

# SEPTEMBER 2024

## SOUTH PORT

\*subject to change



**LIBRARY SERVICES  
AVAILABLE**

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**1 FATHERS DAY CONCERT**

9:30 AM LIVESTREAM MORNING CHURCH MASS ( BY REQUEST )  
10:00 AM TOOLBOX ACTIVITIES  
11:00 AM PAMPERING OR AROMATHERAPY  
12:00 PM FINE DINING MUSIC  
1:30 PM MUSICAL MELODIES  
3 PM FATHERS DAY CONCERT  
5 PM FINE DINING MUSIC  
6 PM NETFLIX AVAILABLE ALL DAY

**2**

9:30 AM WELCOME TO THE DAY  
10:00 AM MORNING TV SHOWS  
11:00 AM DRAMA THERAPY CALMING AND CREATIVE  
12 PM FINE DINING EXPERIENCE MUSIC  
1 :30 PM BALLOONS AND OCTOBAND  
3 PM IMAGINATIVE MOVEMENT AND TELLING STORY  
4 PM 1-1 ROOM VISITS

**3**



9:30 AM WELCOME TO THE DAY  
9 :30 AM SUMAN'S PHYSIO EXERCISE  
10 :30 AM PET THERAPY WITH RENEE AND COOKIE  
11:15 AM GARDEN WALKS  
1:30 PM GREEK GROUP  
2 :30 PM BINGO  
4 PM 1-1 ROOM VISITS

**4**

9 :30 AM WELCOME TO THE DAY  
10:00 AM NEWSPAPER READ  
10:30 AM IN CHAIR EXERCISES  
11:15 AM MEMORY LANE TRIVIA  
1:30 PM MASTERCHEF  
3 PM CREATIVE ARTS  
4 PM 1-1 ROOM VISITS

**5**

9 :30 AM WELCOME TO THE DAY  
10:00 AM BALLOON THERAPY  
11:15 AM SUMAN PHYSIO EXERCISES  
1:30AM FLOOR GAMES  
3 PM GARDENING  
3:30 PM W.E CHAT GROUP  
4 PM 1-1 ROOM VISITS

**6**

9 :30 AM WELCOME TO THE DAY  
10:00 AM INTERGENERATIONAL PROGRAM  
11:00 AM ZUMBA GOLD  
2 PM HAPPY HOUR  
3 PM SINGALONGS VIA YOUTUBE  
4 PM 1- 1 ROOM VISITS

**7**

9:30 AM MORNING TV SHOWS  
10:00 AM CHAT GROUP WITH MORNING COFFEE ORE TEA  
11:00 AM PAMPERING  
12:00 PM FINE DINING MUSIC EXPERIENCE  
1:30 PM WALKING GROUP INDOOR OR OUTDOOR  
3 PM FOOTY MATCH OF THE DAY  
4 PM  
5 PM FINE DINING EXPERIENCE MUSIC  
4 PM BOARD OR CARD GAMES  
6 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**8**

9:30 AM LIVESTREAM MORNING CHURCH MASS ( BY REQUEST )  
10:00 AM TOOLBOX ACTIVITIES  
11:00 AM PAMPERING OR AROMATHERAPY  
12:00 PM FINE DINING MUSIC  
1:30 PM MUSICAL MELODIES  
3 PM FOOTY MATCH IF THE DAY  
5 PM FINE DINING MUSIC  
6 PM NETFLIX AVAILABLE ALL DAY

**9**

9:30 AM WELCOME TO THE DAY  
10:00 AM MORNING TV SHOWS  
11:00 AM DRAMA THERAPY WARM UP WITH MUSIC & RHYTHMIC DANCE  
12 PM FINE DINING EXPERIENCE MUSIC  
1 :30 PM MOVEMENT & MUSIC  
3 PM MASKS ( WEARING MASKS AND INTERACTIONS  
4 PM 1-1 ROOM VISITS

**10**

9:30 AM WELCOME TO THE DAY  
9 :30 AM SUMAN'S PHYSIO EXERCISE  
10 :30 AM REMINSCING MUSIC  
11:15 AM GARDEN WALKS  
1:30 PM GREEK GROUP  
2 :30 PM BINGO  
4 PM 1-1 ROOM VISITS

