



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1
9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC THERAPY
SINGALONGS (H3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1, 2, & 3)
11:15 AM RECEPTIVE MUSIC
THERAPY (H1, 2 & 3)
1:30 PM RACHEL'S BUS TRIP
(RICKETTS POINT CAFE)
1:30 PM BINGO (H1,2 & 3)
2:45 PM YOGA
3:00 PM MEMORY MATCHING GAMES
(H1,2,& 3)
4:00 PM 1-1 ROOM VISITS

2
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY WITH MUSIC
(H3)
10:30 AM NEWS AND VIEWS
(H1& 2)
11:00 AM CHOIR (L2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM TOMMY'S SINGALONG &
HIGH TEA (L1 H1)
3:00 PM WALKING GROUP /GARDENING
L1 H1,2,& 3)
4:00 PM OYSTER BAR
(BOARDROOM)
4:00 PM 1-1 ROOM VISITS

3
ALBERT PARK
MUSICAL CHOIR **PUPPETS ALIVE**
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY
WITH MUSIC (H 3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H 1& 2)
1:00 PM PUPPETS ALIVE (H3)
1:30 PM MENS GROUP
(CINEMA)
1:30 PM ALBERT PARK CHOIR CONCERT
(L 2)
2:00 PM MUSICAL MELODIES
(H3)
3:00 PM ARMCHAIR TRAVEL
(H1,2& 3)
4:00 PM 1-1 ROOM VISITS

4 **ANGLICAN MASS**
9:30 AM WELCOME TO THE DAY
10:00 AM REMINISCING MUSIC WITH
BALLOON THERAPY (H3)
10:30 AM KIMBERLY'S
ART THERAPY SESSION
(H3)
10:30 AM ANGLICAN MASS(CINEMA)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1& 2)
11:00 AM SHOPPING TROLLEY
11:15 AM MUSIC THERAPY
WITH DANCE MOVEMENT
(H 1,2 & 3)
1:30 PM FLOOR GAMES
(H1, 2 & 3)
3:00 PM HAPPY HOUR
(H1, 2 & 3)
4:00 PM 1-1 ROOM VISITS

5
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINSING MUSIC
11:00 AM SENIOR IN CHAIR
EXERCISES
(YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM FLOOR GAMES
WITH GIA (L1)
2:30 PM WALKING GROUP
3:00 PM TRIVIA WITH
GIA (L3)
3:30 PM FOOTY MATCH
OF THE DAY
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT
AT THE MOVIES
NETFIX AVAILABLE ALL DAY

6 **NAIDOC WEEK**
9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM MORNING TEA CHAT
GROUP
11:00 AM WALKING GROUPS
12:00 PM LUNCH FINE DINING
MUSIC THERAPY
1:30 PM MUSICAL MOMENTS
3:00 PM FOOTY MATCH OF THE DAY
3:30 PMPAMPERING
5:00 PM DINNER FINE DINING
6:00 PM SUNDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

7 **WORLD'S CHOCOLATE DAY**
9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC AND
INSTRUMENTS
(H3)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1, 2 & 3)
11:15 AM MUSIC THERAPY
(H1, 2 & 3)
1:30 PM MASTERCHEF
CHOCOLATE PUDDING (H3)
3:00 PM MUSIC AND MOVEMENT
H1,1 & 3)
4:00 PM 1-1 ROOM VISITS

8 **NAIDOC PRESENTATION
& ART WORK**
9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC THERAPY
SINGALONGS (H3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1, 2, & 3)
11:15 AM RECEPTIVE MUSIC
THERAPY (H1, 2 & 3)
1:30 PM CELEBRATING NAIDOC
WEEK WITH ARTS AND COLOUR
(H1,2 & 3)
2:45 PM YOGA (L1 H4)
3:00 PM NAIDOC PRESENTATION
(H1,2,& 3)
4:00 PM 1-1 ROOM VISITS

