

# NOVEMBER 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**



**1** **CAROL'S SINGALONGS**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
10:30 AM QUIZZES OR WORD GAMES  
10:30 AM ANGLIGAN MASS ( CINEMA )  
11:00 AM IN CHAIR EXERCISES WITH MUSIC  
1:30 PM TABLE GAMES  
3 PM CAROL'S SINGALONGS & HAPPY HOUR  
4 PM 1-1 ROOM VISITS


**2**  
9:30 AM MORNING TV SHOWS  
10:00 AM MUSICAL MELODIES  
12 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1 PM TOOLBOX ACTIVITIES  
2 PM TOOLBOX ACTIVITIES  
3:30 PM INDOOR OR OUTDOOR WALKING  
5 PM DINNER FINE DINING MUSIC EXPERIENCE  
6 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**3** **KIDKO PERFORMING ARTS MUSICAL**  
LIVESTREAM CHURCH MASS AVAILABLE UPON REQUEST  
10:00 AM COFFEE AND CHAT  
11:00 AM SINGALONGS VIA SINGALONGS  
12 PM LUNCH FINE DINING MUSIC EXPERIENCE  
2 PM KIDKO PERFORMING ARTS MUSICAL ( L 1 )  
3:30 PM PAMPERING  
5 PM DINNER FINE DINING EXPERIENCE  
6 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**4**  
9:30 AM WELCOME TO THE DAY  
10:15 AM NEWS AND VIEWS WITH QUIZZES  
11:00 AM 9 LETTER WORD GAMES ( L 4 )  
1:30 PM MEDITATION ( CINEMA )  
1:30 PM FLOOR GAMES WITH LLOYD  
3 PM LETS TALK GRIEF ( CINEMA )  
3:15 PM PAMPERING OR NAIL CARE  
4 PM 1-1 ROOM VISITS

**5** **PUBLIC HOLIDAY MELBOURNE CUP DAY**  
9:30 AM MORNING TV SHOWS  
10:00 MORNING TEA AND CHAT  
11:15 AM MUSICAL MOMENTS  
12 PM LUNCH FINE DINING EXPERIENCE MUSIC  
1 PM PAMPERING  
2 PM TOOLBOX ACTIVITIES OR FLOOR GAMES  
3 PM MELBOURNE CUP RACE ( LIVESTREAM CHANNEL 7 )  
5PM DINNER FINE DINING MUSIC EXPERIENCE  
NETFLIX AVAILABLE ALL DAY

**6**   
9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM NEWS AND VIEWS & QUIZZES WITH RICK & DAVE  
12 PM LOCHLAN'S BUS TRIP ( JAPANESE RESTAURANT )  
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA ( L 1 )  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
1:30 PM MASTERCHEF  
3 PM BINGO  
4 PM 1-1 ROOM VISITS

**7**  **RESIDENTS AND RELATIVE MEETING** **OAKS DAY HAT PARADE**  
9:30 AM WELCOME TO THE DAY  
10:15 AM NEWS AND VIEWS WITH QUIZZES  
10:30 AM CATHOLIC COMMUNION ( 1-1 ROOM VISITS )  
11:00 AM CHOIR  
1:15 PM ZUMBA GOLD  
1:30 PM RESIDENT AND RELATIVE MEETING  
2 PM THE SEEKERS HOUR PERFORMING LIVE ( L 4 )  
3 PM OAKS DAY HAT PARADE WITH BUBBLES AND HIGH TEA AND MELBOURNE CUP DRAW PRIZES  
4 PM 1-1 ROOM VISITS


**8**  
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  
1:30 PM TABLE GAMES  
HAPPY HOUR  
4 PM 1-1 ROOM VISITS

**9**  
9:30 AM MORNING TV SHOWS  
10:00 AM MUSICAL MELODIES  
12 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1 PM TOOLBOX ACTIVITIES  
2 PM TOOLBOX ACTIVITIES  
3:30 PM INDOOR OR OUTDOOR WALKING  
5 PM DINNER FINE DINING MUSIC EXPERIENCE  
6 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**10**  
LIVESTREAM CHURCH MASS AVAILABLE UPON REQUEST  
10:00 AM COFFEE AND CHAT  
11:00 AM SINGALONGS VIA SINGALONGS  
12 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM TOOLBOX ACTIVITIES  
3 PM PAMPERING  
5 PM DINNER FINE DINING EXPERIENCE  
6 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**11**  **REMEMBRANCE DAY**  
9:30 AM WELCOME TO THE DAY  
10:15 AM NEWS AND VIEWS WITH QUIZZES  
11:00 AM ONE MINUTE SILENCE (IN MEMORY OF OUR FALLEN SOLDIERS )  
11:00 AM 9 LETTER WORD GAMES ( L 4 )  
1:30 PM MEDITATION ( CINEMA )  
1:30 PM FLOOR GAMES WITH LLOYD  
2 PM OMEGA VIOLINIST ( L 2 )  
3 PM LETS TALK GRIEF ( CINEMA )  
3:15 PM COMMUNITY WALKS OR GARDENING  
4 PM 1-1 ROOM VISITS

