

LEVEL 1- HOUSE 1, 2 & 3

**LIBRARY SERVICE
AVAILABLE**

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

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

2

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:30 AM ALEX'S ART THERAPY (H1 & 2)
11:30 AM MUSICAL MELODIES (H3)
1:30 PM MEDITATION (CINEMA)
1:30 PM WALKING GROUP (H1 & 2)
2:45 PM YOGA
3 PM SINGALONGS WITH LYRICS VIA YOUTUBE (H3)
4 PM 1-1 ROOM VISITS

3

9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM IN BALLOON THERAPY (H3)
10:30 AM NEWS AND VIEWS (H1 & 2)
11:00 AM MEMORY LANE THERAPY TRIVIA OR QUIZZES (H1 & 2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM LOCHLAN'S BUS TRIP NORTH POINT CAFE
1:30 PM KIMBERLY ART & CRAFTS (LM)
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (H1&2)
1:30 PM FLOOR GAMES (H3)
3 PM PLAY HOUSE (H3)
3PM AROMATHERAPY AND HAND MASSAGES WITH ANDREA (H1 & 2)
4 PM 1-1 ROOM VISITS

4

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:15 AM NEWS AND VIEWS (H1 & 2)
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM CHOIR (L3)
11:00 AM PUPPET THERAPY (H3)
11:15 AM ZUMBA GOLD (H1&2)
1:30 PM MENS GROUP (CINEMA)
2 PM VIOLETTA AND ANETTE SINGALONGS (H3)
3 PM BINGO (H1 & 2)
4 PM 1-1 ROOM VISITS

5

9:30 AM WELCOME TO THE DAY
9:45 AM IN REMINISCING MUSIC WITH INSTRUMENTS
10:00 AM NEWS AND VIEWS (H1 & 2)
10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3)
11:00 AM SHOPPING TROLLEY
11:00 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM DANCE AND DRAMA THERAPY (H1 & 2)
1:30 PM LETS EXPLORE BOOKS STORY TELLING & READING (CINEMA)
1:30 PM ARM CHAIR TRAVEL (H3)
3 PM HAPPY HOUR (H1,2 & 3)
4 PM 1-1 ROOM VISITS

6

9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM COFFEE AND CHAT
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE
1PM PAMPERING
2 PM TOOLBOX ACTIVITIES
3 PM FOOTY MATCH OF THE DAY
4 PM INDOOR WALKING
5 PM DINNER FINE DINING MUSIC EXPERIENCE
6 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

7

NAIDOC WEEK

LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM COFFEE AND CHAT
12:00 PM LUNCH FINE DINING EXPERIENCE MUSIC
1 PM INDOOR OR OUTDOOR WALKING
2 PM TOOLBOX ACTIVITIES
3 PM FOOTY MATCH FOR THE DAY
4 PM PAMPERING
5 PM DINNER FINE DINING EXPERIENCE MUSIC
6 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

NAIDOC WEEK POWERPOINT PRESENTATION

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:30 AM NEWS AND VIEWS (H1&2)
11:00 AM MUSICAL MELODIES (H3)
11:15 AM NAIDOC WEEK POWERPOINT PRESENTATION (H1 & 2)
1:30 PM DRAMA & DANCE THERAPY (1 & 2)
2 PM OMEGA VIOLINIST (L2)
2:45 PM FOOTY TIPPING
3 PM MASTERCHEF (H3)
4 PM 1-1 ROOM VISITS

8

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:30 AM ALEX'S ART THERAPY (H1 & 2)
11:30 AM MUSICAL MELODIES (H3)
1:30 PM MEDITATION (CINEMA)
1:30 PM WALKING GROUP (H1 & 2)
2:45 PM YOGA
3 PM SINGALONGS WITH LYRICS VIA YOUTUBE (H3)
4 PM 1-1 ROOM VISITS

9

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM NEWS AND VIEWS (H1 & 2)
10:30 AM REMINISCING MUSIC AND INSTRUMENTS (H3)
10:30 AM MOONLIT SANCTUARY WILDLIFE CONSERVATION PARK
11:00 AM MEMORY LANE THERAPY TRIVIA OR QUIZZES (H1 & 2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM KIMBERLY ART & CRAFTS (LM)
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (H1&2)
1:30 PM FLOOR GAMES (H3)
3 PM PLAY HOUSE (H3)
3PM AROMATHERAPY AND HAND MASSAGES WITH ANDREA (H1 & 2)
4 PM OYSTER BAR (BOARDROOM)
4 PM 1-1 ROOM VISITS

10

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:15 AM NEWS AND VIEWS (H1 & 2)
10:30 AM CATHOLIC MASS (CINEMA)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H1&2)
1:30 PM MENS GROUP (CINEMA)
2 PM VIOLETTA AND ANETTE SINGALONGS (H3)
3 PM BINGO (H1 & 2)
4 PM 1-1 ROOM VISITS

