

# MARCH 2024

## LEVEL 1- HOUSE 1, 2 & 3

**\*subject to change**



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



**1**  
9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:30 AM ART THERAPY WITH KIMBERLEY ( H3 )  
10:30 AM ANGLICAN MASS ( CINEMA )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
1:30 PM FLOOR GAMES ( H1 & 2 )  
3 PM CAROL'S SINGALONG ( L3 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

**2** 9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
4 PM HAPPY HOUR

**3**  
**LIVESTREAM CHURCH**  
( BY REQUEST )  
**COFFEE & CHAT**  
**MUSICAL MOMENTS**  
**GARDEN WALKS**  
**TOOLBOX ACTIVITIES**  
**NETFLIX AVAILABLE**  
**ALL DAY**

**4** 9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS & VIEWS & QUIZZES ( H1 & 2 )  
11:15 AM IN CHAIR EXERCISES ( 1 & 2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM ARTS AND CRAFTS ( H1 & 2 )  
2 PM OMEGA VIOLINIST ( L2 )  
3 PM PAMPERING ( H3 )  
3:30 PM FOOTY TIPPING  
4 PM 1-1 ROOM VISITS

**5** 9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN PHYSIO EXERCISE (H4)  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM MEDITATION WITH MANDY ( CINEMA )  
1:30 PM MASTERCHEF ( H1 & 2 )  
2:45 PM YOGA  
3:30 PM INDOOR OR OUTDOOR WALKING GROUP ( H3 )  
4 PM 1-1 ROOM VISITS

**6** 9:30 AM LIFESTYLE HUDDLE MEETING  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM SUE'S SINGALONGS ( H6 )  
1:30 PM TOMMY'S SINGALONGS & HIGH TEA ( H1 & 2 )  
1:30 PM LOCHLAN'S BUS TRIP ( BEACH TRIP )  
2 PM BALLOON THERAPY ( H3 )  
3 PM OUTDOOR TEA PARTY ( H1 & 2 )  
4 PM 1-1 ROOM VISITS

**7** 9:30 AM WELCOME TO THE DAY  
9:45 AM NIKKI'S SENSORY ART THERAPY ( H3 )  
10:00 AM NEWS AND VIEWS (H1&2 )  
10:30 AM GESSY'S PHYSIO EXERCISES (H4 )  
10:30 AM CATHOLIC VISITOR  
11:00 AM CHOIR ( L3 )  
11:00 AM PUPPETS ALIVE ( H3 )  
11:15 AM ZUMBA GOLD ( H1&2 )  
1:30 PM MEN'S GROUP ( CINEMA )  
1:30 PM BINGO ( H1 & 2 )  
3 PM DANCE AND DRAMA THERAPY ( H3 )  
4 PM 1-1 ROOM VISITS

**8** **RESIDENT AND RELATIVE MEETING**  
**WOMAN'S DAY CELEBRATIONS**  
9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:30 AM ART THERAPY WITH KIMBERLEY ( H3 )  
10:30 AM CATHOLIC MASS ( CINEMA )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
1:30 PM RESIDENT AND RELATIVE MEETING  
3:30 PM WOMAN'S DAY PRESENTATION AND CELEBRATIONS ( H1 & 2 )  
3 PM MUSICAL MELODIES ( H3 )  
4 PM 1-1 ROOM VISITS

**9** 9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
4 PM HAPPY HOUR

**10**  
**LIVESTREAM CHURCH**  
( BY REQUEST )  
**COFFEE & CHAT**  
**MUSICAL MOMENTS**  
**FOOTY MATCH OF THE DAY**  
**GARDEN WALKS**  
**TOOLBOX ACTIVITIES**  
**NETFLIX AVAILABLE**  
**ALL DAY**

**11** **PUBLIC HOLIDAY LABOUR DAY**  
9:30 AM MORNING TV SHOWS  
10:00 AM PAMAPERING  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
6 PM NETFLIX MOVIES

**12** 9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN PHYSIO EXERCISE (H4)  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM MEDITATION WITH MANDY ( CINEMA )  
1:30 PM LIONSHARE CAFE ( H1 & 2 )  
2:45 PM YOGA  
3:30 PM INDOOR OR OUTDOOR WALKING GROUP ( H3 )  
4 PM 1-1 ROOM VISITS

**13** **NATIONAL GALLERY BUS TRIP**  
9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM SUE'S SINGALONGS ( H6 )  
1:30 PM TOMMY'S SINGALONG & HIGH TEA ( H1 & 2 )  
1:30 PM RACHEL'S BUS TRIP ( NATIONAL GALLERY )  
2 PM BALLOON THERAPY ( H3 )  
3 PM OUTDOOR TEA PARTY ( H1 & 2 )  
4 PM 1-1 ROOM VISITS

**14** 9:30 AM WELCOME TO THE DAY  
9:45 AM NIKKI'S SENSORY ART THERAPY (H3 )  
10:30 AM INTERGENERATIONAL PROGRAM ( L3 )  
10:00 AM NEWS AND VIEWS (H1&2 )  
10:30 AM GESSY'S PHYSIO EXERCISES (H4 )  
10:30 AM CATHOLIC VISITOR  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD ( H1&2 )  
1:30 PM BINGO ( H1 & 2 )  
3 PM DANCE AND DRAMA THERAPY ( H3 )  
4 PM 1-1 ROOM VISITS

**15** 9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:30 AM ART THERAPY WITH KIMBERLEY ( H3 )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
1:30 PM FLOOR GAMES ( H1 & 2 )  
3 PM CAROL'S SINGALONG ( L3 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