**12** **REMEMBRANCE DAY COMMEMORATIVE SPEECH** **RSL - PETER**  
9:30 AM WELCOME TO THE DAY  
9:30 AM PHYSIO EXERCISES WITH TRACY( H9 )  
10:15 AM NEWS AND VIEWS  
10:45 AM SHARING LIFE STORIES  
11:00 AM 9 LETTER WORD GAME  
1:30 PM REMEMBRANCE DAY COMMEMORATIVE SPEECH  
2:30 PM CAFE VISITS  
3:30 PM YOGA  
4 PM 1-1 ROOM VISITS

**13**   
9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM NEWS AND VIEWS & QUIZZES WITH RICK & DAVE  
1:30 PM RACHEL'S BUS TRIP (STAY ON BUS TRIP )  
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA ( L 1 )  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
1:30 PM ARMCHAIR TRAVEL  
3 PM MUSICAL SINGALONGS ( VIA YOUTUBE )  
4 PM OYSTER BAR ( BOARDROOM )  
4 PM 1-1 ROOM VISITS

**14** **AMBASSADORS CLUB ACTIVITIES** **INTERGENERATIONAL PROGRAM**  
9:30 AM WELCOME TO THE DAY  
10:00 AM INTERGENERATIONAL PROGRAM  
10:30 AM CATHOLIC MASS ( CINEMA )  
11:00 AM CHOIR  
1:15 PM ZUMBA GOLD  
1:30 PM MENS GROUP ( CINEMA )  
1:30 PM AMBASSADORS CLUB ACTIVITIES (CREW SHARP VOLUNTEERS )  
2:30 PM PAINT AND SIP WITH BUBBLES  
4 PM 1-1 ROOM VISITS

**15** **CAROL'S SINGALONGS**  
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  
1:30 PM TABLE GAMES  
3 PM CAROL'S SINGALONGS & HAPPY HOUR  
4 PM 1-1 ROOM VISITS

**16**  
9:30 AM MORNING TV SHOWS  
10:00 AM MUSICAL MELODIES  
12 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1 PM TOOLBOX ACTIVITIES  
2 PM TOOLBOX ACTIVITIES  
3:30 PM INDOOR OR OUTDOOR WALKING  
5 PM DINNER FINE DINING MUSIC EXPERIENCE  
6 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY



# NOVEMBER 2024

## LEVEL 3- HOUSE 7 & 8

\*subject to change



### SUNDAY

**17**  
LIVESTREAM CHURCH MASS  
AVAILABLE UPON REQUEST  
10:00 AM COFFEE AND CHAT  
11:00 AM SINGALONGS  
VIA SINGALONGS  
12 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
1:30 PM TOOLBOX ACTIVITIES  
3 PM PAMPERING  
5 PM DINNER FINE DINING  
EXPERIENCE  
6 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY


### MONDAY

**18** INDEPENDENCE DAY  
MOROCCO  
9:30 AM WELCOME TO THE DAY  
10:15 AM NEWS AND VIEWS WITH  
QUIZZES  
11:00 AM 9 LETTER WORD GAMES  
( L4 )  
1:30 PM MEDITATION ( CINEMA )  
1 :30 PM FLOOR GAMES WITH  
LLOYD  
3 PM LETS TALK GRIEF  
( CINEMA  
3 :15 PM PAMPERING OR NAIL  
CARE  
4 PM 1-1 ROOM VISITS

### TUESDAY

**19** INTERNATIONAL  
MEN'S DAY  
9 :30 AM WELCOME TO THE DAY  
9:30 AM PHYSIO EXERCISES  
WITH TRACY ( 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

### WEDNESDAY

**20**   
9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM NEWS AND VIEWS  
& QUIZZES WITH RICK & DAVE  
12 PM LOCHLAN'S BUS TRIP  
( NORTHPOINT CAFE )  
1:30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA ( L1 )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1:30 PM MASTERCHEF  
3 PM BINGO  
4 PM 1-1 ROOM VISITS