11

9:30 AM WELCOME TO THE DAY
9:45 AM IN REMINISCING MUSIC WITH INSTRUMENTS
10:00 AM NEWS AND VIEWS (H1 & 2)
10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3)
11:00 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM DANCE AND DRAMA THERAPY (H1 & 2)
1:30 PM LETS EXPLORE BOOKS STORY TELLING & READING (CINEMA)
1:30 PM ARM CHAIR TRAVEL (H3)
3 PM HAPPY HOUR (H1,2 & 3)
4 PM 1-1 ROOM VISITS

12

9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM COFFEE AND CHAT
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE
1PM PAMPERING
2 PM TOOLBOX ACTIVITIES
3 PM FOOTY MATCH OF THE DAY
4 PM INDOOR WALKING
5 PM DINNER FINE DINING MUSIC EXPERIENCE
6 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

13

BASTILLE DAY

LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM COFFEE AND CHAT
12:00 PM LUNCH FINE DINING EXPERIENCE MUSIC
1 PM INDOOR OR OUTDOOR WALKING
2 PM TOOLBOX ACTIVITIES
3 PM FOOTY MATCH FOR THE DAY
4 PM PAMPERING
5 PM DINNER FINE DINING EXPERIENCE MUSIC
6 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

BASTILLE DAY MASTERCHEF

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

14

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
9:30 AM PET THERAPY WITH COOKIE AND RENEE
10:30 AM ALEX'S ART THERAPY (H1 & 2)
11:30 AM MUSICAL MELODIES (H3)
1:30 PM MEDITATION (CINEMA)
1:30 PM WALKING GROUP (H1 & 2)
2:45 PM YOGA
3 PM SINGALONGS WITH LYRICS VIA YOUTUBE (H3)
4 PM 1-1 ROOM VISITS

15

TOMMY'S BASTILLE DAY CELEBRATIONS

9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM BALLOON THERAPY (H3)
10:30 AM NEWS AND VIEWS (H1 & 2)
11:00 AM MEMORY LANE THERAPY TRIVIA OR QUIZZES (H1 & 2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM COMMUNITY VISITORS
1:30 PM LOCHLAN'S BUS TRIP STAY ON BUS TRIP
1:30 PM KIMBERLY ART & CRAFTS (LM)
1:30 PM TOMMY'S BASTILLE DAY SINGALONGS WITH CHOCOLATE ECLAIRS AND BUBBLES (H1&2)
1:30 PM FLOOR GAMES (H3)
3 PM PLAY HOUSE (H3)
3PM AROMATHERAPY AND HAND MASSAGES WITH ANDREA (H1 & 2)
4 PM 1-1 ROOM VISITS

16

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:15 AM NEWS AND VIEWS (H1 & 2)
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H1&2)
1:30 PM MENS GROUP (CINEMA)
2 PM VIOLETTA AND ANETTE SINGALONGS (H3)
3 PM BINGO (H1 & 2)
4 PM 1-1 ROOM VISITS

17

9:30 AM WELCOME TO THE DAY
9:45 AM IN REMINISCING MUSIC WITH INSTRUMENTS
10:00 AM NEWS AND VIEWS (H1 & 2)
10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3)
11:00 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM DANCE AND DRAMA THERAPY (H1 & 2)
1:30 PM LETS EXPLORE BOOKS STORY TELLING & READING (CINEMA)
1:30 PM ARM CHAIR TRAVEL (H3)
3 PM HAPPY HOUR (H1,2 & 3)
4 PM 1-1 ROOM VISITS

18

INDEPENDENCE DAY OF COLOMBIA

9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM COFFEE AND CHAT
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE
1PM PAMPERING
2 PM TOOLBOX ACTIVITIES
3 PM FOOTY MATCH OF THE DAY
4 PM INDOOR WALKING
5 PM DINNER FINE DINING MUSIC EXPERIENCE
6 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

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SATURDAY

21

LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
12:00 PM LUNCH FINE DINING
EXPERIENCE MUSIC
1 PM INDOOR OR OUTDOOR WALKING
2 PM TOOLBOX ACTIVITIES
3 PM FOOTY MATCH FOR THE DAY
4 PM PAMPERING
5 PM DINNER FINE DINING
EXPERIENCE MUSIC
6 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

22

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY
(H3)
10:30 AM NEWS AND VIEWS
(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 DRAMA & DANCE THERAPY
(1 & 2)
2:45 PM FOOTY TIPPING
3 PM MASTERCHEF (H3)
4 PM 1-1 ROOM VISITS

