

AUGUST 2025

LEVEL 1- HOUSE 1,2 &3

*subject to change



LIBRARY SERVICES AVAILABLE

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

MONDAY TUESDAY

WORLD DAY

WEDNESDAY

Employee Day

Thanks for caring

Ageing Australia



FRIDAY

SATURDAY

9:30 AM MORNING TV SHOWS

ANGLICAN MASS

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS & OUIZZES 10:30 AM ANGLICAN MASS (CINEMA) 11:00 AM SHOPPING

TROLLEY 1:15 PM MUSICAL MELODIES 3:00 PM HAPPY HOUR

10:30 AM MEMORY LANE MUSIC 11:00 AM SENIOR IN CHAIR EXERCISES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM MUSIC AND INSTRUMENTS WITH GIA (L1) 2:30 PM WALKING GROUP 3:00 PM FLOOR OR BALLOON GAMES (WITH GIA L3)

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

21 st AUGUST

9:30 AM WELCOME TO THE

10:00 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM MUSIC WITH INSTRUMENTS OR MOVEMENT

1:30 PM BINGO 1:30 PM MELBOURNE

GRAMMAR MUSICAL CONCERT (L3)

3:00 PM PAMPERING OR WALKING

4:00 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:00 AM GESSY'S PHYSIO

EXERCISES (L2 H4)

10:30 AM WORD GAMES AND **OUIZZES**

1:15 PM RESIDENT CHOICE OF

ARTIST

2:45 PM YOGA

3:15 PM MUSIC AND MOVEMENT

4:00 PM 1-1 ROOM VISITS

EMERALD HOTEL EXCURSION

THURSDAY

7 AUGUST 2025

9:30 AM LIFESTYLE HUDDLE MEETING

10:30 AM NEWS AND VIEWS

11:00 AM CHOIR (L2) 11:15 AM ZUMBA GOLD (H3)

12:00 PM LOCHLAN'S

EXCURSION (EMERALD HOTEL)

1:30 PM TOMMY'S SINGALONGS

1:30 PM KIMBERLY'S ART THERAPY 1:30 PM COMMUNITY VISITORS

3:00 PM RHYTHMIC DANCE

THERAPY 4:00 PM 1-1 ROOM VISITS

EMPLOYEE DAY

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:45 AM CHARACTER BALLOON THERAPY (H1 & 2)

10:15 AM INTERGENERATIONAL PROGRAM(L3)

10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS)

> 11:00 AM CHOIR (L3) 1:30 PM MENS GROUP (CINEMA)

4:00 PM 1-1 ROOM VISITS

1:30 PM MUSICAL & INSTRUMENTS 3:00 PM COLOURS OF EMOTION

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS & OUIZZES

10:45 AM ALBERT PARK PRIMARY SCHOOL

INTERGENERATIONAL

PROGRAM (L3) 1:15 PM SINGALONGS WITH

LYRICS

3:00 PM HAPPY HOUR 4:00 PM 1-1 ROOM VISITS

THE DAY

10:00 AM NEWS AND

VIEWS

& QUIZZES

PAUL IN CONCERT

9:30 AM MORNING TV SHOWS 10:30 AM MEMORY LANE MUSIC

11:00 AM SENIOR IN CHAIR EXERCISES

12:00 PM LUNCH FINE DINING

MUSIC EXPERIENCE

1:30 PM PAUL IN CONCERT (L2) 2:30 PM WALKING GROUP

3:00 PM ARTS AND CRAFT

WITH GIA (L4) 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

OMEGA VIOLINIST

:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM MORNING CHAT GROUP 11:00 AM WALKING GROUPS 12:00 PM LUN CH FINE DINING

MUSIC EXPERIENCE 1:30 PM MUSICAL MOMENTS

9:30 AM LIVESTREAM CHURCH MASS

(BY REQUEST)

10:00 AM MORNING CHAT GROUP

11:00 AM WALKING GROUPS

12:00 PM LUN CH FINE DINING

MUSIC EXPERIENCE

1:30 PM MUSICAL MOMENTS

3:00 PM FOOTY MATCH OF THE DAY

3:30 PM PAMPERING

5:00 PM DINNER FINE DINING

MUSICAL EXPERIENCE

NETFLIX AVAILBALE ALL DAY

3:00 PM FOOTY MATCH OF THE DAY 3:30 PM PAMPERING

MUSICAL EXPERIENCE

5:00 PM DINNER FINE DINING NETFLIX AVAILBALE ALL DAY

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM MUSIC WITH INSTRUMENTS OR MOVEMENT 1:30 PM VIOLETTA AND ANNETTE SINGALONGS (H3) 1:30 PM BINGO

