CaSPACare
Living well. Living locally.

OCTOBER 2024
LEVEL 1- HOUSE 1, 2 & 3

*subject to change

LIBRARY SERVICES AVAILABLE

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GEESY'S PHYSIO EXERCISES (L2 H3) 11:00 M MUSICAL MELODIES (H3) 11;15 AM MEWS AND VIEWS (H1 & 2) 1:30 PM CAFE VISITS 2 :45 PM YOGA 3 PM DANCE AND DRAMA THERAPY (H3) 4 PM 1-1 ROOM VISITS	**2** 9 :30 AM WELCOME TO THE DAY 10: 00 AM MUSIC THERAPY (H3) 10:00 AM RACHEL 'S BUS TRIP (TESSELAARS TULIP FESTIVAL) 11:15 AM ZUMBA GOLD 1 :30 PM TOMMY'S SINGALONG WITH HIGH TEA (H1 & 2) 1:30 PM KIMBERLY'S ART THERAPY (LM) 2 :30 PM FOOD APPRECIATION MEETING (BOARDROOM) 3 PM PAMPERING (H3) 4 PM OYSTER BAR (BOARDROOM) 4 PM 1-1 ROOM VISITS	**3** 9 :30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4) 10:20 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC VISITOR 11:00 AM PUPPET THERAPY (H3) 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	**4** 9:30 AM WELCOME TO THE DAY 9:45 AM REMINISCING MUSIC & INSTRUMENTS 10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3) 10:30 AM ANGLICAN MASS (CINEMA) 11:15 AM NEWS AND VIEWS (H1 & 2) 1:30 PM TABLE OR FLOOR GAMES 3 PM MUSIC THERAPY (H3) HAPPY HOUR (1,2 & 3) 3 PM DRAMA THERAPY 4 PM 1-1 ROOM VISITS	**5** 9:30 AM MORNING TV SHOWS 10:30 AM MUSICAL MELODIES 11:00 AM COFFEE & CHAT 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1 PM PAMPERING 2 PM TOOLBOX ACTIVITIES OR FLOOR GAMES 3 :30 PM INDOOR OR OUTDOOR WALKING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
6 LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1 PM INDOOR OR OUTDOOR WALKING 2 PM TOOLBOX OR FLOOR OR TABLE GAMES 3 PM PAMPERING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX MOVIES AVAILABLE DAY	**7** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:45 AM NEWS AND VIEWS (H1 & 2) 11:00 AM 9 LETTER WORD GAME (L4) 11:15 AM IN CHAIR EXERCISES (H1 & 2) 1:30 PM MEDITATION (CINEMA) 1:30 PM MASTERCHEF (H3) 1:30 PM DRAMA THERAPY (H1 &2) 2 PM OMEGA VIOLINIST (L2) 2:45 PM SINGALONGS WITH LYRICS (H 1 & 2) 4 PM 1-1 RROM VISITS	**8** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GEESY'S PHYSIO EXERCISES (L2 H3) 11:00 M MUSICAL MELODIES (H3) 11;15 AM MEWS AND VIEWS (H1 & 2) 1:30 PM CAFE VISITS 2 :45 PM YOGA 3 PM ARMCHAIR TRAVEL (H3) 4 PM 1-1 ROOM VISITS	**9** 9 :30 AM LIFESTYLE HUDDLE MEETING 10 :30 AM NEWS AND VIEWS (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) 1 :30 PM TOMMY'S SINGALONG WITH HIGH TEA (H1 & 2) 3 PM PAMPERING (H3) 4 PM 1-1 ROOM VISITS	**10** 9 :30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4) 