

LEVEL 3- HOUSE 7 & 8

LIBRARY SERVICE
AVAILABLE

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS
10:45 AM DANCE AND DRAMA THERAPY
11:00 AM 9 LETTER WORD GAMES (L4)
1:30 PM FLOOR GAMES
2:45 PM ARMCHAIR TRAVEL TO GERMANY
4 PM 1-1 ROOM VISITS

2
9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES (H9)
10:15 AM NEWS AND VIEWS
10:30 AM MEMORY LANE THERAPY MUSIC AND GENERAL KNOWLEDGE TRIVIA OR QUIZZES
11:00 AM 9 LETTER WORD GAME (L4)
1:30 PM MEDITATION (CINEMA)
1:30 PM ART & CRAFTS WITH ALEX
3:30 PM YOGA
4 PM 1-1 ROOM VISITS

3
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM FOOTY TIPPING
10:30 AM NEWS AND VIEWS WITH RICK AND DAVE
1:30 PM LOCHLAN'S BUS TRIP NORTH POINT CAFE
1:30 PM KIMBERLY'S ARTS & CRAFTS (LM)
1:30 PM TOMMY'S SINGALONG WITH HIGH TEA (L1)
1:30 PM MASTERCHEF
3:00 PM POETRY
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
10:45 AM WORD GAMES & QUIZZES
1:30 PM MEN'S GROUP (CINEMA)
1:15 PM ZUMBA GOLD
2:30 PM COMMUNITY WALKS OR CAFE VISITS
4 PM 1-1 ROOM VISITS

5
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM MEMORY LANE GENERAL KNOWLEDGE OR MUSIC QUIZZES OR TRIVIA
11:15 AM IN CHAIR EXERCISES
1:30 PM LETS EXPLORE BOOKS STORYTELLING & READING (CINEMA)
1:30 PM ALEX'S ART THERAPY
3 PM HAPPY HOUR
4 PM 1-1 ROOM VISITS

6
MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
12:00 PM LUNCH FINE DINING EXPERIENCE
1 PM TOOLBOX ACTIVITIES
2 PM AFTERNOON MOVIE MATINEE
3 PM FOOTY MATCH OF THE DAY
4 PM INDOOR OR OUTDOOR WALKING
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

8 NAIDOC WEEK PRESENTATION
9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS
10:45 AM DANCE AND DRAMA THERAPY
11:00 AM 9 LETTER WORD GAMES (L4)
1:30 PM FLOOR GAMES
2 PM OMEGA (L2)
2:45 PM NAIDOC POWERPOINT PRESENTATION
4 PM 1-1 ROOM VISITS

9
9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES (H9)
10:15 AM NEWS AND VIEWS
10:30 AM MEMORY LANE THERAPY MUSIC AND GENERAL KNOWLEDGE TRIVIA OR QUIZZES
11:00 AM 9 LETTER WORD GAME (L4)
1:30 PM MEDITATION (CINEMA)
1:30 PM ART & CRAFTS WITH ALEX
3:30 PM YOGA
4 PM 1-1 ROOM VISITS

10
9:30 AM WELCOME TO THE DAY
10:00 AM FOOTY TIPPING
10:30 AM NEWS AND VIEWS WITH QUIZZES WITH RICK AND DAVE
10:30 AM MOONLIT SANCTUARY WILDLIFE CONSERVATION PARK
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM TOMMY'S SINGALONGS WITH HIGHTEA (L1)
2 PM RESIDENT CHOICE OF ARTIST (VIA YOUTUBE)
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
10:45 AM WORD GAMES & QUIZZES
1:30 PM MEN'S GROUP (CINEMA)
1:15 PM ZUMBA GOLD
2:30 PM BINGO
4 PM 1-1 ROOM VISITS

12
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM MEMORY LANE GENERAL KNOWLEDGE OR MUSIC QUIZZES OR TRIVIA
11:15 AM IN CHAIR EXERCISES
1:30 PM LETS EXPLORE BOOKS STORYTELLING & READING (CINEMA)
1:30 PM ALEX'S ART THERAPY
3 PM HAPPY HOUR WITH CAROL'S SINGALONGS
4 PM 1-1 ROOM VISITS

13
MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
12:00 PM LUNCH FINE DINING EXPERIENCE
1 PM TOOLBOX ACTIVITIES
2 PM AFTERNOON MOVIE MATINEE
3 PM FOOTY MATCH OF THE DAY
4 PM INDOOR OR OUTDOOR WALKING
6 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

14 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

15 BASTILLE DAY DOCUMENTARY
9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS
10:45 AM DANCE AND DRAMA THERAPY
11:00 AM 9 LETTER WORD GAMES (L4)
1:30 PM FLOOR GAMES
2:45 PM DOCUMENTARY HISTORY OF BASTILLE DAY WITH CHOCOLATE ECLAIRS WITH BUBBLES
4 PM 1-1 ROOM VISITS

16
9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES (H9)
10:15 AM NEWS AND VIEWS
10:30 AM MEMORY LANE THERAPY MUSIC AND GENERAL KNOWLEDGE TRIVIA OR QUIZZES
11:00 AM 9 LETTER WORD GAME (L4)
1:30 PM MEDITATION (CINEMA)
1:30 PM ART & CRAFTS WITH ALEX
3:30 PM YOGA
4 PM 1-1 ROOM VISITS