(L2 H4) 10:30 AM WORD GAMES AND **QUIZZES** 1:30 PM RACHEL'S BUS TRIP 2:00 PM OMEGA VIOLINIST (L2 3:00 PM PAMPERING OR (YOUTUBE) 2:45 PM YOGA WALKING 3:15 PM MUSIC AND MOVEMENT 4:00 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY

13

10:00 AM NEWS AND VIEWS 10:00 AM GESSY'S PHYSIO EXERCISES

(WILLIAMSTOWN BEACH)

1:15 PM MEMORY LANE MUSIC

4:00 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY 10:30 AM NEWS AND VIEWS 11:00 AM CHOIR (L2)

11:15 AM ZUMBA GOLD (H3)

1:30 PM TOMMY'S SINGALONGS (H1 & 2)

1:30 PM KIMBERLY'S ART THERAPY (LM)

1:30 PM COMMUNITY VISITORS 3:00 PM OCTABAND BALL THERAPY 4:00 PM OYSTER BAR

> (BOARDROOM) 4:00 PM 1-1 ROOM VISITS

CATHOLIC MASS 14

> 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:45 AM OCTABAND BALL THERAPY

10:30 AM CATHOLIC MASS (CINEMA)

11:00 AM CHOIR (L3)

1:00 PM PUPPETS ALIVE (H3) 1:30 PM MUSIC AND MOVEMENT 3:00 PM OCTABAND BALLOON

THERAPY

4:00 PM 1-1 ROOM VISITS

1:15 PM MUSICAL

MELODIES 3:00 PM HAPPY HOUR

4:00 PM 1-1 ROOM

VISITS

15 9:30 AM WELCOME TO 16 9:30 AM MORNING TV SHOWS 10:30 AM MEMORY LANE

MUSIC 11:00 AM SENIOR IN CHAIR EXERCISES

12:00 PM LUNCH FINE DINING

MUSIC EXPERIENCE 1:30 PM FLOOR OR BALLOON GAMES

WITH GIA (L1) 2:30 PM WALKING GROUP 3:00 PM TRIVIA WITH GIA

3.30 PM FOOTY MATCHES 5 :00 PM DINNER FINE DINING

MUSIC EXPERIENCE 6 :00 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY



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LIBRARY SERVICES AVAILABLE

SATURDAY

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM MORNING CHAT GROUP 11:00 AM WALKING GROUPS 12:00 PM LUN CH FINE DINING MUSIC EXPERIENCE 1:30 PM MUSICAL MOMENTS 3:00 PM FOOTY MATCH OF THE DAY 3:30 PM PAMPERING 5:00 PM DINNER FINE DINING MUSICAL EXPERIENCE NETFLIX AVAILBALE ALL DAY

MONDAY

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM MUSIC WITH INSTRUMENTS OR MOVEMENT 1:30 PM LIFESTYLE FOCUS MEETING 1:30 PM VIOLETTA AND ANNETTE SINGALONGS (H3) 1:30 PM EMERALD HILL AFTERNOON

(BOARDROOM) 2:00 PM BINGO 3:00 PM PAMPERING OR WALKING 4:00 PM 1-1 ROOM VISITS

TUESDAY

19 9:30 AM WELCOME TO THE 20:30 AM LIFESTYLE HUDDLE MEETING 21 10:00 AM NEWS AND VIEWS 10:00 AM GESSY'S PHYSIO **EXERCISES**

(L2 H4) 10:30 AM WORD GAMES AND QUIZZES 1:15 PM MOVIE MATINEE 2:45 PM YOGA 3:15 PM MUSIC AND MOVEMENT 4:00 PM 1-1 ROOM VISITS

WEDNESDAY

10:30 AM NEWS AND VIEWS 11:00 AM CHOIR (L2) 11:15 AM ZUMBA GOLD (H3) 1:30 PM TOMMY'S SINGALONGS (H1 & 2) 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM COMMUNITY VISITORS 3:00 PM CHARACTER BALLOON THERAPY

