

## LEVEL 1- HOUSE 1, 2 & 3

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY



**1** **EASTER MONDAY PUBLIC HOLIDAY**

**TV SHOWS**  
**COFFEE AND CHAT**  
**MUSICAL MOMENTS**  
**12PM DINING EXPERIENCE**  
**MUSIC**  
**GARDEN WALKS**  
**TOOLBOX ACTIVITIES**  
**NETFLIX AVAILABLE**  
**ALL DAY**

**2**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN PHYSIO EXERCISES ( H4 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1&2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM WALKING GROUP ( H1&2 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

**3**

9:30 AM LIFESTYLE HUDDLE GROUP  
10:30 NEWS AND VIEWS & QUIZZES ( 1 & 2 )  
11:15 AM ZUMBA GOLD ( H3 )  
2 PM BALLOON THERAPY ( H3 )  
3 PM MEMORY LANE THERAPY  
MUSIC TRIVIA ( H1 & 2 )  
4 PM 1-1 ROOM VISITS

**4**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM GESSY'S PHYSIO EXERCISES ( H4 )  
10:15 AM NEWS AND VIEWS& QUIZZES ( 1 & 2 )  
10:30 AM CATHOLIC VISITOR  
11:00 AM PUPPETS ALIVE ( H3 )  
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 SENSORY ARTS AND CRAFTS ( H3 )  
4 PM 1-1 ROOM VISITS

**5**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:20 AM FOOTY TIPPING  
10:30 AM ART THERAPY WITH KIMBERLY (H3 )  
10:30 AM SHOPPING TROLLEY  
10:30 AM ANGLICAN MASS (CINEMA)  
10:45 AM NEWS AND VIEWS & QUIZZES ( 1 & 2 )  
11:30 AM IN CHAIR EXERCISES ( H1 & 2 )  
1:30 PM FLOOR GAMES ( H1&2 )  
3 PM CAROL'S SINGALONGS ( L3 )  
3 PM MUSIC WITH INSTRUMENTS  
4 PM 1-1 ROOM VISITS

**6**

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

**7**

LIVESTREAM CHURCH ( BY REQUEST )  
COFFEE AND CHAT  
MUSICAL MOMENTS  
12PM DINING EXPERIENCE  
MUSIC  
GARDEN WALKS  
TOOLBOX ACTIVITIES  
FOOTY MATCH OF THE DAY  
NETFLIX AVAILABLE  
ALL DAY

**8**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
11:00 AM MUSICAL MELODIES ( H3 )  
11:15 AM IN CHAIR EXERCISES ( H1&2 )  
1:30 PM ANNE'S MEDITATION ( CINEMA )  
1:30 PM ARTS AND CRAFTS ( H1&2 )  
2 PM OMEGA VIOLINIST ( L2 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

**9**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN PHYSIO EXERCISES ( H4 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( 1 & 2 )  
11:00 AM PET THERAPY  
11:30 AM MUSICAL MELODIES ( H3 )  
2 :45 PM YOGA WITH ELLEN ( H1 & 2 )  
3:00 PM MASTERCHEF ( H3 )  
4 PM 1-1 ROOM VISITS

**10**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:15 NEWS AND VIEWS & QUIZZES ( H12 )  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
1:30 PM LOCHLAN'S BUS TRIP IAN POTTERY GALLERY ( NGV )  
1:30 PM TOMMY'S SINGALONGS & HIGH TEA ( H1 & 2 )  
2 PM MEMORY LANE SINGALONGS ( H3 )  
3 PM PAMPERING ( H1 & 2 )  
4 PM 1-1 ROOM VISITS

**11**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM GESSY'S PHYSIO EXERCISES ( H4 )  
10:15 AM NEWS AND VIEWS& QUIZZES ( 1 & 2 )  
10:30 AM CATHOLIC 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 LISA'S DANCE AND DRAMA THERAPY ( H3 )  
4 PM 1-1 ROOM VISITS

**12**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:20 AM FOOTY TIPPING  
10:30 AM ART THERAPY WITH KIMBERLY (H3 )  
10:45 AM NEWS AND VIEWS & QUIZZES ( 1 & 2 )  
11:30 AM IN CHAIR EXERCISES ( H1 & 2 )  
1:30 PM FLOOR GAMES ( H1&2 )  
3 PM MUSIC WITH INSTRUMENTS ( H3 )  
4 PM 1-1 ROOM VISITS

**13**

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

**14**

LIVESTREAM CHURCH ( BY REQUEST )  
COFFEE AND CHAT  
MUSICAL MOMENTS  
12PM DINING EXPERIENCE  
MUSIC  
GARDEN WALKS  
TOOLBOX ACTIVITIES  
FOOTY MATCH OF THE DAY  
NETFLIX AVAILABLE  
ALL DAY

**15**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
11:00 AM MUSICAL MELODIES ( H3 )  
11:15 AM IN CHAIR EXERCISES ( H1&2 )  
1:30 PM ARTS AND CRAFTS ( H1&2 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

**16**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN PHYSIO EXERCISES ( H4 )  
10:30 AM NEWS AND VIEWS & QUIZZES( H1&2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1 :30 PM WALKING GROUP ( 1&2 )  
2 :45 PM YOGA WITH ELLEN ( H1 & 2 )  
3:00 PM MASTERCHEF ( H3 )  
4 PM 1-1 ROOM VISITS