**16** 9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
4 PM HAPPY HOUR





### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**17 ST PATRICK'S DAY**

SHARE AND CARE CONCERT  
LIVESTREAM CHURCH  
( BY REQUEST  
COFFEE & CHAT  
MUSICAL MOMENTS  
FOOTY MATCH OF THE DAY  
ST PATRICK'S TREATS  
GREEN MUFFINS AND GREEN CORDIAL  
2 PM SHARE AND CARE CONCERT ( L3 )  
GARDEN WALKS  
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 & QUIZZES ( H1 & 2 )  
11:15 AM IN CHAIR EXERCISES ( 1 & 2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM ARTS AND CRAFTS ( H1 & 2 )  
3 PM PAMPERING ( H3 )  
3:30 PM FOOTY TIPPING  
4 PM 1-1 ROOM VISITS

**19**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN PHYSIO EXERCISE (H4)  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM MEDITATION WITH MANDY ( CINEMA )  
1:30 PM MASTERCHEF ( H1 & 2 )  
2:45 PM YOGA  
3:30 PM INDOOR OR OUTDOOR WALKING GROUP ( H3 )  
4 PM 1-1 ROOM VISITS

**20**

9:30 AM LIFESTYLE HUDDLE MEETING  
10:00 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM ST PATRICK'S CONCERT WITH TOMMY'S BAILEYS AND GREEN CUPCAKES AND DRINKS ( H1&2 )  
1:30 PM SUE'S SINGALONGS ( H6 )  
2 PM BALLOON THERAPY ( H3 )  
3 PM OUTDOOR TEA PARTY ( H1 & 2 )  
4 PM 1-1 ROOM VISITS

**21**

EASTER CONCERT  
GALILEE PRIMARY SCHOOL  
9:30 AM WELCOME TO THE DAY  
9:45 AM NIKKI'S SENSORY ART THERAPY ( H3 )  
10:00 AM INTERGENERATIONAL PROGRAM ( L3 )  
10:00 AM NEWS AND VIEWS(H1&2 )  
10:30 AM GESSY'S PHYSIO EXERCISES (H4 )  
10:30 AM CATHOLIC VISITOR  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD ( H1& 2 )  
1:30 PM ARMCHAIR TRAVEL ( H1 & 2 )  
1:30 PM EASTER CONCERT (GALILEE CATHOLIC SCHOOL )( L3 )  
3 PM DANCE AND DRAMA THERAPY ( H3 )  
4 PM 1- 1 ROOM VISITS

**22**

**RON IN CONCERT 23**  
9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:30 AM ART THERAPY WITH KIMBERLEY ( H3 )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
1:30 PM RON IN CONCERT ( L3 )  
1:30 PM LIFESTYLE FOCUS GROUP MEETING ( LM )  
1:30 PM ARMCHAIR TRAVEL ( H1 & 2 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
4 PM HAPPY HOUR

**24**

LIVESTREAM CHURCH  
( BY REQUEST  
COFFEE & CHAT  
MUSICAL MOMENTS  
FOOTY MATCH OF THE DAY  
GARDEN WALKS  
TOOLBOX ACTIVITIES  
NETFLIX AVAILABLE ALL DAY

**25**

GREEK INDEPENDENCE DAY  
9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS & VIEWS & QUIZZES ( H1 & 2 )  
11:15 AM IN CHAIR EXERCISES ( 1 & 2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM GREEK COLOURING IN ART CLASS ( H1 & 2 )  
3 PM PAMPERING ( H3 )  
3:30 PM FOOTY TIPPING  
4 PM 1-1 ROOM VISITS

**26**

GREEK CONCERT  
AT SOUTHPORT  
9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN PHYSIO EXERCISE (H4)  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:15 PM BUS TRIP TO SOUTHPORT FOR GREEK THE CONCERT WITH BOUZOUKI PLAYER & KEYBOARD & SINGER  
1:30 PM LIONSHARE CAFE ( H1 & 2 )  
1:30 PM MEDITATION WITH MANDY (CINEMA)  
2:45 PM YOGA  
3:30 PM INDOOR OR OUTDOOR WALKING GROUP ( H3 )  
4 PM 1-1 ROOM VISITS

**27**

LIVING LEGENDS  
BUS TRIP  
9:30 AM WELCOME TO THE DAY  
10:00 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM RACHEL'S BUS TRIP ( LIVING LEGENDS )  
1:30 PM SUE'S SINGALONGS ( H6 )  
1:30 PM TOMMY'S SINGALONGS & HIGH TEA ( H1 & 2 )  
2 PM FOOD APPRECIATION MEETING ( BOARDROOM )  
2 PM BALLOON THERAPY ( H3 )  
3 PM OUTDOOR TEA PARTY ( H1 & 2 )  
4 PM 1-1 ROOM VISITS  
4 PM OYSTER BAR ( BOARDROOM )

**28**

9:30 AM WELCOME TO THE DAY  
9:45 AM NIKKI'S SENSORY ART THERAPY ( H3 )  
10:00 AM NEWS AND VIEWS(H1&2 )  
10:30 AM GESSY'S PHYSIO EXERCISES (H4 )  
10:30 AM CATHOLIC VISITOR  
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 DANCE AND DRAMA THERAPY ( H3 )  
4 PM 1- 1 ROOM VISITS

**29**

PUBLIC HOLIDAY  
GOOF FRIDAY  
9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
3 PM AFTERNOON MOVIE MATINEE

**30**

**EASTER SATURDAY**  
9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
4 PM HAPPY HOUR

**31**

**EASTER**

LIVESTREAM CHURCH  
( BY REQUEST  
COFFEE & CHAT  
MUSICAL MOMENTS  
FOOTY MATCH OF THE DAY  
GARDEN WALKS  
TOOLBOX ACTIVITIES  
NETFLIX AVAILABLE ALL DAY