THURSDAY

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:15 AM INTERGENERATIONAL PROGRAM(L3) 10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS) 10:45 AM RHYTHMIC DANCE 11:00 AM CHOIR (L3) 1:00 PM PUPPETS ALIVE (H3) 1:30 PM WORLD'S SENIOR CITIZEN'S CONCERT WITH KIM (L1)

3:00 PM TIME MACHINE

4:00 PM 1-1 ROOM VISITS

FRIDAY

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS & QUIZZES 10:45 AM ALBERT PARK PRIMARY INTERGENERATIONAL PROGRAM (L3) 1:30 PM RELAXING MUSIC THERAPY (YOUTUBE) 3 :00 PM HAPPY HOUR 4:00 PM 1-1 ROOM VISITS

23 9:30 AM MORNING TV SHOWS 10:30 AM MEMORY LANE MUSIC 11:00 AM SENIOR IN CHAIR EXERCISES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM CREATIVE ARTS (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 OO PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY

24

9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM MORNING CHAT GROUP 11:00 AM WALKING GROUPS 12:00 PM LUN CH FINE DINING MUSIC EXPERIENCE 1:30 PM MUSICAL MOMENTS 3:00 PM FOOTY MATCH OF THE DAY 3:30 PM PAMPERING 5:00 PM DINNER FINE DINING MUSICAL EXPERIENCE NETFLIX AVAILBALE ALL DAY

9:30 AM WELCOME TO THE

WITH QUIZZES 10:30 AM MUSIC WITH

> INSTRUMENTS OR MOVEMENT

1:30 PM VIOLETTA AND ANNETTE

SINGALONGS (H3)

1:30 PM BINGO 3:00 PM WALKING

/PAMPERING 4:00 PM 1-1 ROOM VISITS

10:00 AM NEWS AND VIEWS

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4) 10:30 AM PET THERAPY WITH

> COOKIE 10:30 AM WORD GAMES AND

QUIZZES 1 :00 PM FOOD FOCUS GROUP

1:30 PM RACHEL'S BUS TRIP (COMO HOUSE) 2:45 PM YOGA

3:15 PM MUSIC AND MOVEMENT 4:00 PM 1-1 ROOM VISITS

27 9:30 AM WELCOME TO THE 28

4:00 PM 1-1 ROOM VISITS

10:30 AM NEWS AND VIEWS 11:00 AM CHOIR (L2)

11:15 AM ZUMBA GOLD

(H3)

1:30 PM TOMMY'S **SINGALONGS**

1:30 PM COMMUNITY

VISITORS 3:00 PM DANCE AND

MOVEMENT 4:00 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10: 45 AM SENSORY BALL THERAPY 10:30 AM CATHOLIC **COMMUNION** (1-1 ROOM VISITS) 11:00 AM CHOIR (L3) 1:00 PM PUPPETS ALIVE (H3)

1:30 PM SINGALONGS SHARING SESSION

3:00 PM SONGS OF MEMORY 4:00 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS & QUIZZES 1:15 PM THERAPEUTIC

MUSIC THERAPY (YOUTUBE)

3:00 PM HAPPY HOUR 4:00 PM 1-1 ROOM

VISITS

9:30 AM MORNING TV SHOWS 10:30 AM MEMORY LANE MUSIC 11:00 AM SENIOR IN CHAIR

EXERCISES 12:00 PM LUNCH FINE DINING

MUSIC EXPERIENCE 1:30 PM MUSIC AND INSTRUMENTS

WITH GIA (L1) 2:30 PM WALKING GROUP

3:00 PM CREATIVE ARTS WITH GIA (L3)

3:30 PM FOOTY MATCHES 5:00 PM DINNER FINE DINING

MUSIC EXPERIENCE

6:00 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY

31

9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM MORNING CHAT GROUP 11:00 AM WALKING GROUPS 12:00 PM LUN CH FINE DINING MUSIC EXPERIENCE 1:30 PM MUSICAL MOMENTS 3:00 PM FOOTY MATCH OF THE DAY 3:30 PM PAMPERING 5:00 PM DINNER FINE DINING MUSICAL EXPERIENCE NETFLIX AVAILBALE ALL DAY