### THURSDAY

**21** AGM MEETING  
9:30 AM WELCOME TO THE DAY  
10:15 AM NEWS AND VIEWS  
WITH QUIZZES  
10:30 AM CATHOLIC COMMUNION  
( 1-1 ROOM VISITS )  
11:00 AM CHOIR  
1:15 PM ZUMBA GOLD  
1:30 PM MENS GROUP (CINEMA)  
2 PM AGM MEETING  
SOUTH MELBOURNE  
COMMUNITY HALL  
2 PM FLOWER ARRANGING  
4 PM 1-1 ROOM VISITS

### FRIDAY

**22** 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  
1 :30 PM TABLE GAMES  
HAPPY HOUR  
4 PM 1-1 ROOM VISITS

### SATURDAY

**23** 9:30 AM MORNING TV SHOWS  
10:00 AM MUSICAL MELODIES  
12 PM LUNCH FINE DINING MUSIC  
EXPERIENCE  
1 PM TOOLBOX ACTIVITIES  
2 PM TOOLBOX ACTIVITIES  
3 :30 PM INDOOR OR OUTDOOR  
WALKING  
5 PM DINNER FINE DINING MUSIC  
EXPERIENCE  
6 PM SATURDAY NIGHT AT THE  
MOVIES  
NETFLIX AVAILABLE ALL DAY

### 24

KIDKO PERFORMING ART MUSICAL  
LIVESTREAM CHURCH MASS  
AVAILABLE UPON REQUEST  
10:00 AM COFFEE AND CHAT  
11:00 AM SINGALONGS  
VIA SINGALONGS  
12 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
2 PM KIDKO PERFORMING ARTS  
MUSICAL ( L1 )  
3 :30 PM PAMPERING  
5 PM DINNER FINE DINING  
EXPERIENCE  
6 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY


### 25

9:30 AM WELCOME TO THE DAY  
10:15 AM NEWS AND VIEWS WITH  
QUIZZES  
11:00 AM 9 LETTER WORD GAMES  
( L4 )  
1:30 PM MEDITATION ( CINEMA )  
1 :30 PM FLOOR GAMES WITH  
LLOYD  
3 PM LETS TALK GRIEF  
( CINEMA  
3 :15 PM COMMUNITY WALKS OR  
GARDENING  
4 PM 1-1 ROOM VISITS

### 26

9 :30 AM WELCOME TO THE  
DAY  
9:30 AM PHYSIO EXERCISES  
WITH TRACY ( 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

### 27

 ELVIS IN CONCERT  
9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM NEWS AND VIEWS  
& QUIZZES WITH RICK & DAVE  
1:30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA ( L1 )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1:30 PM RACHEL'S BUS TRIP  
( GRANTS SHERBROOK )  
1:30 PM ELVIS IN CONCERT ( L1 )  
2 PM FOOD APPRECIATION MEETING  
( BOARDROOM )  
2 PM RESIDENTS CHOICE OF ARTIST  
4 PM 1-1 ROOM VISITS  
4 PM OYSTER BAR  
( BOARDROOM )

### 28

INTERGENERATIONAL PROGRAM  
ST. ANDREWS BAGPIPES  
CELEBRATIONS  
9:30 AM WELCOME TO THE DAY  
10:00 AM INTERGENERATIONAL  
PROGRAM  
10:30 AM CATHOLIC COMMUNION  
( 1-1 ROOM VISITS )  
11:00 AM CHOIR  
1:15 PM ZUMBA GOLD  
1:30 PM MENS GROUP  
( CINEMA )  
2 PM ST.ANDREWS  
CELEBRATIONS WITH BAGPIPES  
4 PM 1-1 ROOM VISITS

### 29

LENDLEASE VOLUNTEERS PROGRAM  
CAROL'S SINGALONGS  
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  
1 :00 PM LENDLEASE  
VOLUNTEER PROGRAM  
1:30 PM LIFESTYLE FOCUS  
GROUP ( LM )  
3 PM CAROL'S SINGALNGS &  
HAPPY HOUR  
4 PM 1-1 ROOM VISITS

### 30

ST ANDREWS DAY  
9:30 AM MORNING TV SHOWS  
10:00 AM MUSICAL MELODIES  
12 PM LUNCH FINE DINING MUSIC  
EXPERIENCE  
1 PM TOOLBOX ACTIVITIES  
2 PM TOOLBOX ACTIVITIES  
3 :30 PM INDOOR OR OUTDOOR  
WALKING  
5 PM DINNER FINE DINING MUSIC  
EXPERIENCE  
6 PM SATURDAY NIGHT AT THE  
MOVIES  
NETFLIX AVAILABLE ALL DAY