10:20 AM NEWS AND VIEWS WITH QUIZZES 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 REMINISCING MUSIC & INSTRUMENTS 10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3) 11:15 AM NEWS AND VIEWS (H1 & 2) 1:30 PM TABLE OR FLOOR GAMES 3 PM HAPPY HOUR (1,2 & 3) 3 PM DRAMA THERAPY 4 PM 1-1 ROOM VISITS	**12** 9:30 AM MORNING TV SHOWS 10:30 AM MUSICAL MELODIES 11:00 AM COFFEE & CHAT 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1 PM PAMPERING 2 PM TOOLBOX ACTIVITIES OR FLOOR GAMES 3 :30 PM INDOOR OR OUTDOOR WALKING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
13 LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1 PM INDOOR OR OUTDOOR WALKING 2 PM TOOLBOX OR FLOOR OR TABLE GAMES 3 PM PAMPERING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX MOVIES AVAILABLE DAY	**14** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:45 AM NEWS AND VIEWS (H1 & 2) 11:00 AM 9 LETTER WORD GAME (L4) 11:15 AM IN CHAIR EXERCISES (H1 & 2) 1:30 PM MASTERCHEF (H3) 1:30 PM DRAMA THERAPY (H1& 2) 1:30 PM MEDITATION (CINEMA) 2:45 PM SINGALONGS WITH LYRICS (H 1 & 2) 4 PM 1-1 RROM VISITS	**15** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GEESY'S PHYSIO EXERCISES (L2 H3) 10 :30 AM PET THERAPY WITH COOKIE AND RENEE 11:00 M MUSICAL MELODIES (H3) 11;15 AM MEWS AND VIEWS (H1 & 2) 1:30 PM CAFE VISITS 2 :45 PM YOGA 3 PM WALKING GROUP (H3) 4 PM 1-1 ROOM VISITS	**16** RON IN CONCERT 9 :30 AM WELCOME TO THE DAY 10: 00 AM MUSICAL AND INSTRUMENTS (H3) 10:45 AM NEWS AND VIEWS (H1 & 2) 11:15 AM ZUMBA GOLD (H3) 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM RACHEL'S BUS TRIP (NATIONAL GALLERY VICTORIA) 1 :30 PM RON IN CONCERT (H1 & 2) 3 PM PAMPERING (H3) 4 PM OYSTER BAR (BOARDROOM) 4 PM 1-1 ROOM VISITS	**17** 9 :30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10 AM INTERGENERATIONAL PROGRAM (L3) 10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4) 10:20 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC 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	**18** 9:30 AM WELCOME TO THE DAY 9:45 AM REMINISCING MUSIC & INSTRUMENTS 10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3) 11:15 AM NEWS AND VIEWS (H1 & 2) 1:30 PM TABLE OR FLOOR GAMES 3 PM HAPPY HOUR (1,2 & 3) 3 PM DRAMA THERAPY (H3) 4 PM 1-1 ROOM VISITS	**19** 9:30 AM MORNING TV SHOWS 10:30 AM MUSICAL MELODIES 11:00 AM COFFEE & CHAT 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1 PM PAMPERING 2 PM TOOLBOX ACTIVITIES OR FLOOR GAMES 3 :30 PM INDOOR OR OUTDOOR WALKING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY

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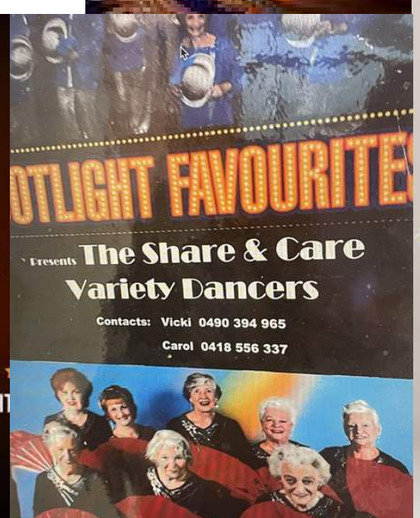
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 KIDKO PREFORMING ARTS MUSIC CONCERT LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1 PM INDOOR OR OUTDOOR WALKING 2 PM KIDKO MUSICAL CONCERT (L1) 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX MOVIES AVAILABLE DAY	**21** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:45 AM NEWS AND VIEWS (H1 & 2) 11:00 AM 9 LETTER WORD GAME (L4) 11:15 AM IN CHAIR EXERCISES (H1 & 2) 1 :30 PM MEDITATION (CINEMA) 1:30 PM MASTERCHEF (H3) 1:30 PM DRAMA THERAPY (H1 & 2) 2:45 PM SINGALONGS WITH LYRICS (H 1 & 2) 4 PM 1-1 RROM VISITS	**22** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GEESY'S PHYSIO EXERCISES (L2 H3) 11:00 M MUSICAL MELODIES (H3) 11;15 AM MEWS AND VIEWS (H1 & 2) 1:30 PM CAFE VISITS 2 :45 PM YOGA 3 PM ARMCHAIR TRAVEL (H3) 4 PM 1-1 ROOM VISITS	**23** 9 :30 AM LIFESTYLE HUDDLE MEETING 10 :30 AM NEWS AND VIEWS (H1 & 2) 11:15 AM ZUMBA GOLD (H3) 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM LOCHLAN'S BUS TRIP (HEIDI MUSEUM) 1 :30 PM TOMMY'S SINGALONG WITH HIGH TEA (H1 & 2) 3 PM PAMPERING (H3) 4 PM 1-1 ROOM VISITS	**24** 9 :30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4) 10:20 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC 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	**25** 9:30 AM WELCOME TO THE DAY 9:45 AM REMINISCING MUSIC & INSTRUMENTS 10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3) 11:15 AM NEWS AND VIEWS (H1 & 2) 1:30 PM TABLE OR FLOOR GAMES 1:30 PM LIFESTYLE FOCUS GROUP (LM) 3 PM HAPPY HOUR (1,2 & 3) 3 PM DRAMA THERAPY (H3) 4 PM 1-1 ROOM VISITS	**26** 9:30 AM MORNING TV SHOWS 10:30 AM MUSICAL MELODIES 11:00 AM COFFEE & CHAT 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1 PM PAMPERING 2 PM TOOLBOX ACTIVITIES OR FLOOR GAMES 3 :30 PM INDOOR OR OUTDOOR WALKING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
27 SHARE & CARE VARIETY CONCERT LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1 PM INDOOR OR OUTDOOR WALKING 2 PM SHARE & CARE VARIETY CONCERT (L3) 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX MOVIES AVAILABLE DAY	**28** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:45 AM NEWS AND VIEWS (H1 & 2) 11:00 AM 9 LETTER WORD GAME (L4) 11:15 AM IN CHAIR EXERCISES (H1 & 2) 1 :30 PM MEDITATION (CINEMA) 1:30 PM MASTERCHEF (H3) 1:30 PM DRAMA THERAPY (H1 & 2) 2:45 PM SINGALONGS WITH LYRICS (H 1 & 2) 4 PM 1-1 RROM VISITS	**29** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GEESY'S PHYSIO EXERCISES (L2 H3) 11:00 M MUSICAL MELODIES (H3) 11;15 AM MEWS AND VIEWS (H1 & 2) 1:30 PM CAFE VISITS 2 :45 PM YOGA 3 PM WALKING GROUP (H3) 4 PM 1-1 ROOM VISITS	**30** 9 :30 AM WELCOME TO THE DAY 10: 00 AM MUSIC AND INSTRUMENTS (H3) 10 :45 AM NEWS AND VIEWS (H1 &2) 11:15 AM ZUMBA GOLD (H3) 1 :30 PM KIMBERLY'S ART THERAPY (LM 1:30 PM RACHEL 'S BUS TRIP (HALF MOON BAY) 1 :30 PM TOMMY'S SINGALONG WITH HIGH TEA (H1 & 2) 3 PM PAMPERING (H3) 4 PM OYSTER BAR (BOARDROOM) 4 PM 1-1 ROOM VISITS	**31** HALLOWEEN & DIWALI DAY 9 :30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4) 10 :00 AM INTERGENERATIONAL PROGRAM (L3) 10:20 AM NEWS AND VIEWS WITH QUIZZES (H1 & 2) 10:30 AM GREEK MASS (CINEMA) 10:30 AM CATHOLIC VISITOR 11:00 AM CHOIR (L3) 11:15 AM ZUMBA GOLD (H1 & 2) 1:30 PM DIWALI DAY CELEBRATIONS (L1) 2 PM VIOLETTA AND ANETTE SINGALONGS (H3) 3 PM HALLOWEEN TRICK OR TREAT (L1) 4 PM 1-1 ROOM VISITS