**17**

9:30 AM LIFESTYLE HUDDLE GROUP  
10:30 AM RACHEL'S BUS TRIP YARRA VALLEY CHOCOLATERIE AND ICE CREAM  
10:30 NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM TOMMY'S SINGALONGS & HIGH TEA ( H1 & 2 )  
2 PM BALLOON THERAPY ( H3 )  
3 PM MEMORY LANE THERAPY  
MUSIC TRIVIA ( H1 & 2 )  
4 PM OYSTER BAR ( BOARDROOM )  
4 PM 1-1 ROOM VISITS

**18**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM GESSY'S PHYSIO EXERCISES ( H4 )  
10:00 AM INTERGENERATIONAL PROGRAM ( L3 )  
10:15 AM NEWS AND VIEWS& QUIZZES ( 1 & 2 )  
10:30 AM CATHOLIC VISITOR  
11:00 AM 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 LISA'S DANCE AND DRAMA THERAPY ( H3 )  
4 PM 1-1 ROOM VISITS

**19**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:20 AM FOOTY TIPPING  
10:30 AM ART THERAPY WITH KIMBERLY (H3 )  
10:45 AM NEWS AND VIEWS & QUIZZES ( 1 & 2 )  
11:30 AM IN CHAIR EXERCISES ( H1 & 2 )  
1:30 PM FLOOR GAMES ( H1&2 )  
3 PM CAROL'S SINGALONGS ( L3 )  
3 PM MUSIC WITH INSTRUMENTS ( H3 )  
4 PM 1-1 ROOM VISITS

**20**

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



## LEVEL 1- HOUSE 1, 2 & 3

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

21

**LIVESTREAM CHURCH**  
( BY REQUEST )  
**COFFEE AND CHAT**  
**MUSICAL MOMENTS**  
**12PM DINING EXPERIENCE**  
**MUSIC**  
**GARDEN WALKS**  
**TOOLBOX ACTIVITIES**  
**FOOTY MATCH OF THE DAY**  
**NETFLIX AVAILABLE**  
**ALL DAY**

22

**ANZAC CONCERT WITH MAGGIE**  
9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
11:00 AM MUSICAL MELODIES ( H3 )  
11:15 AM IN CHAIR EXERCISES ( H1&2 )  
1:30 PM ANZAC CONCERT ( L3 )  
1:30 PM SINGING IN THE RAIN MOVIE ( H1&2 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

23

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN PHYSIO EXERCISES ( H4 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1&2 )  
11:00 AM PET THERAPY  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM WALKING GROUP ( H1&2 )  
2:45 PM YOGA WITH ELLEN ( H1 & 2 )  
3:00 PM MASTERCHEF ( H3 )  
4 PM 1-1 ROOM VISITS

24

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:15 NEWS AND VIEWS & QUIZZES ( H1&2 )  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
1:30 PM LOCHLAN'S BUS TRIP STAY ON BUS TRIP TO THE BEACH  
1:30 PM TOMMY'S SINGALONGS & HIGH TEA ( H1 & 2 )  
2 PM FOOD APPRECIATION MEETING  
2 PM MEMORY LANE SINGALONGS ( H3 )  
3 PM PAMPERING ( H1 & 2 )  
4 PM 1-1 ROOM VISITS

25

**ANZAC DAY PUBLIC HOLIDAY**  
**MORNING TV SHOWS**  
**11:00 AM COFFEE & CHAT**  
**11:00 AM 1 MINUTE SILENCE TO RESPECT AND REFLECT ON OUR FALLEN SOLDIERS**  
**1 PM TOOLBOX ACTIVITIES OR GARDEN WALKS**  
**1:30 PM AFTERNOON MOVIES**  
**3 PM PAMPERING**  
**6 PM RESIDENT CHOICE OF NETFLIX MOVIES**

26

**ANZAC DAY SERVICE ST KILDA RSL COMMEMORATIVE SPEECH**  
9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:20 AM FOOTY TIPPING  
10:30 AM ART THERAPY WITH KIMBERLY ( H3 )  
10:45 AM NEWS AND VIEWS & QUIZZES ( 1 & 2 )  
11:30 AM IN CHAIR EXERCISES ( H1 & 2 )  
1:30 PM LIFESTYLE FOCUS GROUP MEETING ( LM )  
1:30 PM ANZAC DAY SERVICE COMMEMORATIVE SPEECH ( L3 )  
1:30 PM FLOOR GAMES ( H1&2 )  
3 PM MUSIC WITH INSTRUMENTS ( H3 )  
4 PM 1-1 ROOM VISITS

27

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

28

**LIVESTREAM CHURCH**  
( BY REQUEST )  
**COFFEE AND CHAT**  
**MUSICAL MOMENTS**  
**12PM DINING EXPERIENCE**  
**MUSIC**  
**GARDEN WALKS**  
**TOOLBOX ACTIVITIES**  
**FOOTY MATCH OF THE DAY**  
**NETFLIX AVAILABLE**  
**ALL DAY**

29

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
11:00 AM MUSICAL MELODIES ( H3 )  
11:15 AM IN CHAIR EXERCISES ( H1&2 )  
1:30 PM ARTS AND CRAFTS ( H1&2 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

30

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN PHYSIO EXERCISES ( H4 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1&2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM WALKING GROUP ( H1&2 )  
2:45 PM YOGA WITH ELLEN ( H1 & 2 )  
3:30 PM MASTERCHEF ( H3 )  
4 PM 1-1 ROOM VISITS



**LEST WE FORGET**  
— ANZAC DAY —



**Easter MONDAY**

