



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



| | | | | |
|---|--|--|---|--|
| 1 9:30 AM WELCOME TO THE DAY 9:45 AM FOOTY TIPPING 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM MUSIC APPRECIATION 1:30 PM RACHEL'S BUS TRIP (RICKETTS POINT CAFE) 1:30 PM MASTERCHEF (CHOCOLATE MUD CAKE) 2:45 PM YOGA (L1) 3:15 PM FLOOR GAMES 4 :00 PM 1-1 ROOM VISITS | 2 9:30 AM WELCOME TO THE DAY 10:15 AM ZUMBA GOLD 11:00 AM CHOIR 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM TOMMY'S SINGALONG'S WITH HIGH TEA (L1) 1:30 PM ART AND CRAFTS 3 :00 PM WALKING GROUPS INDOOR /OUTDOOR/COMMUNITY 4:00 PM 1-1 ROOM VISITS 4 :00 PM OYSTER BAR (BOARDROOM) | 3 <small>ALBERT PARK PRIMARY CHOIR CONCERT</small> 9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS) 11:00 AM NEWS AND VIEWS WITH QUIZZES 11:30 AM IN CHAIR EXERCISES 1:00 PM PUPPETS ALIVE (L1 - H3) 1:30 PM MEN'S GROUP (CINEMA) 1:30 PM ALBERT PARK PRIMARY SCHOOL CHOIR CONCERT 2:30 PM FACIAL /HAND MASSAGES OR MAKEOVERS WITH HIGH TEA 3:30 PM KNITTING GROUP 4 :00 PM 1-1 ROOM VISITS | 4 <small>ANGLICAN MASS</small> 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM ANGLICAN MASS (CINEMA) 11:15 AM IN CHAIR EXERCISES 2 :00 PM ZUMBA GOLD 3 :00 PM LOCHLAN'S FRIDAY FIESTA (L4) 3:00 PM HAPPY HOUR 4 :00 PM 1- 1 ROOM VISITS | 5 9:30 AM MORNING TV SHOWS 10:30 AM REMINISCING MUSIC 11:15 AM SENIOR IN CHAIR EXERCISES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM FLOOR GAMES WITH GIA (L1) 2 :30 PM WALKING GROUP INDOOR OR OUTDOOR 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 NETFLIX AVAILABLE ALL DAY |
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| 6 NAIDOC WEEK 9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM TABLE OR FLOOR GAMES 3:00 PM WALKING GROUP (INDOOR/OUTDOOR/GARDENING 5 :00 PM DINNER FINE DINING MUSIC EXPERIENCE 6 :00 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY | 7 <small>WORLD CHOCOLATE DAY</small> 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES WITH MUSIC 1:30 PM WORLD CHOCOLATE DAY (CHOCOLATE TASTING) 3 :15 PM BINGO 4 :00 PM 1-1 ROOM VISITS | 8 NAIDOC ARTS 9:30 AM WELCOME TO THE DAY 9:45 AM FOOTY TIPPING 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM MUSIC APPRECIATION 1:30 PM MASTERCHEF (TUNA & OLIVE EMPANADILLAS) 2:45 PM YOGA (L1) 3:15 PM NAIDOC ARTS WORK 4 :00 PM 1-1 ROOM VISITS | 9 9:30 AM LIFESTYLE HUDDLE MEETING 10:15 AM ZUMBA GOLD 11:00 AM CHOIR 12 :00 PM LOCHLAN'S BUS TRIP (THE EMERALD HOTEL) 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM TOMMY'S SINGALONG'S WITH HIGH TEA (L1) 1:30 PM BALLOON /BALL THERAPY 3 :00 PM WALKING GROUPS INDOOR /OUTDOOR/COMMUNITY 4:00 PM 1-1 ROOM VISITS | 10 CATHOLIC MASS 9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM CATHOLIC