CaSPACare
Living well. Living locally.

OCTOBER 2024
LEVEL 3- HOUSE 7 & 8

*subject to change

LIBRARY SERVICES AVAILABLE

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES (H9) 10:15 AM NEWS AND VIEWS 10:45 AM SHARING LIFE STORIES 11:00 AM 9 LETTER WORD GAME 1 :30 PM CAFE VISITS 3:30 PM YOGA 4 PM 1-1 ROOM VISITS	2 9:30 AM WELCOME TO THE DAY 10:00 AM IN CHAIR EXERCISES WITH MUSIC 10:00 AM RACHEL'S BUS TRIP TESSELAAR'S TULIP FESTIVAL 10:30 AM NEWS AND VIEWS & QUIZZES WITH RICK AND DAVE 1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1) 1:30 PM KIMBERLY'S ART THERAPY 1:30 PM ARMCHAIR TRAVEL 2 :30 PM FOOD APPRECIATION MEETING (BOARDROOM) 3PM MUSIC THERAPY 4 PM OYSTER BAR 4 PM 1-1 ROOM VISITS	3 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC VISITOR 11:00 AM CHOIR 1:15 PM ZUMBA GOLD 1 :30 PM MEN'S GROUP (CINEMA) 2 PM MELBOURNE CUP HAT & HORSE DECORATIONS 4 PM 1-1 ROOM VISITS	4 9 :30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM QUIZZES OR WORD GAMES 10:30 AM ANGLICAN MASS (CINEMA) 11:00 AM MUSIC THERAPY 1:30 PM TABLE GAMES 3 PM SINGALONGS WITH CAROL &HAPPY HOUR 4 PM 1-1 ROOM VISITS	5 9:30 AM MORNING TV SHOWS 10:00 AM MUSICAL MELODIES 12 PM LUNCH FINE DINING EXPERIENCE 1 PM TOOLBOX ACTIVITIES 2PM AFTERNOON MOVIE MATINEE 3 :30 PM INDOOR OR OUTDOOR WALKS 5 PM DINNER FINE DINING EXPERIENCE 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
6 LIVESTREAM CHURCH MASS AVAILABLE UPON REQUEST 10:00 AM COFFEE AND CHAT 11:00 AM SINGALONGS VIA YOUTUBE 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1:30 PM TOOLBOX ACTIVITIES 3 PM PAMPERING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	7 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS 10:45 AM DRAMA THERAPY 11:00 AM 9 LETTER WORD GAME (L4) 1:30 AM ARMCHAIR TRAVEL 1:30 PM MEDITATION (CINEMA) 2 PM OMEGA VOILINIST 3 PM FLOOR GAMES WITH LLOYD 3:15 PM PAMPERING AND NAIL CARE WITH RACHEL 4 PM 1-1 ROOM VISITS	8 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PYHSIO EXERCISES (H9) 10:15 AM NEWS AND VIEWS 10:45 AM SHARING LIFE STORIES 11:00 AM 9 LETTER WORD GAME 1 :30 PM CAFE VISITS 3:30 PM YOGA 4 PM 1-1 ROOM VISITS	9 9:30 AM LIFESTYLE HUDDLE MEETING 10:30 AM NEWS AND VIEWS & QUIZZES WITH RICK AND DAVE 1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1) 1:30 PM LOCHLAN'S BUS TRIP (STAY ON BUS TRIP) 1:30 PM KIMBERLY'S ART THERAPY 1:30 PM FLOWER ARRANGING 3 PM POETRY READING 4 PM OYSTER BAR 4 PM 1-1 ROOM VISITS	10 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC MASS (CINEMA) 11:00 AM CHOIR 1:15 PM ZUMBA GOLD 1:30 PM MENS'S GROUP (CINEMA) 2 PM MELBOURNE CUP HAT & HORSE DECORATIONS 4 PM 1-1 ROOM VISITS	11 9 :30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM QUIZZES OR WORD GAMES 11:00 AM IN CHAIR EXERCISES MUSIC 1:30 PM TABLE GAMES 3 PM HAPPY HOUR 4 PM 1-1 ROOM VISITS	12 9:30 AM MORNING TV SHOWS 10:00 AM MUSICAL MELODIES 12 PM LUNCH FINE DINING EXPERIENCE 1 PM TOOLBOX ACTIVITIES 2PM AFTERNOON MOVIE MATINEE 3 :30 PM INDOOR OR OUTDOOR WALKS 5 PM DINNER FINE DINING EXPERIENCE 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
13 LIVESTREAM CHURCH MASS AVAILABLE UPON REQUEST 10:00 AM COFFEE AND CHAT 11:00 AM SINGALONGS VIA YOUTUBE 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 1:30 PM TOOLBOX ACTIVITIES 3 PM PAMPERING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	14 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS 10:45 AM DRAMA THERAPY 11:00 AM 9 LETTER WORD GAME (L4) 1:30 AM ARMCHAIR TRAVEL 1:30 PM MEDITATION (CINEMA) 3 PM FLOOR GAMES WITH LLOYD 3:15PM COMMUNITY WALKS 4 PM 1-1 ROOM VISITS	15 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PYHSIO EXERCISES (H9) 10:15 AM NEWS AND VIEWS 10:45 AM SHARING LIFE STORIES 11:00 AM 9 LETTER WORD GAME 1 :30 PM CAFE VISITS 3:30 PM YOGA 4 PM 1-1 ROOM VISITS	16 RON IN CONCERT 9:30 AM WELCOME TO THE DAY 10:00 AM IN CHAIR EXERCISES 10:30 AM NEWS AND VIEWS & QUIZZES WITH RICK AND DAVE 