9 **THE EMERALD HOTEL
LUNCH**
9:30 AM LIFESTYLE HUDDLE MEETING
9:45 AM BALLOON THERAPY WITH MUSIC
(H3)
10:30 AM NEWS AND VIEWS
(H1& 2)
11:00 AM CHOIR (L2)
11:15 AM ZUMBA GOLD (H3)
12:00 PM LOCHLAN'S OUTING
THE EMERALD HOTEL
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM TOMMY'S SINGALONG &
HIGH TEA (L1 H1)
3:00 PM WALKING GROUP /GARDENING
L1 H1,2,& 3)
4:00 PM 1-1 ROOM VISITS

10 **CATHOLIC MASS**
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY
WITH MUSIC (H 3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:30 AM CATHOLIC MASS
(CINEMA)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H 1& 2)
1:30 PM MENS GROUP
(CINEMA)
2:00 PM MUSICAL MELODIES
(H3)
3:00 PM ARMCHAIR TRAVEL
(H1,2& 3)
4:00 PM 1-1 ROOM VISITS

11 **MAX THE MAGICIAN**
9:30 AM WELCOME TO THE DAY
10:00 AM REMINISCING MUSIC WITH
BALLOON THERAPY (H3)
10:30 AM KIMBERLY'S
ART THERAPY SESSION
(H3)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1& 2)
11:15 AM MUSIC THERAPY
WITH DANCE MOVEMENT
(H 1,2 & 3)
1:30 PM MAX THE MAGICIAN
(L3)
1:30 PM MUSICAL MELODIES
(H1, 2 & 3)
3:00 PM HAPPY HOUR
(H1, 2 & 3)
4:00 PM 1-1 ROOM VISITS

12
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINSING MUSIC
11:00 AM SENIOR IN CHAIR
EXERCISES
(YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM VIOLETTA SINGALONGS (L1 H3)
1:30 PM CREATIVE ARTS
WITH GIA (L2)
2:30 PM WALKING GROUP
3:00 PM FLOOR GAMES WITH
GIA (L4)
3:30 PM FOOTY MATCH
OF THE DAY
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT
AT THE MOVIES
NETFIX AVAILABLE ALL DAY

13
9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM MORNING TEA CHAT GROUP
11:00 AM WALKING GROUPS
12:00 PM LUNCH FINE DINING
MUSIC THERAPY
1:30 PM MUSICAL MOMENTS
3:00 PM FOOTY MATCH OF THE DAY
3:30 PMPAMPERING
5:00 PM DINNER FINE DINING
6:00 PM SUNDAY NIGHT AT THE MOVIE
NETFLIX AVAILABLE ALL DAY

14 **BASTILLE DAY
CELEBRATIONS** **LIFESTYLE FOCUS GROUP
MEETING**
9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC AND MOVEMENT
(H3)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1, 2 & 3)
11:15 AM MUSIC THERAPY
(H1, 2 & 3)
1:30 PM LIFESTYLE FOCUS GROUP
1:30 PM MASTERCHEF
FRENCH CUISINE (H3)
2:00 PM OMEGA VIOLINIST (L 2)
3:00 PM BASTILLE DAY
CELEBRATIONS WITH CHOCOLATE
ECLAIRS
H1,1 & 3)
4:00 PM 1-1 ROOM VISITS

15
9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC THERAPY
SINGALONGS (H3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1, 2, & 3)
11:15 AM RECEPTIVE MUSIC
THERAPY (H1, 2 & 3)
1:30 PM RACHEL'S STAY
ON BUS TRIP
1:30 PM BINGO (H1,2 & 3)
2:45 PM YOGA (L1 H4)
3:00 PM PAMPERING (H1,2,& 3)
4:00 PM 1-1 ROOM VISITS

16
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY WITH MUSIC
(H3)
10:30 AM NEWS AND VIEWS
(H1& 2)
11:00 AM CHOIR (L2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM TOMMY'S SINGALONG &
HIGH TEA (L1 H1)
3:00 PM WALKING GROUP /GARDENING
L1 H1,2,& 3)
4:00 PM OYSTER BAR
(BOARDROOM)
4:00 PM 1-1 ROOM VISITS