**11**

9 :30 AM LIFESTYLE HUDDLE HUDDLE MEETING  
10:00 AM LIVESTREAM ENGLISH OR NEWS  
10:30 AM IN CHAIR EXERCISES  
11:15 AM MEMORY LANE TRIVIA  
1:30 PM MASTERCHEF  
3 PM CREATIVE ARTS  
4 PM 1-1 ROOM VISITS

**12**

9 :30 AM WELCOME TO THE DAY  
10:00 AM INTERGENERATIONAL PROGRAM  
11:15 AM SUMAN PHYSIO EXERCISES  
1:30AM FLOOR GAMES  
3 PM GARDENING  
3:30 PM W.E CHAT GROUP  
4 PM 1-1 ROOM VISITS

**13**

9 :30 AM WELCOME TO THE DAY  
10:00 AM INTERGENERATIONAL PROGRAM  
11:00 AM ZUMBA GOLD  
2 PM HAPPY HOUR  
3 PM SINGALONGS VIA YOUTUBE  
4 PM 1- 1 ROOM VISITS

**14**

9:30 AM MORNING TV SHOWS  
10:00 AM CHAT GROUP WITH MORNING COFFEE ORE TEA  
11:00 AM PAMPERING  
12:00 PM FINE DINING MUSIC EXPERIENCE  
1:30 PM WALKING GROUP INDOOR OR OUTDOOR  
3 PM FOOTY MATCH OF THE DAY  
4 PM  
5 PM FINE DINING EXPERIENCE MUSIC  
4 PM BOARD OR CARD GAMES  
6 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

## SOUTH PORT

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**15**  
9:30 AM LIVESTREAM MORNING CHURCH MASS ( BY REQUEST )  
10:00 AM TOOLBOX ACTIVITIES  
11:00 AM PAMPERING OR AROMATHERAPY  
12:00 PM FINE DINING MUSIC  
1:30 PM MUSICAL MELODIES  
3 PM FOOTY MATCH IF THE DAY  
5 PM FINE DINING MUSIC  
6 PM NETFLIX AVAILABLE ALL DAY

**16** **ELVIS IN CONCERT**  
9:30 AM WELCOME TO THE DAY  
10:00 AM MORNING TV SHOWS  
11:00 AM DRAMA THERAPY CALMING AND CREATIVE  
12 PM FINE DINING EXPERIENCE MUSIC  
1 :30 PM BALLOONS AND OCTOBAND  
3 PM ELVIS IN CONCERT

**17**   
9:30 AM WELCOME TO THE DAY  
9 :30 AM SUMAN'S PHYSIO EXERCISE  
10 :30 AM PET THERAPY WITH RENEE AND COOKIE  
11:15 AM GARDEN WALKS  
1:30 PM GREEK GROUP  
2 :30 PM BINGO  
4 PM 1-1 ROOM VISITS

**18** **ALBERT PARK COLLEGE INTERGENERATIONAL PROGRAM**  
9 :30 AM WELCOME TO THE DAY  
10:00 AM NEWSPAPER READ  
10:30 AM IN CHAIR EXERCISES  
11:15 AM MEMORY LANE TRIVIA  
1:30 PM MASTERCHEF  
3 :30 PM ALBERT PARK COLLEGE INTERGENERATIONAL PROGRAM  
4 PM 1-1 ROOM VISITS

**19**   
9 :30 AM WELCOME TO THE DAY  
10:00 AM BALLOON THERAPY  
11:15 AM SUMAN PHYSIO EXERCISES  
1:15 ARMCHAIR TRAVEL TO MALTA  
1:30AM BUS TRIPS  
3:30 PM W.E CHAT GROUP  
4 PM 1-1 ROOM VISITS

**20** **LIFESTYLE FOCUS MEETING**  
9 :30 AM WELCOME TO THE DAY  
10:00 AM INTERGENERATIONAL PROGRAM  
11:00 AM ZUMBA GOLD  
2 PM HAPPY HOUR  
3 PM TOMMY'S SINGALONGS  
4 PM LIFESTYLE FOCUS MEETING  
4 PM 1- 1 ROOM VISITS

