



SUNDAY

MONDAY

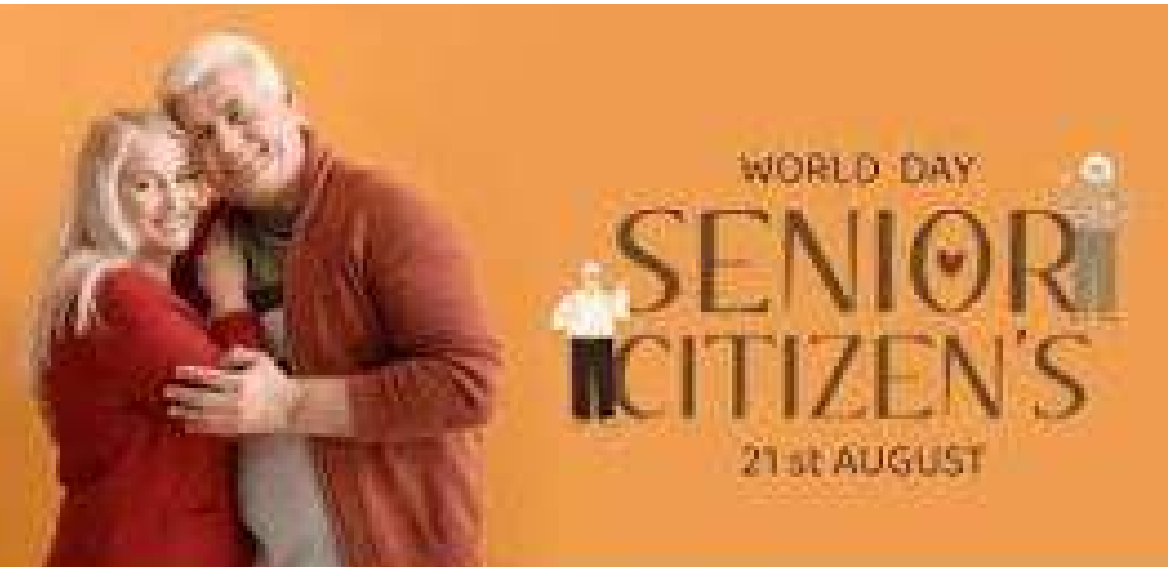
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 ANGELICAN MASS
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM ANGLICAN MASS (CINEMA)
11:00 AM SINGALONGS
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

2
9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM SENIOR IN CHAIR EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE
1:30 PM MUSIC WITH INSTRUMENTS WITH GIA (L1)
2:30 PM WALKING GROUPS INDOOR OR OUTDOOR
3:00 PM FLOOR GAMES OR BALLOON THERAPY (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

3
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
3:30 PM FOOTY MATCH OF THE DAY
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
MNETFLIX AVAILABLE ALL DAY

4 MELBOURNE GRAMMAR MUSICAL CONCERT
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 MELBOURNE GRAMMAR MUSICAL CONCERT (L3)
1:30 PM CREATIVE ARTS
3:15 PM BINGO
4:00 PM 1-1 ROOM VISITS

5
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 (VEGETABLE PAKORA)
2:45 PM YOGA (L1)
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

6 EMERALD HOTEL
9:30 AM LIFESTYLE HUDDLE MEETING
10:15 AM ZUMBA GOLD
11:00 AM CHOIR
12:00 PM LOCHLAN'S EXCURSION (EMERALD HOTEL)
1:30 PM COMMUNITY VISITORS
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
2:00 PM KNITTING GROUP
3:00 PM WALKING GROUPS COMMUNITY /INDOOR/OUTDOOR
4:00 PM 1-1 ROOM VISITS

7 AGED CARE EMPLOYEE DAY 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)
10:30 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM SINGALONGS
1:00 PM PUPPETS ALIVE (H3)
1:30 PM MEN'S GROUP (CINEMA)
1:30 PM PAMPERING OR MAKEOVERS WITH BUBBLES
3:00 PM RHYTHMIC THERAPY
4:00 PM 1-1 ROOM VISITS

8 INTERGENERATIONAL PROGRAM
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM ANGLICAN MASS (CINEMA)
10:45 AM ALBERT PARK INTERGENERATIONAL (L3)
11:00 AM SHOPPING TROLLEY
11:00 AM SINGALONGS
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

9 PAUL IN CONCERT
9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM SENIOR IN CHAIR EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE
1:30 PM PAUL IN CONCERT (L2)
2:30 PM WALKING GROUPS INDOOR OR OUTDOOR
3:00 PM ARTS & CRAFTS 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

10
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
3:30 PM FOOTY MATCH OF THE DAY
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
MNETFLIX AVAILABLE ALL DAY

11 OMEGA VIOLINIST
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
3:15 PM BINGO
4:00 PM 1-1 ROOM VISITS

12
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 (WILLIAMSTOWN)
1:30 PM MASTERCHEF (GOLDEN SYRUP DUMPLINGS)
2:45 PM YOGA (L1)
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