1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1) 1:30 PM RACHEL'S BUS TRIP (NATIONAL GALLERY VICTORIA) 1:30 PM KIMBERLY'S ART THERAPY 1:30 PM MOVIE MATINEE 1:30 PM RON IN CONCERT (L1) 3PM DOCUMENTARY 4 PM OYSTER BAR 4 PM 1-1 ROOM VISITS	17 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC VISITOR 11:00 AM CHOIR 1:15 PM ZUMBA GOLD 1:30 PM MEN'S GROUP (CINEMA) 2 PM MELBOURNE CUP HAT & HORSE DECORATIONS 4 PM 1-1 ROOM VISITS	18 9 :30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM QUIZZES OR WORD GAMES 11:00 AM IN CHAIR EXERCISES WITH MUSIC (VIA YOUTUBE) 1:30 PM TABLE GAMES 3 PM SINGALONGS WITH CAROL &HAPPY HOUR 4 PM 1-1 ROOM VISITS	19 9:30 AM MORNING TV SHOWS 10:00 AM MUSICAL MELODIES 12 PM LUNCH FINE DINING EXPERIENCE 1 PM TOOLBOX ACTIVITIES 2PM AFTERNOON MOVIE MATINEE 3 :30 PM INDOOR OR OUTDOOR WALKS 5 PM DINNER FINE DINING EXPERIENCE 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 AVAILABLE UPON REQUEST 10:00 AM COFFEE AND CHAT 11:00 AM SINGALONGS VIA YOUTUBE 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 2 PM KIDKO MUSIC CONCERT (L1) 3 :30 PM PAMPERING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**21** 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS 10:45 AM DRAMA THERAPY 11:00 AM 9 LETTER WORD GAME (L4) 1:30 AM ARMCHAIR TRAVEL 1:30 PM MEDITATION (CINEMA) 3 PM FLOOR GAMES WITH LLOYD 3:15PM PAMPERING AND NAIL CARE 4 PM 1-1 ROOM VISITS	**22** 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PYHSIO EXERCISES (H9) 10:15 AM NEWS AND VIEWS 10:45 AM SHARING LIFE STORIES 11:00 AM 9 LETTER WORD GAME 1 :30 PM CAFE VISITS 3:30 PM YOGA 4 PM 1-1 ROOM VISITS	**23** 9:30 AM LIFESTYLE HUDDLE MEETING 10:30 AM NEWS AND VIEWS & QUIZZES WITH RICK AND DAVE 1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1) 1:30 PM LOCHLAN'S BUS TRIP (HEIDI MUSEUM) 1:30 PM KIMBERLY'S ART THERAPY 1:30 PM MASTERCHEF 3 PM BINGO 4 PM OYSTER BAR 4 PM 1-1 ROOM VISITS	**24** 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC VISITOR 11:00 AM CHOIR 1:15 PM ZUMBA GOLD 1:30 PM MEN'S GROUP (CINEMA) 2 PM MELBOURNE CUP HAT & HORSE DECORATIONS 4 PM 1-1 ROOM VISITS	**25** 9 :30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM QUIZZES OR WORD GAMES 11:00 AM IN CHAIR EXERCISES WITH MUSIC (VIA YOUTUBE) 1:30 PM LIFESTYLE FOCUS GROUP (LM) 1:30 PM TABLE GAMES 3 PM HAPPY HOUR 4 PM 1-1 ROOM VISITS	**26** 9:30 AM MORNING TV SHOWS 10:00 AM MUSICAL MELODIES 12 PM LUNCH FINE DINING EXPERIENCE 1 PM TOOLBOX ACTIVITIES 2PM AFTERNOON MOVIE MATINEE 3 :30 PM INDOOR OR OUTDOOR WALKS 5 PM DINNER FINE DINING EXPERIENCE 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
27 SHARE & CARE VARIETY CONCERT LIVESTREAM CHURCH MASS AVAILABLE UPON REQUEST 10:00 AM COFFEE AND CHAT 11:00 AM SINGALONGS VIA YOUTUBE 12 PM LUNCH FINE DINING EXPERIENCE MUSIC 2 PM SHARE AND CARE VARIETY CONCERT (L3) 3 :30 PM PAMPERING 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**28** 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS 10:45 AM DRAMA THERAPY 11:00 AM 9 LETTER WORD GAME (L4) 1:30 AM ARMCHAIR TRAVEL 1:30 PM MEDITATION (CINEMA) 3 PM FLOOR GAMES WITH LLOYD 3 :15 COMMUNITY WALKS WITH RACHEL 4 PM 1-1 ROOM VISITS	**29** 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PYHSIO EXERCISES (H9) 10:15 AM NEWS AND VIEWS 10:45 AM SHARING LIFE STORIES 11:00 AM 9 LETTER WORD GAME 1 :30 PM CAFE VISITS 3:30 PM YOGA 4 PM 1-1 ROOM VISITS	**30** 9:30 AM WELCOME TO THE DAY 10:00 AM IN CHAIR EXERCISES 10:30 AM NEWS AND VIEWS & QUIZZES WITH RICK AND DAVE 1:30 PM RACHEL'S BUS TRIP (HALF MOON BAY) 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM ARMCHAIR TRAVEL 3PM SINGALONGS VIA YOUTUBE 4 PM OYSTER BAR 4 PM 1-1 ROOM VISITS	**31** HALLOWEEN & DIWALI DAY 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM GREEK MASS (CINEMA) 10:30 AM CATHOLIC VISITOR 11:00 AM CHOIR 1:15 PM ZUMBA GOLD 1 :30 PM DIWALI DAY CELEBRATIONS (L1) 3 PM HALLOWEEN TRICK OR TREAT 4 PM 1-1 ROOM VISITS		