



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 **RICKETTS POINT CAFE**
9:30 AM WELCOME TO DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND VIEWS
11:00 AM BALLOON OR BALL
THERAPY
1:30 PM RACHEL'S BUS TRIP
(RICKETS POINT CAFE)
1:30 PM ARMCHAIR TRAVEL
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

2 **OYSTER BAR**
9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS
WITH QUIZZES (RICK AND DAVID)
11:00 AM CHOIR (L2)
1:30 PM TOMMY'S SINGALONG
WITH HIGH TEA (L1)
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM MASTERCHEF
3:00 PM WALKING GROUP
INDOOR /OUTDOOR /COMMUNITY
4:00 PM 1-1 ROOM VISITS
4 PM OYSTER BAR
(BOARDROOM)

3 **ALBERT PARK PRIMARY
CHOIR CONCERT**
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO EXERCISES
10:30 AM CATHOLIC COMMUNION
(1- 1 ROOM VISITS)
10:15 AM NEWS AND VIEWS
11:00 AM CHOIR
1:00 PM PUPPETS ALIVE
(M L1H3)
1:15 PM ZUMBA GOLD
1:30 PM ALBERT PARK
PRIMARY SCHOOL CHOIR (L2)
1:30 PM MEN'S GROUP
(CINEMA)
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

4 **ANGLICAN MASS**
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM ANGLICAN MASS
(BOARDROOM)
11:00 AM INDEPENDENCE DAY
OF
UNITED STATES
(POWERPOINT)
YOUTUBE
1:30 PM BALLOON THERAPY
3:00 PM HAPPY HOUR
3:00 PM LOCHLAN'S FRIDAY
FIESTA (L4)
4:00 PM 1-1 ROOM VISITS

5
9:30 AM MORNING TV SHOWS
10:00 AM MUSICAL MELODIES
11:00 AM SENIOR IN CHAIR
EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM FLOOR GAMES
WITH GIA (L1)
2:00 PM MOVIE MATINEE
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

6 **NAIDOC WEEK**
9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT GROUP
11:00 AM SINGALONGS WITH
LYRICS (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
2:00 PM MOVIE MATINEE
3:00 PM WALKING GROUP
OR FOOTY MATCH OF THE DAY
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

7 **WORLD'S CHOCOLATE DAY
NAIDOC PRESENTATION**
9:30 AM WELCOME TO THE DAY
9:45 AM FOOTY TIPPING
10:15 AM NEWS AND VIEWS
11:00 AM NAIDOC
PRESENTATION
1:30 PM MEDITATION
(CINEMA)
1:30 PM WORLDS CHOCOLATE
DAY
CHOCOLATE TASTING
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

8 **CHEESE TASTING**
9:30 AM WELCOME TO DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND
VIEWS
11:00 AM BALLOON OR
BALL
THERAPY
1:30 PM CHEESE TASTING
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

9
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS
WITH QUIZZES (RICK AND DAVID)
11:00 AM CHOIR (L2)
12:00 PM LOCHLAN'S EXCURSION
(EMERALD HILL HOTEL)
1:30 PM TOMMY'S SINGALONG
WITH HIGH TEA (L1)
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM MASTERCHEF
3:00 PM WALKING GROUP
INDOOR /OUTDOOR /COMMUNITY
4:00 PM 1-1 ROOM VISITS

10 **CATHOLIC MASS**
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND VIEWS
10:30 AM CATHOLIC MASS
(CINEMA)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

11 **MAX THE MAGICIAN**
9:30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND VIEWS
11:00 AM IN CHIAR
EXERCISES WITH MUSIC
(VIA YOUTUBE)
1:30 PM MAX THE
MAGICIAN
3:00 PM HAPPY HOUR
3:00 PM LOCHLAN'S FRIDAY
FIESTA (L4)
4:00 PM 1-1 ROOM VISITS

12
9:30 AM MORNING TV SHOWS
10:00 AM MUSICAL MELODIES
11:00 AM SENIOR IN CHAIR
EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM VIOLETTA SINGALONGS (L1 H3)
1:30 PM CREATIVE ARTS
WITH GIA (L2)
2:00 PM MOVIE MATINEE
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

13
9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT GROUP
11:00 AM SINGALONGS WITH
LYRICS (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
2:00 PM MOVIE MATINEE
3:00 PM WALKING GROUP
OR FOOTY MATCH OF THE DAY
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

14 **BASTILLE DAY CELEBRATIONS**
9:30 AM WELCOME TO THE DAY
9:45 AM FOOTY TIPPING
10:15 AM NEWS AND VIEWS
11:00 AM BASTILLE DAY
PRESENTATION AND FRENCH
TREATS
1:30 PM MEDITATION
(CINEMA)
1:30 PM COMBINED
MASTERCHEF ON (L1 H3)
CROQUE MONSIEUR THEME
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

15
9:30 AM WELCOME TO DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND
VIEWS
11:00 AM BALLOON OR
BALL THERAPY
1:30 PM ARMCHAIR TRAVEL
1:30 PM RACHEL'S STAY
ON BUS TRIP
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

16 **LIFESTYLE FOCUS GROUP MEETING OYSTER BAR**
9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS
WITH QUIZZES (RICK AND DAVID)
11:00 AM CHOIR (L2)
1:30 PM TOMMY'S SINGALONG
WITH HIGH TEA (L1)
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM LIFESTYLE FOCUS GROUP MEETING
2:00 PM MASTERCHEF
3:15 PM WALKING GROUP
INDOOR /OUTDOOR /COMMUNITY
4:00 PM 1-1 ROOM VISITS
4 PM OYSTER BAR
(BOARDROOM)

