

AUGUST 2025

SOUTH PORT

*subject to change



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

FOOD FOCUS GROUP MEETING

9:30 AM WELCOME TO THE DAY

10:15 INTERGENERATIONAL PROGRAM

11:00 AM ZUMBA GOLD

1:00 PM FOOD FOCUS GROUP

2:00 PM HAPPY HOUR

3:00 PM TOMMY'S SINGALONGS

4:00 PM 1-1 ROOM VISITS

2

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

FOOTY MATCH OF THE DAY

3

9:30 AM LIVESTREAM MORNING CHURCH MASS (BY REQUEST)

10:00 AM TOOLBOX ACTIVITIES

11:00 AM SENIOR IN CHAIR EXERCISES (VIA YOUTUBE)

12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE

1:30 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)

3:00 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

4

9:30 AM MORNING TV SHOWS

10:30 AM MUSICAL MELODIES

11:00 AM PAMPERING

1:30 PM GREEK GROUP

3:00 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)

4:00 PM 1-1 ROOM VISITS

5

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

6

9:30 AM LIFESTYLE HUDDLE MEETING

10:00 AM RHYTHMIC DANCE

11:00 AM BASKETBALL THERAPY

1:30 PM PUPPET PLAY & LEGO CRAFTING

3:00 PM PUZZLES /MEMORY MATCHING GAMES

4:00 PM 1-1 ROOM VISITS

7

PUPPETS ALIVE

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

2:15 PM PUPPETS ALIVE

3:00 PM SINGALONG SESSION

3:30 PM FOOTY TIPPING

4:00 PM 1-1 ROOM VISITS

8

9:30 AM WELCOME TO THE DAY

10:15 INTERGENERATIONAL PROGRAM

11:00 AM ZUMBA GOLD

2:00 PM HAPPY HOUR

3:00 PM TOMMY'S SINGALONGS

4:00 PM 1-1 ROOM VISITS

9

PAUL IN CONCERT

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 PAUL IN CONCERT

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

10

9:30 AM LIVESTREAM MORNING CHURCH MASS (BY REQUEST)

10:00 AM TOOLBOX ACTIVITIES

11:00 AM SENIOR IN CHAIR EXERCISES (VIA YOUTUBE)

12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE

1:30 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)

3:00 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

11

9:30 AM MORNING TV SHOWS

10:30 AM MUSICAL MELODIES

11:00 AM PAMPERING

1:30 PM GREEK GROUP

3:00 PM ARMCHAIR TRAVEL

4:00 PM 1-1 ROOM VISITS

12

PET THERAPY

9:30 AM WELCOME TO THE DAY

9:30 AM SUMAN'S PHYSIO EXERCISES

10:00 AM WORD GAMES OR QUIZZES

10:30 AM PET THERAPY WITH COOKIE

11:00 AM MUSICAL MELODIES

1:30 PM MASTERCHEF

3:00 PM BINGO

4:00 PM 1-1 ROOM VISITS

13

9:30 AM WELCOME TO THE DAY

10:00 AM SENSORY BALL THERAPY

11:00 AM MEMORY JAR (REMINISCING OF NOSTALGIC MEMORIES)

1:30 PM CREATIVE GROUP THERAPY (INTERACTIVE STORY TELLING)

3:00 PM RHYTHMIC DANCE

4:00 PM 1-1 ROOM VISITS

14

9:30 AM WELCOME TO THE DAY

10:15 AM INTERGENERATIONAL PROGRAM

11:00 AM SUMAN'S PHYSIO EXERCISES

1:30 PM BUS TRIP

1:30 PM ARMCHAIR TRAVEL

3:00 PM MUSIC AND MOVEMENT

3:30 PM FOOTY TIPPING

4:00 PM 1-1 ROOM VISITS

15

9:30 AM WELCOME TO THE DAY

10:15 INTERGENERATIONAL PROGRAM

11:00 AM ZUMBA GOLD

2:00 PM HAPPY HOUR

3:00 PM TOMMY'S SINGALONGS

4:00 PM 1-1 ROOM VISITS

16

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

FOOTY MATCH OF THE DAY

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17

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

18

9 :30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM PAMPERING
1:30 PM GREEK GROUP
3 :00 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)
4 :00 PM 1-1 ROOM VISITS

19

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

20

9:30 AM LIFESTYLE HUDDLE MEETING
10:00 AM CHARACTER BALLOON THERAPY
11:00 AM OCTABAND BALL THERAPY
1:30 PM SENSORY ART THERAPY
3 :00 PM PUZZLES /MEMORY MATCHING GAMES
4 :00 PM 1-1 ROOM VISITS

21

WORLD'S SENIOR CITIZEN'S DAY

9 :30 AM WELCOME TO THE DAY
10:15 AM MORNING NEWS BULLETIN
11:00 AM SUMAN'S PHYSIO EXERCISES
1:30 PM CREATIVE ARTS
3 :00 PM WORLD'S SENIOR CITIZEN'S DAY CONCERT WITH KIM
4 :00 PM 1-1 ROOM VISITS

22

LIFESTYLE FOCUS MEETING

9:30 AM WELCOME TO THE DAY
10:15 INTERGENERATIONAL PROGRAM
11:00 AM ZUMBA GOLD
1:30 PM LIFESTYLE FOCUS MEETING
2 :00 PM HAPPY HOUR
3 :00 PM TOMMY'S SINGALONGS
4 :00 PM LIFESTYLE FOCUS GROUP MEETING

23

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
FOOTY MATCH OF THE DAY

24

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

25

RESIDENT AND RELATIVE MEETING

9 :30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM PAMPERING
1:30 PM RESIDENT AND RELATIVE MEETING
3 :00 PM ARMCHAIR TRAVEL
4 :00 PM 1-1 ROOM VISITS

26

NATIONAL DOGS DAY

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 CELEBRATING BIG OR SMALL DOGS DOCUMENTARY
3 :00 PM BINGO
4 :00 PM 1-1 ROOM VISITS

27

9:30 AM WELCOME TO THE DAY
10:00 AM SENSORY BALL THERAPY
11:00 AM MATCHING CARD GAMES
1:30 PM BASKETBALL THERAPY
3 :00 PM REMINISCING STORY TELLING & READING
4 :00 PM 1-1 ROOM VISITS

28



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

29

9:30 AM WELCOME TO THE DAY
10:15 INTERGENERATIONAL PROGRAM
11:00 AM ZUMBA GOLD
2 :00 PM HAPPY HOUR
3 :00 PM TOMMY'S SINGALONGS
4 :00 PM 1-1 ROOM VISITS

30

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
FOOTY MATCH OF THE DAY

31

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

