

# AUGUST 2025

## LEVEL 4- HOUSE 9 & 10

\*subject to change



**LIBRARY SERVICES  
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



**1**  
**ANGELICAN MASS**  
9:30 AM WELCOME TO DAY  
10:00 AM IN CHAIR EXERCISES (VIA YOUTUBE)  
10:30 AM ANGELICAN MASS (CINEMA)  
11:00 AM 9 LETTER WORD GAMES  
2:00 PM TRIVIA  
3:00 PM HAPPY HOUR  
3:15 PM LOCHLAN'S FRIDAY FIESTA  
4:00 PM 1-1 ROOM VISITS

**2**  
9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE REMINISCING MUSIC  
11:00 AM SENIOR IN CHAIR EXERCISES (VIA YOUTUBE)  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM MUSIC AND INSTRUMENTS WITH GIA (L1)  
2:00 PM MOVIE MATINEE  
3:00 PM FLOOR/BALLOON GAMES WITH GIA (L3)  
3:30 PM WALKING GROUPS  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY  
FOOTY MATCH OF THE DAY (BY REQUEST)

**3**  
9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)  
10:00 AM MORNING TV SHOWS  
11:00 AM WALKING GROUPS  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)  
3:00 PM FOOTY MATCH OF THE DAY (BY REQUEST)  
3:30 PM PAMPERING  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**4**  
**MELBOURNE GRAMMAR MUSICAL CONCERT**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS WITH QUIZZES  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM MEDITATION (CINEMA)  
1:30 PM MELBOURNE GRAMMAR MUSICAL CONCERT (L3)  
1:30 PM CLASSICAL COMPOSER  
3:00 PM BONUS TRIVIA  
4:00 PM 1-1 ROOM VISITS

**5**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM NEWS AND VIEWS WITH QUIZZES  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM BINGO  
3:00 PM PAMPERING  
4:00 PM 1-1 ROOM VISITS

**6**  
9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM SENSORY BALL THERAPY  
11:00 AM 9 LETTER WORD GAME  
11:00 AM CHOIR (L2)  
12:00 PM LOCHLAN'S OUTING (EMERALD HOTEL)  
1:30 PM KIMBERLY'S ART THERAPY (LM)  
1:30 PM COMMUNITY VISITORS  
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)  
1:30 PM MUSIC AND MOVEMENT  
3:00 PM ARMCHAIR TRAVEL  
3:15 PM WALKING GROUPS WITH MILICA  
4:00 PM 1-1 ROOM VISITS

**7**  
**INTERGENERATIONAL PROGRAM**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM INTERGENERATIONAL PROGRAM (L3)  
10:30 AM SENSORY BALL THERAPY  
10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS)  
11:00 AM 9 LETTER WORD GAMES  
11:00 AM CHOIR (L3)  
1:15 PM INTERACTIVE STORY TELLING WITH CREATIVE GROUP SESSION  
1:30 PM MEN'S GROUP (CINEMA)  
2:00 PM ZUMBA GOLD  
3:00 PM FOOTY TIPPING  
4:00 PM 1-1 ROOM VISITS

**8**  
**INTERGENERATIONAL PROGRAM**  
9:30 AM WELCOME TO DAY  
10:00 AM IN CHAIR EXERCISES (VIA YOUTUBE)  
10:45 AM ALBERT PARK PRIMARY INTERGENERATIONAL PROGRAM (L3)  
11:00 AM 9 LETTER WORD GAMES  
2:00 PM TRIVIA  
3:15 PM LOCHLAN'S FRIDAY FIESTA  
4:00 PM 1-1 ROOM VISITS

**9**  
**PAUL IN CONCERT**  
9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE REMINISCING MUSIC  
11:00 AM SENIOR IN CHAIR EXERCISES (VIA YOUTUBE)  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM PAUL IN CONCERT (L2)  
2:00 PM MOVIE MATINEE  
3:00 PM ARTS AND CRAFTS WITH GIA (L4)  
3:30 PM WALKING GROUPS  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY  
FOOTY MATCH OF THE DAY (BY REQUEST)

**10**  
9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)  
10:00 AM MORNING TV SHOWS  
11:00 AM WALKING GROUPS  
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE  
1:30 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)  
3:00 PM FOOTY MATCH OF THE DAY (BY REQUEST)  
3:30 PM PAMPERING  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**11**  
**OMEGA**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS WITH QUIZZES  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM MEDITATION (CINEMA)  
1:30 PM MASTERCHEF  
2:00 PM OMEGA VIOLINIST (L2)  
3:00 PM LOCHLAN'S FIESTA  
4:00 PM 1-1 ROOM VISITS

**12**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM NEWS AND VIEWS WITH QUIZZES  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM RACHELS' BUS TRIP (WILLIAMSTOWN BEACH)  
1:30 PM BINGO  
3:00 PM PAMPERING  
4:00 PM 1-1 ROOM VISITS