17 FRENCH AFFAIR MASTERCHEF TOMMY'S BASTILLE DAY CELEBRATIONS
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM FOOTY TIPPING
10:30 AM NEWS AND VIEWS
1:30 PM LOCHLAN'S BUS TRIP STAY ON BUS TRIP
1:30 PM KIMBERLY'S ARTS & CRAFTS (LM)
1:30 PM TOMMY'S BASTILLE DAY SINGALONG WITH CHOCOLATE ECLAIRS AND BUBBLES (L1)
1:30 PM COMMUNITY VISITORS
1:30 PM FRENCH AFFIAR MASTERCHEF
3:00 PM POETRY
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
10:45 AM WORD GAMES & QUIZZES
1:30 PM MEN'S GROUP (CINEMA)
1:15 PM ZUMBA GOLD
2:30 PM COMMUNITY WALKS OR CAFE VISITS
4 PM 1-1 ROOM VISITS

19
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM MEMORY LANE GENERAL KNOWLEDGE OR MUSIC QUIZZES OR TRIVIA
11:00 AM SHOPPING TROLLEY
11:15 AM IN CHAIR EXERCISES
1:30 PM ALEX'S ART THERAPY
1:30 PM LETS EXPLORE BOOKS
STORYTELLING & READING (CINEMA)
3 PM HAPPY HOUR
4 PM 1-1 ROOM VISITS

20 INDEPENDENCE DAY OF COLOMBIA
MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
12:00 PM LUNCH FINE DINING EXPERIENCE
1 PM TOOLBOX ACTIVITIES
2 PM AFTERNOON MOVIE MATINEE
3 PM FOOTY MATCH OF THE DAY
4 PM INDOOR OR OUTDOOR WALKING
6 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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
10:15 AM NEWS AND VIEWS
10:45 AM DANCE AND DRAMA
THERAPY
11:00 AM 9 LETTER WORD GAMES
(L4)
1:30 PM MEDITATION WITH
ANNE (CINEMA)
1:30 PM FLOOR GAMES
2:45 PM ARMCHAIR TRAVEL
TO PORTUGAL
4 PM 1-1 ROOM VISITS

23

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO
EXERCISES (H9)
10:15 AM NEWS AND VIEWS
10:30 AM MEMORY LANE THERAPY
MUSIC AND GENERAL KNOWLEDGE
TRIVIA OR QUIZZES
11:00 AM 9 LETTER WORD GAME
(L4)
11:45 AM CLASSIC CINEMAS
ELSTERNWICK
(THE WAY MY WAY) MOVIE
1:30 PM MEDITATION (CINEMA)
1:30 PM ART & CRAFTS
WITH ALEX
3:30 PM YOGA
4 PM 1-1 ROOM VISITS

24

CHRISTMAS IN JULY
9:30 AM WELCOME TO THE DAY
10:00 AM FOOTY TIPPING
10:30 AM NEWS AND VIEWS
WITH QUIZZES WITH
RICK AND DAVE
1:30 PM CHRISTMAS IN JULY
1:30 PM COMMUNITY VISITOR
1:30 PM KIMBERLY'S ART THERAPY
(LM)
2 PM FOOD APPRECIATION MEETING
(BOARDROOM)
3 PM RESIDENT CHOICE OF ARTIST
(VIA YOUTUBE)
4 PM 1-1 ROOM VISITS

25

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:00 AM INTERGENERATIONAL
PROGRAM
10:15 AM NEWS AND VIEWS
10:45 AM WORD GAMES & QUIZZES
11:00 AM GREEK MASS
(CINEMA)
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
2:30 PM BINGO
4 PM 1-1 ROOM VISITS

26

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM MEMORY LANE
GENERAL KNOWLEDGE OR MUSIC
QUIZZES OR TRIVIA
11:15 AM IN CHAIR EXERCISES
1:30 PM LIFESTYLE FOCUS
GROUP (LM)
1:30 PM LETS EXPLORE
BOOKS
STORYTELLING & READING
(CINEMA)
1:30 PM ALEX'S ART THERAPY
3 PM HAPPY HOUR WITH
CAROL'S SINGALONGS
4 PM 1-1 ROOM VISITS

27

MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
12:00 PM LUNCH FINE DINING
EXPERIENCE
1 PM TOOLBOX ACTIVITIES
2 PM AFTERNOON MOVIE
MATINEE
3 PM FOOTY MATCH OF THE DAY
4 PM INDOOR OR OUTDOOR
WALKING
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

**MELBOURNE GRAMMER GRAMMAR
MUSICAL CONCERT**
9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS
10:45 AM DANCE AND DRAMA
THERAPY
11:00 AM 9 LETTER WORD GAMES
(L4)
1:30 PM MEDITATION
(CINEMA)
1:15 PM MELBOURNE GRAMMER
MUSICAL CONCERT
2:45 PM ARMCHAIR TRAVEL
TO FINLAND
4 PM 1-1 ROOM VISITS

30

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO
EXERCISES (H9)
9:30 AM PET THERAPY
WITH COOKIE AND RENEE
10:15 AM NEWS AND VIEWS
10:30 AM MEMORY LANE THERAPY
MUSIC AND GENERAL KNOWLEDGE
TRIVIA OR QUIZZES
11:00 AM 9 LETTER WORD GAME
(L4)
1:30 PM MEDITATION (CINEMA)
1:30 PM ART & CRAFTS
WITH ALEX
3:30 PM YOGA
4 PM 1-1 ROOM VISITS

31

**PARIS OLYMPIC GAMES
COMPETITIONS AND CELEBRATIONS**
9:30 AM LIFESTYLE HUDDLE
MEETING
10:30 AM FOOTY TIPPING
10:30 AM NEWS AND VIEWS
1:30 PM KIMBERLY'S ARTS &
CRAFTS (LM)
1:30 PM COMMUNITY VISITORS
2 PM PARIS OLMPIGS
COMPETITION
AND CELEBRATIONS
4 PM 1-1 ROOM VISITS

