10:00 AM NEWS AND VIEWS**  
**10:30 AM WORD GAMES & QUIZZES**  
**11:00 AM 9 LETTER GAMES ( L4 )**  
**1:30 PM RESIDENT CHOICE OF ARTIST**  
**3:30 PM YOGA**  
**4 PM 1-1 ROOM VISITS**

**24**  
**9:30 AM LIFESTYLE HUDDLE MEETING**  
**10:30 AM NEWS AND VIEWS**  
**11:00 AM WORD GAMES AND QUIZZES**  
**11:00 AM 9 LETTER WORD GAMES ( L4 )**  
**1:30 PM KIMBERLY'S ART THERAPY ( LM )**  
**1:30 PM AUSSIE MASTERCHEF**  
**3:30 PM AUSTRALIA POETRY**  
**4 PM OYSTER BAR ( BOARDROOM )**  
**4 PM 1-1 ROOM VISITS**

**25**  
**9:30 AM WELCOME TO THE DAY**  
**9:30 AM GESSY'S PHYSIO EXERCISES**  
**10:15 AM NEWS AND VIEWS**  
**10:30 AM CATHOLIC VOLUNTEER VISITOR**  
**10:45 AM WORD GAMES AND QUIZZES**  
**11:00 AM CHOIR**  
**1:30 PM AUSTRALIAN DAY CELEBRATIONS WITH LAMINGTONS AND PARTY PIES**  
**2:45 PM ZUMBA GOLD**  
**4 PM 1-1 ROOM VISITS**

**26** PUBLIC HOLIDAY AUSTRALIA DAY  
**10:00 AM MORNING TV SHOWS**  
**11:00 AM COFFEE AND CHAT**  
**12:00 PM DINING MUSIC EXPERIENCE**  
**2 PM AUSTRALIA DAY CHAMPAGNE AND LAMINGTONS**  
**3 PM AFTERNOON MOVIE MATINEE**  
**6 PM AUSTRALIAN MOVIES**

**27**  
**10:00 AM MORNING TV SHOWS**  
**11:00 AM COFFEE AND CHAT**  
**12:00 PM DINING MUSIC EXPERIENCE**  
**2 PM AFTERNOON MOVIE MATINEE**  
**3 PM GARDEN WALKS**  
**4 PM HAPPY HOUR**  
**6 PM SATURDAY NIGHT AT THE MOVIES**

**28**  
**LIVESTREAM CHURCH MASS**  
( BY REQUEST )  
**10:00 AM MORNING TV SHOWS**  
**12:00 PM DINING EXPERIENCE**  
**2 PM AFTERNOON MOVIE MATINEE**  
**3 PM TOOLBOX ACTIVITIES**  
**4 PM GARDEN WALKS**  
**6 PM SUNDAY NIGHT AT THE MOVIES**

**29**  
**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 MUSICAL CONCERT (VIA YOUTUBE )**  
**3 PM FLOOR GAMES**  
**4 PM 1-1 ROOM VISITS**

**30**  
**9:30 AM WELCOME TO THE DAY**  
**9:30 AM GESSY'S PHYSIO EXERCISES**  
**10:00 AM NEWS AND VIEWS**  
**10:30 AM WORD GAMES & QUIZZES**  
**11:00 AM 9 LETTER GAMES ( L4 )**  
**1:30 PM ACRYLIC PAINTING ART THERAPY**  
**3:30 PM YOGA**  
**4 PM 1-1 ROOM VISITS**

**31**  
**9:30 AM WELCOME TO THE DAY**  
**10:00 AM NEWS AND VIEWS**  
**10:30 AM WORD GAMES AND QUIZZES**  
**11:00 AM IN CHAIR EXERCISES**  
**11:00 AM 9 LETTER WORD GAMES ( L4 )**  
**1:30 PM KIMBERLY'S ART THERAPY ( LM )**  
**1:30 PM RACHEL'S BUS TRIP**  
**2 PM FOOD APPRECIATION MEETING ( BOARDROOM )**  
**2 PM ARMCHAIR TRAVEL**  
**4 PM 1-1 ROOM VISITS**