**13**  
**OYSTER BAR**  
9:30 AM WELCOME TO THE DAY  
10:30 AM OCTABAND THERAPY  
11:00 AM 9 LETTER WORD GAME  
11:00 AM CHOIR (L2)  
1:30 PM KIMBERLY'S ART THERAPY (LM)  
1:30 PM COMMUNITY VISITORS  
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)  
1:30 PM SINGALONG SESSION  
3:00 PM DOCUMENTARY  
3:15 PM WALKING GROUPS WITH MILICA  
4:00 PM OYSTER BAR

**14**  
**CATHOLIC MASS**  
9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM INTERGENERATIONAL PROGRAM (L3)  
10:30 AM OCTABAND BALL THERAPY  
10:30 AM CATHOLIC MASS (CINEMA)  
11:00 AM 9 LETTER WORD GAMES  
11:00 AM CHOIR (L3)  
1:15 PM MEMORIES JAR (REMINISCING MEMORIES)  
2:00 PM ZUMBA GOLD  
3:00 PM FOOTY TIPPING  
4:00 PM 1-1 ROOM VISITS

**15**  
9:30 AM WELCOME TO DAY  
10:00 AM IN CHAIR EXERCISES (VIA YOUTUBE)  
11:00 AM 9 LETTER WORD GAMES  
2:00 PM BONUS TRIVIA (VIA YOUTUBE)  
3:00 PM HAPPY HOUR  
4:00 PM 1-1 ROOM VISITS

**16**  
9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE REMINISCING MUSIC  
11:00 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)  
2:00 PM MOVIE MATINEE  
3:00 PM TRIVIA WITH GIA (L3)  
3:30 PM WALKING GROUPS  
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY  
FOOTY MATCH OF THE DAY (BY REQUEST)



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### SUNDAY

17

9:30 AM LIVESTREAM CHURCH MASS  
( BY REQUEST )  
10:00 AM MORNING TV SHOWS  
11:00 AM WALKING GROUPS  
12:00 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
1:30 PM SINGALONGS WITH LYRICS  
( VIA YOUTUBE )  
3 :00 PM FOOTY MATCH OF THE DAY  
( BY REQUEST 0  
3 :30 PM PAMPERING  
5 :00 PM DINNER FINE DINING  
MUSIC EXPERIENCE  
6 :00 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

### MONDAY

18

9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM MEDITATION  
( CINEMA )  
1 :30 PM EMERALD HILL  
AFTERNOON TEA  
( BOARDROOM )  
2 :00 PM SENIORS TRIVIA  
GAMES ( VIA YOUTUBE )  
4 :00 PM 1-1 ROOM VISITS

### TUESDAY

19

9:30 AM WELCOME TO THE  
DAY  
9 :30 AM GESSY'S PHYSIO  
EXERCISES  
10:15 AM NEWS AND VIEWS  
WITH QUIZZES  
11 :00 AM 9 LETTER WORD  
GAMES  
1 30 PM BINGO  
3 :00 PM PAMPERING  
4 :00 PM 1-1 ROOM VISITS

### WEDNESDAY

20

9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM CHARACTER BALLOON  
THERAPY  
11:00 AM 9 LETTER WORD GAME  
11:00 AM CHOIR ( L2 )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1:30 PM COMMUNITY VISITORS  
1:30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA ( L1 )  
1:30 PM GROUP INSTRUMENT PLAYING  
3 :00 PM DOCUMENTARY  
3 :15 PM WALKING GROUPS  
WITH MILICA  
4 :00 PM 1-1 ROOM VISITS

### THURSDAY

21

**INTERGENERATIONAL PROGRAM  
WORLD'S SENIOR'S CITIZEN DAY**

9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:15 AM INTERGENERATIONAL  
PROGRAM ( L3 )  
10:30 AM DANCE AND MOVEMENT  
10:30 AM CATHOLIC COMMUNION  
( 1-1 ROOM VISITS )  
11:00 AM 9 LETTER WORD GAMES  
11:00 AM CHOIR ( L3 )  
1:15 PM BASKETBALL THERAPY  
1:30 PM WORLD'S SENIORS  
CITIZEN CONCERT ( L1 )  
2 :00 PM ZUMBA GOLD  
3 :00 PM FOOTY TIPPING  
4 :00 PM 1-1 ROOM VISITS

### FRIDAY

22

**INTERGENERATIONAL PROGRAM  
LIFESTYLE FOCUS GROUP**

9:30 AM WELCOME TO DAY  
10:00 AM IN CHAIR  
EXERCISES  
( VIA YOUTUBE )  
10:45 AM ALBERT  
PARK PRIMARY SCHOOL  
INTERGENERATIONAL  
PROGRAM ( L3 )  
11:00 AM SHOPPING TROLLEY  
11:00 AM 9 LETTER WORD GAMES  
1:30 PM LIFESTYLE FOCUS GROUP  
2 :00 PM BONUS TRIVIA  
( VIA YOUTUBE )  
3 :00 PM HAPPY HOUR  
4 :00 PM 1-1 ROOM VISITS

