

# JULY 2025

## SOUTH PORT

\*subject to change



**LIBRARY SERVICES  
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**The Golden Girls**



**Singing  
All  
Your  
Favourite  
Songs**

**1** **INTERNATIONAL JOKE DAY**  
9:30 AM WELCOME TO THE DAY  
9:30 AM SUMAN'S PHYSIO EXERCISES  
10:00 AM INTERNATIONAL JOKES DAY ( JOKES TIME )  
11:00 AM RESIDENT CHOICE OF ARTIST  
1:30 PM MASTERCHEF  
3:00 PM BINGO  
4:00 PM 1-1 ROOM VISITS

**2**  
9:30 AM WELCOME TO THE DAY  
10:00 AM GREEK NEWS ( VIA YOUTUBE )  
11:00 AM SENIOR IN CHAIR EXERCISES  
1:30 PM MUSIC APPRECIATION  
3:00 PM SENSORY ACTIVITIES  
4:00 PM 1-1 ROOM VISITS

**3** **INTERGENERATIONAL PROGRAM  
INDEPENDENCE DAY USA**  
9:30 AM WELCOME TO THE DAY  
10:15 AM INTERGENERATIONAL PROGRAM  
11:00 AM SUMAN'S PHYSIO EXERCISES  
1:30 PM BUS TRIP  
1:15 PM 4 TH OF JULY POWERPOINT  
2:15 PM PUPPETS ALIVE  
3:30 PM FOOTY TIPPING  
4:00 PM 1-1 ROOM VISITS

**4**  
9:30 AM WELCOME TO THE DAY  
10:15 AM RESIDENT CHOICE OF ARTIST  
11:00 AM ZUMBA GOLD  
2:00 PM HAPPY HOUR  
3:00 PM TOMMY'S SINGALONG  
4:00 PM 1-1 ROOM VISITS

**5**  
9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MOMENTS  
11:00 AM PAMPERING  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM FLOOR OR BALL GAMES  
3:00 PM WALKING GROUP  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVILABLE ALL DAY

**6** **NAIDOC WEEK**  
9:30 AM LIVESTREAM MORNING CHURCH MASS ( BY REQUEST )  
10:00 AM TOOLBOX ACTIVITIES  
11:00 AM SENIORS IN CHAIR EXERCISES ( VIA YOUTUBE )  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM SINGALONGS WITH LYRICS ( VIA YOUTUBE )  
3:30 PM FOOTY MATCH OF THE DAY  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVILABLE ALL DAY

**7** **WORLDS CHOCOLATE DAY**  
9:30 AM WELCOME TO THE DAY  
10:30 AM MUSICAL MELODIES  
11:00 AM PAMPERING  
1:30 PM CHOCOLATES FROM THE WORLD DOCUMENTARY  
3:00 PM GREEK GROUP  
4:00 PM 1-1 ROOM VISITS

**8**  
9:30 AM WELCOME TO THE DAY  
9:30 AM SUMAN'S PHYSIO EXERCISES  
10:00 AM WORD GAMES OR QUIZZES  
11:00 AM MUSICAL MELODIES  
1:30 PM ART THERAPY  
3:00 PM BINGO  
4:00 PM 1-1 ROOM VISITS

**9**  
9:30 AM WELCOME TO THE DAY  
10:00 AM GREEK NEWS ( VIA YOUTUBE )  
11:00 AM SENIOR IN CHAIR EXERCISES  
1:30 PM REMINISCING TUNES  
3:00 PM PAMPERING  
4:00 PM 1-1 ROOM VISITS

**10**  
9:30 AM WELCOME TO THE DAY  
10:15 AM MORNING NEWS BULLETIN  
11:00 AM SUMAN'S PHYSIO EXERCISES  
1:30 PM BUS TRIP  
3:30 PM FOOTY TIPPING  
4:00 PM 1-1 ROOM VISITS

**11**  
9:30 AM WELCOME TO THE DAY  
10:15 AM RESIDENT CHOICE OF ARTIST  
11:00 AM ZUMBA GOLD  
2:00 PM HAPPY HOUR  
3:00 PM TOMMY'S SINGALONG  
4:00 PM 1-1 ROOM VISITS

**12**  
9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MOMENTS  
11:00 AM PAMPERING  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM FLOOR OR BALL GAMES  
3:00 PM WALKING GROUP  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVILABLE ALL DAY

**13**  
9:30 AM LIVESTREAM MORNING CHURCH MASS ( BY REQUEST )  
10:00 AM TOOLBOX ACTIVITIES  
11:00 AM SENIORS IN CHAIR EXERCISES ( VIA YOUTUBE )  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM SINGALONGS WITH LYRICS ( VIA YOUTUBE )  
3:30 PM FOOTY MATCH OF THE DAY  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVILABLE ALL DAY

**14** **BASTILLE DAY**  
9:30 AM WELCOME TO THE DAY  
10:30 AM MUSICAL MELODIES  
11:00 AM PAMPERING  
1:30 PM BASTILLE DAY DOCUMENTARY ( YOUTUBE )  
3:00 PM GREEK GROUP  
4:00 PM 1-1 ROOM VISITS

**15** **PET THERAPY** **BASTILLE DAY CELEBRATIONS**  
9:30 AM WELCOME TO THE DAY  
9:30 AM SUMAN'S PHYSIO EXERCISES  
10:30 AM PET THERAPY  
11:00 AM POWERPOINT PRESENTATION  
1:30 PM BASTILLE CELEBRATIONS  
3:00 PM BINGO  
4:00 PM 1-1 ROOM VISITS