17
9:30 AM WELCOME TO THE DAY
9:45 AM BALLOON THERAPY
WITH MUSIC (H 3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H 1& 2)
1:30 PM MENS GROUP
(CINEMA)
2:00 PM MUSICAL MELODIES
(H3)
3:00 PM ARMCHAIR TRAVEL
(H1,2& 3)
4:00 PM 1-1 ROOM VISITS

18
9:30 AM WELCOME TO THE DAY
10:00 AM REMINISCING MUSIC
WITH BALLOON THERAPY (H3)
10:30 AM KIMBERLY'S
ART THERAPY SESSION
(H3)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1& 2)
11:15 AM MUSIC THERAPY
WITH DANCE MOVEMENT
(H 1,2 & 3)
1:30 PM FLOOR GAMES
(H1, 2 & 3)
3:00 PM HAPPY HOUR
(H1, 2 & 3)
4:00 PM 1-1 ROOM VISITS

19 **VIOLETTA'S SINGALONGS**
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINSING MUSIC
11:00 AM SENIOR IN CHAIR
EXERCISES
(YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM MUSICAL INSTRUMENTS
WITH GIA (L1)
2:30 PM WALKING GROUP
3:00 PM BALLOON OR BALL THERAPY
WITH MUSIC GIA (L3)
3:30 PM FOOTY MATCH
OF THE DAY
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT
AT THE MOVIES
NETFIX AVAILABLE ALL DAY



SUNDAY

20

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM MORNING TEA CHAT GROUP
11:00 AM WALKING GROUPS
12 :00 PM LUNCH FINE DINING
MUSIC THERAPY
1:30 PM MUSICAL MOMENTS
3 :00 PM FOOTY MATCH OF THE DAY
3:30 PMPAMPERING
5 :00 PM DINNER FINE DINING
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

MONDAY

21

EMERALD HILL
AFTERNOON TEA

9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC AND INSTRUMENTS
(H3)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1, 2 & 3)
11:15 AM MUSIC THERAPY
(H1, 2 & 3)
1:30 PM EMERALD HILL
AFTERNOON TEA
(BOARDROOM)
1:30 PM MASTERCHEF (H3)
3:00 PM MUSIC AND MOVEMENT
H1,1 & 3)
4 :00 PM 1-1 ROOM VISITS

TUESDAY

22

FOOD FOCUS GROUP

9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC THERAPY
SINGALONGS (H3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1, 2 , & 3)
11:15 AM RECEPTIVE MUSIC
THERAPY (H1, 2 & 3)
1 :00 PM FOOD FOCUS GROUP
1:30 PM SENSORY ART
THERAPY (H1,2 & 3)
2:45 PM YOGA
3 :00 PM REMINISCING STORY TELLING (H1,2,& 3)
4 :00 PM 1-1 ROOM VISITS

WEDNESDAY

23

INTERGENERATIONAL
MASTERCHEF PROGRAM

9:30 AM LIFESTYLE HUDDLE MEETING
9:45 AM BALLOON THERAPY
WITH MUSIC (H3)
10:30 AM NEWS AND VIEWS
(H1& 2)
11:00 AM CHOIR (L2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM INTERGENERATIONAL MASTERCHEF
PROGRAM (L3)
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM TOMMY'S SINGALONG &
HIGH TEA (L1 H1)
1:30 PM LOCHLAN'S STAY ON BUS TRIP
(HOT CHIPS AT THE BEACH)
3:00 PM WALKING GROUP /GARDENING
L1 H1,2,& 3)
4 : 00 PM 1-1 ROOM VISITS

THURSDAY

24

INTERGENERATIONAL PROGRAM

9:30 AM WELCOME TO THE DAY
9 :45 AM BALLOON THERAPY
WITH MUSIC (H 3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:15 AM INTERGENERATIONAL
PROGRAM (L3)
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H 1& 2)
1:30 PM MENS GROUP
(CINEMA)
1:30 PM KIMBERLY ART THERAPY
(H3)
3 :00 PM ARMCHAIR TRAVEL
(H1,2& 3)
4 :00 PM 1-1 ROOM VISITS