17
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND VIEWS
10:30 AM CATHOLIC COMMUNION
(1- 1 ROOM VISITS)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

18
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
11:00 AM IN CHIAR
EXERCISES WITH MUSIC
(VIA YOUTUBE)
11:00 AM SHOPPING TROLLEY
1:30 PM FLOOR GAMES
WITH JETT
3:00 PM HAPPY HOUR
3:00 PM LOCHLAN'S FRIDAY
FIESTA (L4)
4:00 PM 1-1 ROOM VISITS

19
9:30 AM MORNING TV SHOWS
10:00 AM MUSICAL MELODIES
11:00 AM SENIOR IN CHAIR
EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM MUSICAL INSTRUMENTS
WITH GIA (L1)
2:00 PM MOVIE MATINEE
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

JULY 2025

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

20

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT GROUP
11:00 AM SINGALONGS WITH
LYRICS (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
2 :00 PM MOVIE MATINEE
3 :00 PM WALKING GROUP
OR FOOTY MATCH OF THE DAY
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

21

9:30 AM WELCOME TO THE
DAY
9:45 AM FOOTY TIPPING
10:15 AM NEWS AND VIEWS
11:00 AM NAIDOC
PRESENTATION
1:30 PM MEDITATION
(CINEMA)
1:30 PM CAFE CLUB
3 :00 PM KNITTING GROUP
4 :00 PM 1-1 ROOM VISITS

22

BOOK CLUB

9:30 AM WELCOME TO DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND
VIEWS
11:00 AM BALLOON OR
BALL THERAPY
1:30 PM BOOK CLUB
3:30 PM YOGA
4 :00 PM 1-1 ROOM VISITS

23

INTERGENERATIONAL
MASTERCHEF PROGRAM

9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS
WITH QUIZZES (RICK AND DAVID)
11:00 AM CHOIR (L2)
1:30 PM TOMMY'S SINGALONG
WITH HIGH TEA (L1)
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM LOCHLAN'S STAY ON
BUS TRIP
(BEACH AND HOT CHIPS)
1:30 PM INTERGENERATIONAL MASTERCHEF
PROGRAM
1:30 PM COMMUNITY VISITORS
3:00 PM WALKING GROUP
INDOOR /OUTDOOR /COMMUNITY
4 :00 PM 1-1 ROOM VISITS

24

INTERGENERATIONAL PROGRAM

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO EXERCISES
10:15 AM INTERGENERATIONAL
PROGRAM
10:30 AM CATHOLIC COMMUNION
(1- 1 ROOM VISITS)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

25

INTERGENERATIONAL PROGRAM
WITH ALBERT PARK STUDENTS

CHRISTMAS IN JULY

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:45 AM ALBERT PARK
PRIMARY SCHOOL
INTERGENERATIONAL
PROGRAM
11:00 AM IN CHIAR
EXERCISES WITH MUSIC
(VIA YOUTUBE)
1:30 PM MUSICAL MELODIES
1:30 PM CHRISTMAS IN JULY
FEATURING GOLDEN GIRLS (L1)
3 :00 PM HAPPY HOUR
3 :00 PM LOCHLAN'S FRIDAY
FIESTA (L4)
4 :00 PM 1-1 ROOM VISITS

26

9:30 AM MORNING TV SHOWS
10:00 AM MUSICAL MELODIES
11:00 AM SENIOR IN CHAIR
EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM TABLE OR FLOOR GAMES
WITH GIA (L2)
1:30 PM VIOLETTA'S SINGALONGS
(L1H3)
2:00 PM MOVIE MATINEE
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 GROUP
11:00 AM SINGALONGS WITH
LYRICS (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
2 :00 PM MOVIE MATINEE
2 :00 PM KIDKO PERFORMING ARTS
MUSICAL CONCERT (L1)
3 :00 PM WALKING GROUP
OR FOOTY MATCH OF THE DAY
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
9:45 AM FOOTY TIPPING
10:15 AM NEWS AND VIEWS
11:00 AM NAIDOC
PRESENTATION
1:30 PM MEDITATION
(CINEMA)
1:30 PM SINGALONGS WITH
LYRICS (VIA YOUTUBE)
2 :00 PM LINE DANCING
CLASSES (L2)
3 :30 PM KNITTING GROUP
4 :00 PM 1-1 ROOM VISITS

29

SCHNAPPS COCKTAILS FOOD FOCUS GROUP

9:30 AM WELCOME TO DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND VIEWS WITH
QUIZZES
10:30 AM PET THERAPY
WITH COOKIE
11:00 AM BALLOON OR BALL
THERAPY
1:00 PM FOOD FOCUS GROUP
1:30 PM SCHNAPPS COCKTAILS
FROM AUSTRIA
3:30 PM YOGA
4 :00 PM 1-1 ROOM VISITS

30

OYSTER BAR
GRANT'S PICNIC

9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS
WITH QUIZZES (RICK AND DAVID)
10:30 AM RACHEL'S BUS TRIP
GRANTS PICNIC SHERBROOKE
11:00 AM CHOIR (L2)
1:30 PM TOMMY'S SINGALONG
WITH HIGH TEA (L1)
1:30 PM COMMUNITY VISITORS
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM MUSIC THERAPY
WITH ELYSE
3:15 PM WALKING GROUP
INDOOR /OUTDOOR /COMMUNITY
4 :00 PM 1-1 ROOM VISITS
4 PM OYSTER BAR
(BOARDROOM)

31

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND VIEWS
10:30 AM CATHOLIC COMMUNION
(1- 1 ROOM VISITS)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