23

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY
(H3)
10:30 AM ALEX'S ART THERAPY
(H1 & 2)
11:30 AM MUSICAL MELODIES
(H3)
11:45 AM RACHEL'S BUS TRIP CLASSIC CINEMA'S
ELSTERNWICK
(THE WAY MY WAY)MOVIE
1:30 PM MEDITATION (CINEMA)
1:30 PM WALKING GROUP
(H1 & 2)
2:45 PM YOGA
3 PM SINGALONGS WITH LYRICS
VIA YOUTUBE (H3)
4 PM 1-1 ROOM VISITS

24

CHRISTMAS IN JULY
CONCERT
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM NEWS AND VIEWS
(H1 & 2)
10:30 AM REMINISCING MUSIC AND INSTRUMENTS
(H3)
11:00 AM MEMORY LANE THERAPY
TRIVIA OR QUIZZES (H1 & 2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM COMMUNITY VISITORS
1:30 PM KIMBERLY ART & CRAFTS
(LM)
1:30 PM CHRISTMAS IN JULY CONCERT
2 PM FOOD APPRECIATION MEETING
(BOARDROOM)
3 PM PLAY HOUSE (H3)
3PM AROMATHERAPY AND HAND MASSAGES WITH ANDREA
(H1 & 2)
4 PM OYSTER BAR (BOARDROOM)
4 PM 1-1 ROOM VISITS

25

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES (H4)
10:00 AM INTERGENERATIONAL PROGRAM (L3)
10:15 AM NEWS AND VIEWS
(H1 & 2)
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM GREEK MASS
(CINEMA)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H1&2)
1:30 PM MENS GROUP
(CINEMA)
2 PM VIOLETTA AND ANETTE SINGALONGS (H3)
3 PM BINGO (H1 & 2)
4 PM 1-1 ROOM VISITS

26

ARMCHAIR TRAVEL TO COLOMBIA WITH TREATS FROM COLOMBIA
9:30 AM WELCOME TO THE DAY
9:45 AM IN REMINISCING MUSIC WITH INSTRUMENTS
10:00 AM NEWS AND VIEWS (H1 & 2)
10:30 AM KIMBERLY'S SENSORY ART THERAPY
(H3)
11:00 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM LIFESTYLE FOCUS GROUP MEETING (LM)
1:30 PM DANCE AND DRAMA THERAPY
(H1 & 2)
1:30 PM LETS EXPLORE BOOKS
STORY TELLING & READING (CINEMA)
1:30 PM ARM CHAIR TRAVEL TO COLUMBA (H3)
3 PM HAPPY HOUR (H1,2 & 3)
4 PM 1-1 ROOM VISITS

27

9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM COFFEE AND CHAT
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1PM PAMPERING
2 PM TOOLBOX ACTIVITIES
3 PM FOOTY MATCH OF THE DAY
4 PM INDOOR WALKING
5 PM DINNER FINE DINING
MUSIC EXPERIENCE
6 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

28

LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
12:00 PM LUNCH FINE DINING
EXPERIENCE MUSIC
1 PM INDOOR OR OUTDOOR WALKING
2 PM TOOLBOX ACTIVITIES
3 PM FOOTY MATCH FOR THE DAY
4 PM PAMPERING
5 PM DINNER FINE DINING
EXPERIENCE MUSIC
6 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

29

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY
(H3)
10:30 AM NEWS AND VIEWS
(H1&2)
11:00 AM MUSICAL MELODIES
(H3)
11:15 AM IN CHAIR EXERCISES
(H1 & 2)
1:15 PM MELBOURNE
GRAMMAR MUSICAL
CONCERT (L3)
1:30 PM DRAMA & DANCE
THERAPY (1 & 2)
2:45 PM FOOTY TIPPING
3 PM MASTERCHEF (H3)
4 PM 1-1 ROOM VISITS

30

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY
(H3)
10:30 AM ALEX'S ART THERAPY
(H1 & 2)
11:30 AM MUSICAL MELODIES
(H3)
1:30 PM MEDITATION (CINEMA)
1:30 PM WALKING GROUP
9 H1 & 2)
2:45 PM YOGA
3 PM SINGALONGS WITH LYRICS
VIA YOUTUBE (H3)
4 PM 1-1 ROOM VISITS

31

PARIS OLYMPICS
GAMES COMPETITIONS AND
CELEBRATIONS
9:30 AM LIFESTYLE HUDDLE
MEETING
10:30 AM BALLOON THERAPY
(H3)
10:30 AM NEWS AND VIEWS
(H1 & 2)
11:00 AM MEMORY LANE THERAPY
TRIVIA OR QUIZZES (H1 & 2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM COMMUNITY VISITORS
2 PM KIMBERLY ART & CRAFTS
(LM)
1:30 PM PARIS OLYMPICS
COMPETITIONS
AND CELEBRATIONS (H1 , 2 & 3)
4 PM 1-1 ROOM VISITS