**16**  
9:30 AM WELCOME TO THE DAY  
10:00 AM GREEK NEWS ( VIA YOUTUBE )  
11:00 AM SENIOR IN CHAIR EXERCISES  
1:30 PM REMINISCING TUNES  
3:00 PM BALL /BALLOON GAMES  
4:00 PM 1-1 ROOM VISITS

**17**  
9:30 AM WELCOME TO THE DAY  
10:15 AM MORNING NEWS BULLETIN  
11:00 AM SUMAN'S PHYSIO EXERCISES  
1:30 PM BUS TRIP  
3:30 PM FOOTY TIPPING  
4:00 PM 1-1 ROOM VISITS

**18** **LIFESTYLE FOCUS GROUP MEETING**  
9:30 AM WELCOME TO THE DAY  
10:15 AM RESIDENT CHOICE OF ARTIST  
11:00 AM ZUMBA GOLD  
1:30 PM LIFESTYLE FOCOS GROUP MEETING  
2:00 PM HAPPY HOUR  
3:00 PM TOMMY'S SINGALONG  
4:00 PM 1-1 ROOM VISITS

**19**  
9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MOMENTS  
11:00 AM PAMPERING  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM FLOOR OR BALL GAMES  
3:00 PM WALKING GROUP  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE MOVIES  
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### SUNDAY

**20**

9:30 AM LIVESTREAM MORNING CHURCH MASS (BY REQUEST)  
10:00 AM TOOLBOX ACTIVITIES  
11:00 AM SENIORS IN CHAIR EXERCISES (VIA YOUTUBE)  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)  
3:30 PM 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

### MONDAY

**21**

9:30 AM WELCOME TO THE DAY  
10:30 AM MUSICAL MELODIES  
11:00 AM PAMPERING  
1:30 PM ARMCHAIR TRAVEL (YOUTUBE)  
3:00 PM GREEK GROUP  
4:00 PM 1-1 ROOM VISITS

### TUESDAY

**22**

9:30 AM WELCOME TO THE DAY  
9:30 AM SUMAN'S PHYSIO EXERCISES  
10:00 AM WORD GAMES OR QUIZZES  
11:00 AM REMINISCING MUSIC  
1:30 PM ART THERAPY  
3:00 PM BINGO  
4:00 PM 1-1 ROOM VISITS

### WEDNESDAY

**23**

9:30 AM WELCOME TO THE DAY  
10:00 AM GREEK NEWS (VIA YOUTUBE)  
11:00 AM SENIOR IN CHAIR EXERCISES  
1:30 PM REMINISCING TUNES  
3:00 PM PAMPERING  
4:00 PM 1-1 ROOM VISITS

### THURSDAY

**24**

9:30 AM WELCOME TO THE DAY  
10:15 AM MORNING NEWS BULLETIN  
11:00 AM SUMAN'S PHYSIO EXERCISES  
1:30 PM BUS TRIP  
3:30 PM FOOTY TIPPING  
4:00 PM 1-1 ROOM VISITS

### FRIDAY

**25**

**CHRISTMAS IN JULY**  
9:30 AM WELCOME TO THE DAY  
10:15 AM RESIDENT CHOICE OF ARTIST  
11:00 AM ZUMBA GOLD  
2:00 PM HAPPY HOUR  
3:00 PM CHRISTMAS IN JULY (FEATURING THE GOLDEN GIRLS)  
4:00 PM 1-1 ROOM VISITS

### SATURDAY

**26**

9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MOMENTS  
11:00 AM PAMPERING  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM FLOOR OR BALL GAMES  
3:00 PM WALKING GROUP  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**27**

9:30 AM LIVESTREAM MORNING CHURCH MASS (BY REQUEST)  
10:00 AM TOOLBOX ACTIVITIES  
11:00 AM SENIORS IN CHAIR EXERCISES (VIA YOUTUBE)  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)  
3:30 PM 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**

9:30 AM WELCOME TO THE DAY  
10:30 AM MUSICAL MELODIES  
11:00 AM PAMPERING  
1:30 PM PAMPERING  
3:00 PM GREEK GROUP  
4:00 PM 1-1 ROOM VISITS

**29**

9:30 AM WELCOME TO THE DAY  
9:30 AM SUMAN'S PHYSIO EXERCISES  
10:30 AM PET THERAPY  
11:00 AM POWERPOINT PRESENTATION  
1:30 PM MASTERCHEF  
3:00 PM BINGO  
4:00 PM 1-1 ROOM VISITS

**30**

9:30 AM WELCOME TO THE DAY  
10:00 AM GREEK NEWS (VIA YOUTUBE)  
11:00 AM SENIOR IN CHAIR EXERCISES  
1:30 PM MUSIC APPRECIATION  
3:00 PM PUZZLES / MEMORY MATCHING GAMES  
4:00 PM 1-1 ROOM VISITS

**31**

**INTERGENERATIONAL PROGRAM**  
9:30 AM WELCOME TO THE DAY  
10:15 AM INTERGENERATIONAL PROGRAM  
11:00 AM SUMAN'S PHYSIO EXERCISES  
1:30 PM BUS TRIP  
3:30 PM FOOTY TIPPING  
4:00 PM 1-1 ROOM VISITS

