

SEPTEMBER 2024

LEVEL 1- HOUSE 1, 2 & 3

*subject to change



**LIBRARY SERVICES
AVAILABLE**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 **FATHERS DAY CONCERT**

LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM COFFEE AND CHAT
12 PM LUNCH FINE DINING EXPERIENCE
1 PM INDOOR OR OUTDOOR WALKING
2 PM TOOLBOX ACTIVITIES
3 PM FATHERS DAY CONCERT
5 PM DINNER FINE DINING EXPERIENCE
6 PM NETFLIX MOVIES AVAILABLE ALL DAY

2

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:45 AM NEWS AND VIEWS & QUIZZES (H1 & 2)
11:00 AM 9 LETTER WORD GAMES (L4)
11:15 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM MASTERCHEF (H3)
1:30 PM DANCE & MOVEMENT THERAPY (H1 ,2,)
2:45 PM SINGALONGS WITH LYRICS (H1 2)
4 PM 1-1 ROOM VISITS

3

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY PHYSIO EXERCISES (L2 H4)
11:00 AM MUSICAL MELODIES (H3)
11:15 AM NEWS AND VIEWS (H1 & 2)
1:30 PM CAFE VISITS
2 :45 PM YOGA
3 PM DANCE & DRAMA THERAPY (H 3)
4 PM 1-1 ROOM VISITS

4 

9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC THERAPY (H3)
11:15 AM ZUMBA GOLD (H3)
1:30 PM RACHEL'S BUS TRIP (RICKETS POINT HOTEL)
1:30 PM DRAMA THERAPY (H3)
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM MEMORY LANE MUSIC OR GENERAL KNOWLEDGE QUIZZES (H1 & 2)
3 PM PAMPERING
4 PM OYSTER BAR (BOARDROOM)
4 PM 1-1 ROOM VISITS

5 

ALBERT PARK PRIMARY MATILDA MUSICAL RESIDENT AND RELATIVE MEETING
9:30 AM WELCOME TO THE DAY
9:45 AM MUSIC AND INSTRUMENTS (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 CATHOLIC VISITOR 11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H 1 & 2)
1:30 PM RESIDENT AND RELATIVE MEETING
1:30 PM MEN'S GROUP (CINEMA)
2 PM VIOLETTA AND ANETTE SINGALONGS (H3)
2 :45 PM ALBERT PARK MUSICAL MATILDA THE MUSICAL (BUS TRIP)
3 PM MUSICAL CONCERTS VIA YOUTUBE
4 PM 1-1 ROOM VISITS

6

9:30 AM WELCOME TO THE DAY
9:45 AM REMINISCING MUSIC & INSTRUMENTS (H3)
10:30 AM KIMBERLY'S ART THERAPY (H3)
10 :30 AM ANGLICAN MASS (CINEMA)
11:15 AM IN CHAIR EXERCISES
1:15 PM DANCE AND DRAMA THERAPY (H 1,2 & 3)
3 PM HAPPY HOUR (H1 , 2)
3 PM MUSIC THERAPY (H3)
4 PM 1-1 ROOM VISITS

7

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
3:30 PM INDOOR OR OUTDOOR WALKING
5 PM DINNER FINE DINNING MUSIC EXPERIENCE
6 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

8

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

9

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:45 AM NEWS AND VIEWS WITH QUIZZES (H1 & 2)
11:00 AM 9 LETTER WORD GAMES (L4)
11:15 AM IN CHAIR EXERCISES (H1 & 2)
1:30 PM MEDITATION (CINEMA)
1:30 PM DANCE & MOVEMENT THERAPY (H1 ,2)
1:30 PM MASTERCHEF (H3)
2 PM OMEGA VIOLINIST (L2)
2:45 PM SINGALONGS WITH LYRICS (H1 & 2)
4 PM 1-1 ROOM VISITS

10



PET THERAPY WITH RENEE & COOKIE

9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY PHYSIO EXERCISES (L2 H4)
10 :30 AM PET THERAPY
11:00 AM MUSICAL MELODIES (H3)
11:15 AM NEWS AND VIEWS (H1 & 2)
1:30 PM CAFE VISITS
2 :45 PM YOGA
3 PM DANCE & DRAMA THERAPY (H 3)
4 PM 1-1 ROOM VISITS