### SATURDAY

23

9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE  
REMINISCING MUSIC  
11:00 AM SENIOR IN CHAIR  
EXERCISES  
( VIA YOUTUBE )  
12:00 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
1:30 PM CREATIVE ARTS  
WITH GIA ( L2 )  
2 :00 PM MOVIE MATINEE  
3:00 PM FLOOR OR BALLOON GAMES  
WITH GIA ( L4 )  
3 :30 PM WALKING GROUPS  
5:00 PM DINNER FINE DING MUSIC  
EXPERIENCE  
6 :00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY  
FOOTY MATCH OF THE DAY  
( BY REQUEST )

24

9:30 AM LIVESTREAM CHURCH MASS  
( BY REQUEST )  
10:00 AM MORNING TV SHOWS  
11:00 AM WALKING GROUPS  
12:00 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
1:30 PM SINGALONGS WITH LYRICS  
( VIA YOUTUBE )  
3 :00 PM FOOTY MATCH OF THE DAY  
( BY REQUEST 0  
3 :30 PM PAMPERING  
5 :00 PM DINNER FINE DINING  
MUSIC EXPERIENCE  
6 :00 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

25

9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM 9 LETTER WORD  
GAMES  
1:30 PM MEDITATION  
( CINEMA )  
1 :30 PM ART THERAPY  
3 :00 PM SENIORS TRIVIA  
GAMES ( VIA YOUTUBE )  
4 :00 PM 1-1 ROOM VISITS

26

**NATIONAL DOGS  
DAY**

**PET THERAPY**

9:30 AM WELCOME TO THE 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 9 LETTER WORD  
GAMES  
1:30 PM RACHEL'S BUS TRIP  
( COMO HOUSE )  
1 30 PM BINGO  
3 :00 PM PAMPERING  
4 :00 PM 1-1 ROOM VISITS

27

9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM DANCE AND MOVEMENT  
THERAPY  
11:00 AM 9 LETTER WORD GAME  
11:00 AM CHOIR ( L2 )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1:30 PM COMMUNITY VISITORS  
1:30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA ( L1 )  
1:30 PM MUSICAL RELAXATION  
3 :00 PM ARMCHAIR TRAVEL  
3 :15 PM WALKING GROUPS  
WITH MILICA  
4 :00 PM 1-1 ROOM VISITS

28

9:30 AM WELCOME TO THE DAY  
9:30 AM GESSY'S PHYSIO EXERCISES  
10:30 AM OCTABAND BALL  
THERAPY  
10:30 AM CATHOLIC COMMUNION  
( 1-1 ROOM VISITS )  
11:00 AM 9 LETTER WORD GAMES  
11:00 AM CHOIR ( L3 )  
1:15 PM RHYTHMIC DANCE  
THERAPY  
2 :00 PM ZUMBA GOLD  
3 :00 PM FOOTY TIPPING  
4 :00 PM 1-1 ROOM VISITS

29

**RESIDENT AND RELATIVE MEETING**

9:30 AM WELCOME TO DAY  
10:00 AM IN CHAIR  
EXERCISES  
( VIA YOUTUBE )  
11:00 AM 9 LETTER WORD  
GAMES  
1:30 PM RESIDENT AND  
RELATIVE MEETING  
3 :00 PM HAPPY HOUR  
4 :00 PM 1-1 ROOM VISITS

30

9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE  
REMINISCING MUSIC  
11:00 AM SENIOR IN CHAIR  
EXERCISES  
( VIA YOUTUBE )  
12:00 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
1:30 PM MUSIC AND INSTRUMENTS  
WITH GIA ( L1 )  
2 :00 PM MOVIE MATINEE  
3:00 PM CREATIVE ARTS  
WITH GIA ( L3 )  
3 :30 PM WALKING GROUPS  
5:00 PM DINNER FINE DING MUSIC  
EXPERIENCE  
6 :00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY  
FOOTY MATCH OF THE DAY  
( BY REQUEST )

31

9:30 AM LIVESTREAM CHURCH MASS  
( BY REQUEST )  
10:00 AM MORNING TV SHOWS  
11:00 AM WALKING GROUPS  
12:00 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
1:30 PM SINGALONGS WITH LYRICS  
( VIA YOUTUBE )  
3 :00 PM FOOTY MATCH OF THE DAY  
( BY REQUEST 0  
3 :30 PM PAMPERING  
5 :00 PM DINNER FINE DINING  
MUSIC EXPERIENCE  
6 :00 PM SUNDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