13 OYSTER BAR
9:30 AM WELCOME TO THE DAY
10:15 AM ZUMBA GOLD
11:00 AM CHOIR
1:30 PM COMMUNITY VISITORS
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
2:00 PM KNITTING GROUP
3:00 PM WALKING GROUPS COMMUNITY /INDOOR/OUTDOOR
4:00 PM 1-1 ROOM VISITS
4:00 PM OYSTER BAR (BOARDROOM)

14
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES
10:30 AM CATHOLIC MASS (CINEMA)
10:30 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM SINGALONGS
1:30 PM PAMPERING OR MAKEOVERS WITH BUBBLES
3:00 PM INTERACTIVE STORY TELLING
WITH CREATIVE GROUP THERAPY
4:00 PM 1-1 ROOM VISITS

15
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM ANGLICAN MASS (CINEMA)
11:00 AM SINGALONGS
2:00 PM ZUMBA GOLD
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISITS

16
9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM SENIOR IN CHAIR EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE
1:30 PM FLOOR OR BALLOON GAMES WITH GIA (L1)
2:30 PM WALKING GROUPS INDOOR OR OUTDOOR
3:00 PM TRIVIA (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

AUGUST 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

17
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
3:30 PM FOOTY MATCH OF THE DAY
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE
MOVIES
MNETFLIX AVAILABLE ALL DAY

18
**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

19
LIFESTYLE FOCUS MEETING
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 LIFESTYLE FOCUS GROUP
MEETING
2:00 PM MASTERCHEF
(THAI CHICKEN LARB)
2:45 PM YOGA (L1)
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

20
9:30 AM LIFESTYLE HUDDLE
MEETING
10:15 AM ZUMBA GOLD
11:00 AM CHOIR
1:30 PM COMMUNITY VISITORS
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM TOMMY'S SINGALONGS
WITH HIGH TEA (L1)
2:00 PM KNITTING GROUP
3:00 PM WALKING GROUP
COMMUNITY /INDOOR/OUTDOOR
4:00 PM 1-1 ROOM VISITS

21
WORLD SENIOR DAY
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)
10:30 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM SINGALONGS
1:30 PM WORLD'S SENIOR DAY
CONCERT WITH KIM (L1)
3:00 PM DANCE AND MOVEMENT
THERAPY
4:00 PM 1- 1 ROOM VISITS

22
INTERGENERATIONAL PROGRAM
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM ANGLICAN MASS
(CINEMA)
10:45 AM ALBERT PARK PRIMARY
INTERGENERATIONAL
(L3)
11:00 AM SINGALONGS
2:00 PM ZUMBA GOLD
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISITS

23
9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM SENIOR IN CHAIR
EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM CREATIVE ARTS (L2)
2:30 PM WALKING GROUPS
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

24
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
3:30 PM FOOTY MATCH OF THE DAY
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE
MOVIES
MNETFLIX AVAILABLE ALL DAY

25
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 CREATIVE ART
3:15 PM BINGO
4:00 PM 1-1 ROOM VISITS

26
**NATIONAL DOGS
DAY**
PET THERAPY
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 RACHEL'S
BUS TRIP
(COMO HOUSE)
1:30 PM MASTERCHEF
(ITALIAN HOT CHOCOLATE)
2:45 PM YOGA (L1)
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS



27
RESIDENT AND RELATIVE MEETING
FOOD FOCUS GROUP
9:30 AM WELCOME TO THE DAY
10:15 AM ZUMBA GOLD
11:00 AM CHOIR
1:30 PM COMMUNITY VISITORS
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM TOMMY'S SINGALONGS
WITH HIGH TEA (L1)
1:00 PM FOOD FOCUS GROUP
1:30 PM RESIDENT AND RELATIVE
MEETING
3:00 PM WALKING GROUPS
COMMUNITY /INDOOR/OUTDOOR
4:00 PM 1-1 ROOM VISITS

28
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES
10:30 AM CATHOLIC COMMUNION
(1- 1 ROOM VISITS)
10:30 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM SINGALONGS
1:30 PM PAMPERING OR
MAKEOVERS WITH BUBBLES
3:00 PM OCTABAND BALL
THERAPY
4:00 PM 1- 1 ROOM VISITS

29
9:30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND
VIEWS
WITH QUIZZES
10:30 AM ANGLICAN MASS
(CINEMA)
11:00 AM SINGALONGS
2:00 PM ZUMBA GOLD
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISITS

30
9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM SENIOR IN CHAIR
EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM MUSIC WITH INSTRUMENTS
WITH GIA (L1)
2:30 PM WALKING GROUPS
INDOOR OR OUTDOOR
3:00 PM CREATIVE ARTS (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

31
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
3:30 PM FOOTY MATCH OF THE DAY
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE
MOVIES
MNETFLIX AVAILABLE ALL DAY