FRIDAY

25

CHRISTMAS IN JULY

9:30 AM WELCOME TO THE DAY
10:00 AM REMINISCING MUSIC
WITH BALLOON THERAPY (H3)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1& 2)
11:15 AM MUSIC THERAPY
WITH DANCE MOVEMENT
(H 1,2 & 3)
1 :30 PM CHRISTMAS IN JULY
CELEBRATIONS WITH THE
GOLDEN GIRLS (L1)
3:00 PM HAPPY HOUR
(H1, 2 & 3)
4 :00 PM 1-1 ROOM VISITS

SATURDAY

26

VIOLETTA'S SINGALONGS

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINSING MUSIC
11:00 AM SENIOR IN CHAIR
EXERCISES
(YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM VIOLETTA SINGALONGS (L1 H3)
1:30 PM TABLE OR FLOOR GAMES
WITH GIA (L2)
2 :30 PM WALKING GROUP
3:00 PM TRIVIA WITH
GIA (L 4)
3:30 PM FOOTY MATCH
OF THE DAY
5 :00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6 :00 PM SATURDAY NIGHT
AT THE MOVIES
NETFIX AVAILABLE ALL DAY

27

KIDKO PERFORMING ARTS
MUSICAL CONCERTS

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM MORNING TEA CHAT GROUP
11:00 AM WALKING GROUPS
12 :00 PM LUNCH FINE DINING
MUSIC THERAPY
2 :00 PM KIDKO PERFORMING ARTS
MUSICAL CONCERT
3 :00 PM FOOTY MATCH OF THE DAY
3:30 PM PAMPERING
5 :00 PM DINNER FINE DINING
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

28

LINE DANCING CLASSES

9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC AND MOVEMENT
(H3)
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1, 2 & 3)
11:15 AM MUSIC THERAPY
(H1, 2 & 3)
1:30 PM LADIES GROUP (L2)
1:30 PM MASTERCHEF (H3)
2 PM LINE DANCING CLASSES
WITH SALLY (L2)
3:00 PM MUSIC AND MOVEMENT
H1,1 & 3)
4 :00 PM 1-1 ROOM VISITS

29

9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC THERAPY
SINGALONGS (H3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:30 AM PET THERAPY WITH
COOKIE
10:30 AM NEWS AND VIEWS
WITH QUIZZES (H1, 2 , & 3)
11:15 AM RECEPTIVE MUSIC
THERAPY (H1, 2 & 3)
1:30 PM BINGO (H1,2 & 3)
2:45 PM YOGA
3 :00 PM MATCHING CARD GAMES
(H1,2,& 3)
4 :00 PM 1-1 ROOM VISITS

30

GRANTS PICNIC SHERBROOKE
BUS TRIP

9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC THERAPY WITH ELYSE
(H3)
10:30 AM RACHEL'S BUS TRIP
(GRANT'S PICNIC SHERBROOKE)
10:30 AM NEWS AND VIEWS
(H1& 2)
11:00 AM CHOIR (L2)
11:15 AM ZUMBA GOLD (H3)
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM TOMMY'S SINGALONG &
HIGH TEA (L1 H1)
3:00 PM WALKING GROUP /GARDENING
L1 H1,2,& 3)
4:00 PM OYSTER BAR
(BOARDROOM)
4 : 00 PM 1-1 ROOM VISITS

31

9:30 AM WELCOME TO THE DAY
10:00 AM MUSIC THERAPY
WITH ELYSE (H3)
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD (H 1& 2)
1:30 PM MENS GROUP
(CINEMA)
1:30 PM KIMBERLY'S ART THERAPY (H3)
3 :00 PM ARMCHAIR TRAVEL
(H1,2& 3)
4 :00 PM 1-1 ROOM VISITS