MASS (CINEMA) 11:00 AM NEWS AND VIEWS WITH QUIZZES 11:30 AM IN CHAIR EXERCISES 1:30 PM MEN'S GROUP (CINEMA) 1:30 PM FACIAL /HAND MASSAGES OR MAKEOVERS WITH HIGH TEA 3:00 PM KNITTING GROUP 4 :00 PM 1-1 ROOM VISITS | 11 MAX THE MAGICIAN 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM SHOPPING TROLLEY 11:15 AM IN CHAIR EXERCISES 1:30 PM MAX THE MAGICIAN (L3) 2 :00 PM ZUMBA GOLD 3 :00 PM LOCHLAN'S FRIDAY FIESTA (L4) 3:00 PM HAPPY HOUR 4 :00 PM 1- 1 ROOM VISITS | 12 9:30 AM MORNING TV SHOWS 10:30 AM REMINISCING MUSIC 11:15 AM SENIOR IN CHAIR EXERCISES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM CREATIVE ARTS WITH GIA (L2) 1:30 PM VIOLETTA SINGALONGS (H3) 2 :30 PM WALKING GROUP INDOOR OR OUTDOOR 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 NETFLIX AVAILABLE ALL DAY |
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| 13 9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM TABLE OR FLOOR GAMES 3:00 PM WALKING GROUP (INDOOR/OUTDOOR/GARDENING 5 :00 PM DINNER FINE DINING MUSIC EXPERIENCE 6 :00 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY | 14 <small>BASTILLE DAY OMEGA VIOLINIST</small> 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES WITH MUSIC 2 ;00 PM OMEGA VIOLINIST 3:00 PM BASTILLE DAY CELEBRATIONS 4 :00 PM 1-1 ROOM VISITS | 15 <small>LIFESTYLE FOCUS GROUP</small> 9:30 AM WELCOME TO THE DAY 9:45 AM FOOTY TIPPING 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM MUSIC APPRECIATION 1:30 PM RACHEL'S BUS TRIP (STAY ON BUS TRIP) 1:30 PM LIFESTYLE FOCUS GROUP 2:00 PM MASTERCHEF (GOLDEN SYRUP DUMPLINGS) 2:45 PM YOGA (L1) 3:15 PM FLOOR GAMES 4 :00 PM 1-1 ROOM VISITS | 16 9:30 AM WELCOME TO THE DAY 10:15 AM ZUMBA GOLD 11:00 AM CHOIR 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM TOMMY'S SINGALONG'S WITH HIGH TEA (L1) 1:30 PM ART AND CRAFTS 3 :00 PM WALKING GROUPS INDOOR /OUTDOOR/COMMUNITY 4:00 PM 1-1 ROOM VISITS 4 :00 PM OYSTER BAR (BOARDROOM) | 17 9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS) 11:00 AM NEWS AND VIEWS WITH QUIZZES 11:30 AM IN CHAIR EXERCISES 1:30 PM MEN'S GROUP (CINEMA) 1:30 PM FACIAL /HAND MASSAGES OR MAKEOVERS WITH HIGH TEA 3:00 PM KNITTING GROUP 4 :00 PM 1-1 ROOM VISITS | 18 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES 2 :00 PM ZUMBA GOLD 3 :00 PM LOCHLAN'S FRIDAY FIESTA (L4) 3:00 PM HAPPY HOUR 4 :00 PM 1- 1 ROOM VISITS | 19 9:30 AM MORNING TV SHOWS 10:30 AM REMINISCING MUSIC 11:15 AM SENIOR IN CHAIR EXERCISES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM MUSICAL INSTRUMENTS WITH GIA (L1) 2 :30 PM WALKING GROUP INDOOR OR OUTDOOR 3:00 PM BALLOON THERAPY 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 NETFLIX AVAILABLE ALL DAY |
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JULY 2025