**21**  
9:30 AM MORNING TV SHOWS  
10:00 AM CHAT GROUP WITH MORNING COFFEE ORE TEA  
11:00 AM PAMPERING  
12:00 PM FINE DINING MUSIC EXPERIENCE  
1:30 PM WALKING GROUP INDOOR OR OUTDOOR  
3 PM FOOTY MATCH OF THE DAY  
4 PM BOARD OR CARD GAMES  
5 PM FINE DINING EXPERIENCE MUSIC  
4 PM BOARD OR CARD GAMES  
6 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**22**  
9:30 AM LIVESTREAM MORNING CHURCH MASS ( BY REQUEST )  
10:00 AM TOOLBOX ACTIVITIES  
11:00 AM PAMPERING OR AROMATHERAPY  
12:00 PM FINE DINING MUSIC  
1:30 PM MUSICAL MELODIES  
3 PM FOOTY MATCH IF THE DAY  
5 PM FINE DINING MUSIC  
6 PM NETFLIX AVAILABLE ALL DAY

**23**  
9:30 AM WELCOME TO THE DAY  
10:00 AM MORNING TV SHOWS  
11:00 AM DRAMA THERAPY WARM UP WITH MUSIC & RHYTHMIC DANCE  
12 PM FINE DINING EXPERIENCE MUSIC  
1 :30 PM MOVEMENT & MUSIC  
3 PM MASKS ( WEARING MASKS AND INTERACTIONS  
4 PM 1-1 ROOM VISITS

**24**  
9:30 AM WELCOME TO THE DAY  
9 :30 AM SUMAN'S PHYSIO EXERCISE  
10 :30 AM MUSIC & MELODIES  
11:15 AM GARDEN WALKS  
1:30 PM BINGO  
3 PM BOARD OR CARD GAMES  
4 PM 1-1 ROOM VISITS

**25**  
9 :30 AM LIFESTYLE HUDDLE MEETING  
10:00 AM NEWSPAPER READ  
10:30 AM IN CHAIR EXERCISES  
11:15 AM MEMORY LANE TRIVIA  
1:30 PM MASTERCHEF  
3 PM RESIDENT CHOICE OF ARTIST  
4 PM 1-1 ROOM VISITS

**26**   
9 :30 AM WELCOME TO THE DAY  
10:00 AM GRAND FINAL CELEBRATIONS FOOTY SONGS & PRESENTATION OF CERTIFICATES & PRIZES  
11:15 AM SUMAN PHYSIO EXERCISES  
1:15 PM MALTA INDEPENDENCE DAY ARMCHAIR TRAVEL  
1:30AM BUS TRIPS  
3 :30 PM W.E CHAT GROUP  
4 PM 1-1 ROOM VISITS

**27** **PUBLIC HOLIDAY**  
9:30 AM MORNING TV SHOWS  
10:00 AM CHAT GROUP WITH MORNING COFFEE ORE TEA  
11:00 AM IN CHAIR EXERCISES WITH MUSIC  
12:00 PM FINE DINING MUSIC EXPERIENCE  
1:30 PM WALKING GROUP INDOOR OR OUTDOOR  
3 PM REMINISCING MUSIC  
4 PM BALL GAMES  
5 PM FINE DINING EXPERIENCE MUSIC  
4 PM BOARD OR CARD GAMES  
6 PM FRIDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**28** **GRAND FINAL MATCH**  
9:30 AM MORNING TV SHOWS  
10:00 AM CHAT GROUP WITH MORNING COFFEE ORE TEA  
11:00 AM PAMPERING  
12:00 PM FINE DINING MUSIC EXPERIENCE  
1:30 PM WALKING GROUP INDOOR OR OUTDOOR  
3 PM GRAND FINAL MATCH  
5 PM FINE DINING EXPERIENCE MUSIC  
4 PM BOARD OR CARD GAMES  
6 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**29**  
9:30 AM LIVESTREAM MORNING CHURCH MASS ( BY REQUEST )  
10:00 AM TOOLBOX ACTIVITIES  
11:00 AM PAMPERING OR AROMATHERAPY  
12:00 PM FINE DINING MUSIC  
1:30 PM MUSICAL MELODIES  
3 PM FOOTY MATCH IF THE DAY  
5 PM FINE DINING MUSIC  
6 PM NETFLIX AVAILABLE ALL DAY

**30**  
9:30 AM WELCOME TO THE DAY  
10:00 AM MORNING TV SHOWS  
11:00 AM DRAMA THERAPY CALMING AND CREATIVE  
12 PM FINE DINING EXPERIENCE MUSIC  
1 :30 PM BALLOONS AND OCTOBAND  
3 PM IMAGINATIVE MOVEMENT AND TELLING STORY  
4 PM 1-1 ROOM VISITS