11 

9 :30 AM LIFESTYLE HUDDLE MEETING
10:00 AM MUSIC THERAPY (H3)
11:15 AM ZUMBA GOLD (H3)
12 PM LOCHLAN'S BUS TRIP JAPANESE RESTAURANT
1:30 PM DRAMA THERAPY (H3)
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM MEMORY LANE MUSIC OR GENERAL KNOWLEDGE QUIZZES (H1 & 2)
3 PM PAMPERING
4 PM 1-1 ROOM VISITS

12

9:30 AM WELCOME TO THE DAY
9:45 AM MUSIC AND INSTRUMENTS (H3)
10:00 AM GESSY'S PHYSIO EXERCISES
10:20 AM NEWS AND VIEWS WITH QUIZZES (H1 & 2)
10:30 AM CATHOLIC MASS (CINEMA)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H 1 & 2)
1:30 PM MEN'S GROUP (CINEMA)
2 PM VIOLETTA AND ANETTE SINGALONGS (H3)
3 PM BINGO (H1 & 2)
4 PM 1-1 ROOM VISITS

13

9 :30 AM WELCOME TO THE DAY
9:45 AM REMINISCING MUSIC & INSTRUMENTS (H3)
10:30 AM KIMBERLY'S ART THERAPY (H3)
11:15 AM IN CHAIR EXERCISES
1:15 PM DANCE AND DRAMA THERAPY (H 1,2 & 3)
3 PM HAPPY HOUR (H1 , 2)
3 PM MUSIC THERAPY (H3)
4 PM 1-1 ROOM VISITS

14

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
3:30 PM INDOOR OR OUTDOOR WALKING
5 PM DINNER FINE DINNING MUSIC EXPERIENCE
6 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

LEVEL 1- HOUSE 1, 2 & 3

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

15
LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
12 PM LUNCH FINE DINING
EXPERIENCE
1 PM INDOOR OR OUTDOOR
WALKING
2 PM TOOLBOX ACTIVITIES
3 PM PAMPERING
5 PM DINNER FINE DINING
EXPERIENCE
6 PM NETFLIX MOVIES AVAILABLE
ALL DAY

16 ELVIS IN CONCERT
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:45 AM NEWS AND VIEWS
& QUIZZES (H1 & 2)
9 LETTER WORD GAME (L4)
1:30 PM MEDITATION (CINEMA)
1:30 PM DANCE & MOVEMENT
(H3)
1:30 PM ELVIS IN CONCERT
(H1 & 2)
2:45 PM REMINISCING MUSIC
(H3)
4 PM 1-1 ROOM VISITS

17
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY PHYSIO EXERCISES
(L2 H4)
11:00 AM MUSICAL MELODIES
(H3)
11:15 AM NEWS AND VIEWS
(H1 & 2)
1:30 PM CAFE VISITS
3 PM DANCE & DRAMA THERAPY
(H1,2 & 3)
4 PM 1-1 ROOM VISITS

18 
9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC THERAPY (H3)
11:15 AM ZUMBA GOLD (H3)
12 PM RACHEL'S BUS TRIP
(CORNER STONE PUB)
1:30 PM DRAMA THERAPY (H3)
1:30 PM KIMBERLY'S ART
THERAPY (LM)
1:30 PM MEMORY LANE MUSIC OR
GENERAL KNOWLEDGE QUIZZES
(H1 & 2)
3 PM PAMPERING
4 PM OYSTER BAR (BOARDROOM)
4 PM 1-1 ROOM VISITS

19 **MYUNA MOBILE ANIMAL FARM**
9:30 AM WELCOME TO THE DAY
9:45 AM MUSIC AND INSTRUMENTS
(H3)
10:00 AM GESSY'S PHYSIO EXERCISES
10:00 AM INTERGENERATIONAL PROGRAM
(L3)
10:20 AM NEWS AND VIEWS WITH QUIZZES
(H1 & 2)
10:30 AM CATHOLIC VISITOR
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H1 & 2)
2 PM MYUNA MOBILE ANIMAL
FARM
2 PM VIOLETTA AND ANETTE
SINGALONGS (H3)
4 PM 1-1 ROOM VISITS