LEVEL 2- HOUSE 4, 5 & 6

***subject to change**



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

20

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM PAMPERING
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM TABLE OR FLOOR
GAMES
3:00 PM WALKING GROUP
(INDOOR/OUTDOOR/GARDENING)
5 :00 PM DINNER FINE DINING MUSIC
EXPERIENCE
6 :00 PM SUNDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DA

21

**EMERALD HILL
AFTERNOON TEA**

9:30 AM WELCOME TO THE
DAY
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:15 AM IN CHAIR
EXERCISES
WITH MUSIC
1:30 PM EMERALD HILL
AFTERNOON TEA
(BOARDROOM)
3 :15 PM BINGO
4 :00 PM 1-1 ROOM VISITS

22

9:30 AM WELCOME TO THE DAY
9:45 AM FOOTY TIPPING
10:00 AM GESSY'S PHYSIO
EXERCISES
10:30 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM MUSIC APPRECIATION
1:30 PM MASTERCHEF
(DEVILLED EGGS)
2:45 PM YOGA (L1)
3:15 PM CREATIVE ARTS
4 :00 PM 1-1 ROOM VISITS

23

**INTERGENERATIONAL
MASTERCHEF PROGRAM**
9:30 AM LIFESTYLE HUDDLE MEETING
10:15 AM ZUMBA GOLD
11:00 AM CHOIR
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM INTERGENERATIONAL MASTERCHEF
PROGRAM (L3)
1:30 PM TOMMY'S SINGALONG'S
WITH HIGH TEA (L1)
1:30 PM COMMUNITY VISITORS
1:30 PM LOCHLAN'S STAY ON BUS TRIP
(HOT CHIPS AT THE BEACH)
1:30 PM BALLOON /BALL THERAPY
3 :00 PM WALKING GROUPS
INDOOR /OUTDOOR/COMMUNITY
4:00 PM 1-1 ROOM VISITS

24

INTERGENERATIONAL PROGRAM
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES
10:15 AM INTERGENERATIONAL PROGRAM
(L3)
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM NEWS AND VIEWS
WITH QUIZZES
11:30 AM IN CHAIR EXERCISES
1:30 PM MEN'S GROUP
(CINEMA)
1:30 PM FACIAL /HAND MASSAGES
OR MAKEOVERS WITH HIGH TEA
3:00 PM KNITTING GROUP
4 :00 PM 1-1 ROOM VISITS

25

**FOOD FOCUS
GROUP** **CHRISTMAS IN JULY
INTERGENERATIONAL
PROGRAM**
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:45 AM INTERGENERATIONAL
PROGRAM
1 PM FOOD FOCUS GROUP
1:30 PM CHRISTMAS IN JULY
FEATURING GOLDEN GIRLS (L1)
2 :00 PM ZUMBA GOLD
3 :00 PM LOCHLAN'S FRIDAY
FIESTA (L4)
3:00 PM HAPPY HOUR
4 :00 PM 1- 1 ROOM VISITS

26

9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM SENIOR IN CHAIR
EXERCISES
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM TABLE OR FLOOR GAMES
WITH GIA (L2)
1:30 PM VIOLETTA SINGALONGS (H3)
2 :30 PM WALKING GROUP
INDOOR OR OUTDOOR
3:00 PM TRIVIA
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
NETFLIX AVAILABLE ALL DAY

27

**KIDKO PERFORMING ARTS
MUSICAL CONCERTS**

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM PAMPERING
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM TABLE OR FLOOR
GAMES
2:00 PM KIDKO PERFORMING ARTS
MUSICAL CONCERT (L1)
3:00 PM WALKING GROUP
(INDOOR/OUTDOOR/GARDENING)
5 :00 PM DINNER FINE DINING MUSIC
EXPERIENCE
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

28

LINE DANCING CLASSES

9:30 AM WELCOME TO THE
DAY
10:15 AM NEWS AND
VIEWS
WITH QUIZZES
11:15 AM IN CHAIR
EXERCISES
WITH MUSIC
2:00 PM LINE DANCING
CLASSES WITH SALLY
3 :15 PM BINGO
4 :00 PM 1-1 ROOM VISITS

29

9:30 AM WELCOME TO THE DAY
9:45 AM FOOTY TIPPING
10:00 AM GESSY'S PHYSIO
EXERCISES
10:30 AM PET THERAPY
WITH COOKIE
10:30 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM MUSIC APPRECIATION
1:30 PM MASTERCHEF
(BLUEBERRY COBBLE)
3:15 PM FLOOR GAMES
4 :00 PM 1-1 ROOM VISITS

30

GRANTS PICNIC SHERBROOKE

9:30 AM WELCOME TO THE DAY
10:15 AM ZUMBA GOLD
10:30 AM RACHEL'S BUS
(GRANTS PICNIC SHERBROOKE)
11:00 AM CHOIR
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM TOMMY'S SINGALONG'S
WITH HIGH TEA (L1)
1:30 PM ART AND CRAFTS
1 :30 PM COMMUNITY VISITORS
3 :00 PM WALKING GROUPS
INDOOR /OUTDOOR/COMMUNITY
4:00 PM 1-1 ROOM VISITS
4 :00 PM OYSTER BAR
(BOARDROOM)

31

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM NEWS AND VIEWS
WITH QUIZZES
11:30 AM IN CHAIR EXERCISES
1:30 PM MEN'S GROUP
(CINEMA)
1:15 PM MUSIC THERAPY
WITH ELYSE
2 :00 PM FACIAL /HAND MASSAGES
OR MAKEOVERS WITH HIGH TEA
3:00 PM KNITTING GROUP
4 :00 PM 1-1 ROOM VISITS