20 **GALILEE REGIONAL PRIMARY SCHOOL
INTERGENERATIONAL PROGRAM**
9:30 AM WELCOME TO THE DAY
9:45 AM REMINISCING MUSIC
& INSTRUMENTS (H3)
10:00 AM GALILEE REGIONAL
PRIMARY SCHOOL
INTERGENERATIONAL PROGRAM
10:30 AM KIMBERLY'S ART
THERAPY (H3)
1:15 PM DANCE AND DRAMA
THERAPY (H1,2 & 3)
1:30 PM LIFESTYLE HUDDLE
MEETING (LM)
3 PM HAPPY HOUR (H1 , 2)
3 PM MUSIC THERAPY (H3)
4 PM 1-1 ROOM VISITS

21 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
3:30 PM INDOOR OR OUTDOOR
WALKING
4 PM DINNER FINE DINNING MUSIC
EXPERIENCE
6 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

22
LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
12 PM LUNCH FINE DINING
EXPERIENCE
1 PM INDOOR OR OUTDOOR
WALKING
2 PM TOOLBOX ACTIVITIES
3 PM PAMPERING
5 PM DINNER FINE DINING
EXPERIENCE
6 PM NETFLIX MOVIES AVAILABLE
ALL DAY

23 **FOOTY PRESENTATIONS AND PRIZES**
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO
EXERCISES (H4)
10:45 AM NEWS AND VIEWS
WITH QUIZZES (H1 & 2)
11:15 AM IN CHAIR EXERCISES
1:30 PM MEDITATION (CINEMA)
1:30 PM MASTERCHEF (H3)
1:30 PM FOOTY PRESENTATION
OF CERTIFICATES
AND PRIZES (H1 & 2)
2 PM DANCE & MOVEMENT
THERAPY (H1 ,2,3)
2:45 PM REMINISCING
MUSIC (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 PHYSIO
EXERCISES
(L2 H4)
11:00 AM MUSICAL MELODIES
(H3)
11:15 AM NEWS AND VIEWS
(H1 & 2)
1:30 PM CAFE VISITS
3 PM DANCE & DRAMA THERAPY
(H1,2 & 3)
4 PM 1-1 ROOM VISITS

25  **GRAND FINAL FOOTY CONCERT**
9:30 AM LIFESTYLE HUDDLE MEETING
10:00 AM MUSIC THERAPY (H3)
11:15 AM ZUMBA GOLD (H3)
1:30 PM LOCHLAN'S
BUS TRIP(IAN POTTER GALLERY)
1:30 PM DRAMA THERAPY (H3)
1:30 PM KIMBERLY'S ART
THERAPY (LM)
1:30 PM GRAND FINAL CONCERT
STARING PAUL (H1 & 2) LOUNGE
2 PM FOOD APPRECIATION MEETING
(BOARDROOM)
3 PM PAMPERING (H3)
4 PM 1-1 ROOM VISITS

26 **GREEK MASS**
9:30 AM WELCOME TO THE DAY
9:45 AM MUSIC AND INSTRUMENTS
(H3)
10:00 AM GESSY'S PHYSIO EXERCISES
10:20 AM NEWS AND VIEWS WITH QUIZZES
(H1 & 2)
10:30 AM CATHOLIC VISITOR
10:30 AM GREEK MASS (CINEMA)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H1 & 2)
2 PM VIOLETTA AND ANETTE
SINGALONGS (H3)
3 PM BINGO (H1 & 2)
4 PM 1-1 ROOM VISITS

27 **PUBLIC HOLIDAY**
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 RESIDENT CHOICE OF
MOVIE
3:30 PM INDOOR OR OUTDOOR
WALKING
5 PM DINNER FINE DINNING
MUSIC
EXPERIENCE
6 PM FRIDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

28 **GRAND FINAL MATCH**
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
3 PM GRAND FINAL MATCH
5 PM DINNER FINE DINNING MUSIC
EXPERIENCE
6 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

29
LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
12 PM LUNCH FINE DINING
EXPERIENCE
1 PM INDOOR OR OUTDOOR
WALKING
2 PM TOOLBOX ACTIVITIES
3 PM PAMPERING
5 PM DINNER FINE DINING
EXPERIENCE
6 PM NETFLIX MOVIES AVAILABLE
ALL DAY

30
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY (H3)
10:00 AM GESSY'S PHYSIO
EXERCISES (H4)
10:45 AM NEWS AND VIEWS
WITH QUIZZES (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 DANCE & MOVEMENT
THERAPY (H1 ,2,3)
2:45 PM SINGALONGS VIA YOUTUBE
(H1 & 2)
4 PM 1-1 ROOM VISITS

