

# SEPTEMBER 2025

## LEVEL 1- HOUSE 1 & 2

\*subject to change



**LIBRARY SERVICES  
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

### SUNDAY



### MONDAY

**1** **MELBOURNE GRAMMAR CONCERT**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
WITH QUIZZES  
10:30 AM MUSIC WITH  
INSTRUMENTS  
OR MOVEMENT  
1:30 PM BINGO  
1:30 PM MEDITATION  
( CINEMA )  
1:30 PM MELBOURNE GRAMMAR  
MUSICAL CONCERT ( L3 )  
3:00 PM PAMPERING OR WALKING  
4:00 PM 1-1 ROOM VISITS

### TUESDAY

**2**  
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 GAME AND  
QUIZZES  
1:15 AM MEMORY LANE  
MUSIC ( VIA YOUTUBE )  
2:45 PM YOGA  
3:15 PM MUSIC AND  
INSTRUMENTS  
4:00 PM 1-1 ROOM VISITS

### WEDNESDAY

**3**  
9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM CHOIR ( L2 )  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA( H1 &2 )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1:30 PM LOCHLAN'S BUS TRIP  
(STAY ON BUS )  
1:30 PM COMMUNITY VISITORS  
3:00 PM DANCE AND MOVEMENT  
4:00 PM 1-1 ROOM VISITS

### THURSDAY

**4**  
9:30 AM WELCOME TO THE DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES ( L2 H4 )  
10:15 AM INTERGENERATIONAL  
PROGRAM ( L3 )  
10:30 AM OCTABAND BALL  
THERAPY  
10:30 AM CATHOLIC COMMUNION  
( 1-1 ROOM VISITS )  
10:45 AM NEWS AND VIEWS  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD  
1:30 PM MEN'S GROUP  
( CINEMA )  
1:30 PM MUSIC AND INSTRUMENTS  
3:00 PM TIME MACHINE  
4:00 PM 1-1 ROOM VISITS

### FRIDAY

**5** **FATHERS DAY CONCERT  
ANGLICAN MASS**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
& QUIZZES  
10:30 AM ANGLICAN MASS  
( CINEMA )  
10:45 AM GALILEE REGIONAL  
CATHOLIC SCHOOL  
INTERGENERATIONAL PROGRAM  
( L3 )  
11:00 AM SHOPPING TROLLEY  
1:30 PM FATHER'S DAY CONCERT  
( L3 )  
1:30 PM ARMCHAIR TRAVEL  
3:00 PM HAPPY HOUR  
1- 1 ROOM VISITS

### SATURDAY

**6**  
9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE MUSIC  
11:00 AM SENIOR IN CHAIR  
EXERCISES WITH MUSIC ( VIA YOUTUBE )  
12:00 PM LUNCH FINE DINING MUSIC  
EXPERIENCE  
1:30 PM CREATIVE ARTS  
WITH GIA ( L2 )  
2:30 PM WALKING GROUP  
3:00 PM FLOOR GAMES  
WITH GIA ( L4 )  
3:30 PM PAMPERING  
5:00 PM DINNER FINE DINING MUSIC  
EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE MOVIES

**7**  
9:30 AM LIVESTREAM CHURCH MASS  
( BY REQUEST )  
10:00 AM MORNING CHAT GROUP  
11:00 AM WALKING GROUP  
12:00 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
1:30 PM MUSICAL MOMENTS  
3:00 PM PAMPERING  
5:00 PM DINNER FINE DINING  
MUSIC  
EXPERIENCE  
6:00 PM SUNDAY NIGHT AT THE  
MOVIES  
NETFLIX AVAILABLE ALL DAY

**8** **OMEGA VIOLINIST**  
9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND VIEWS  
WITH QUIZZES  
10:30 AM MUSIC WITH  
INSTRUMENTS  
OR MOVEMENT  
1:30 PM BINGO  
1:30 PM MEDITATION  
2:00 PM OMEGA VIOLINIST  
( L2 )  
3:00 PM PAMPERING OR  
WALKING  
4:00 PM 1-1 ROOM VISITS

**9**  
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 GAME AND  
QUIZZES  
1:15 AM RESIDENT CHOICE OF  
ARTIST  
2:45 PM YOGA  
3:15 PM MUSIC AND  
MOVEMENT  
4:00 PM 1-1 ROOM VISITS

**10** **EMERALD HILL LUNCHEON**  
9:30 AM WELCOME TO THE DAY  
10:30 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM CHOIR ( L2 )  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA( H1 &2 )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1:30 PM COMMUNITY VISITORS  
3:00 PM CHARACTER BALLOON THERAPY  
4:00 PM 1-1 ROOM VISITS  
4:00 PM OYSTER BAR  
( BOARDROOM )

**11** **CATHOLIC MASS**  
9:30 AM WELCOME TO THE DAY  
WITH QUIZZES  
10:00 AM GESSY'S PHYSIO  
EXERCISES ( L2 H4 )  
10:30 AM OCTABAND BALL  
THERAPY  
10:30 AM CATHOLIC MASS  
( CINEMA )  
10:45 AM NEWS AND VIEWS  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD  
1:30 PM MEN'S GROUP  
( CINEMA )  
1:30 PM SINGALONG SHARING SESSION  
3:00 PM DANCE AND MOVEMENT  
4:00 PM 1-1 ROOM VISITS

**12**  
9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND VIEWS  
& QUIZZES  
10:45 AM GALILEE REGIONAL  
CATHOLIC SCHOOL  
INTERGENERATIONAL  
PROGRAM  
( L3 )  
1:30 PM THERAPEUTIC  
MUSIC THERAPY  
3:00 PM HAPPY HOUR  
1- 1 ROOM VISITS

**13**  
9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE MUSIC  
11:00 AM SENIOR IN CHAIR  
EXERCISES WITH MUSIC ( VIA YOUTUBE )  
12:00 PM LUNCH FINE DINING MUSIC  
EXPERIENCE  
1:30 PM MUSIC AND INSTRUMENTS  
WITH GIA ( L2 )  
2:30 PM WALKING GROUP  
3:00 PM FLOOR GAMES  
WITH GIA ( L3 )  
3:30 PM PAMPERING  
5:00 PM DINNER FINE DINING MUSIC  
EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE  
MOVIES

**14**  
9:30 AM LIVESTREAM CHURCH MASS  
( BY REQUEST )  
10:00 AM MORNING CHAT GROUP  
11:00 AM WALKING GROUP  
12:00 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
1:30 PM MUSICAL MOMENTS  
3:00 PM PAMPERING  
5:00 PM DINNER FINE DINING MUSIC  
EXPERIENCE  
6:00 PM SUNDAY NIGHT AT THE  
MOVIES  
NETFLIX AVAILABLE ALL DAY

**15**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
WITH QUIZZES  
10:30 AM MUSIC WITH  
INSTRUMENTS  
OR MOVEMENT  
1:30 PM BINGO  
1:30 PM MEDITATION  
2:00 PM OMEGA VIOLINIST  
( L2 )  
3:00 PM PAMPERING OR  
WALKING  
4:00 PM 1-1 ROOM VISITS

**16** **LIFESTYLE FOCUS  
GROUP MEETINGS** **FIRE BRIEFING**  
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 GAME AND  
QUIZZES  
10:45 AM FIRE BRIEFING  
1:30 PM LIFESTYLE FOCUS GROUP  
MEETING  
2:45 PM YOGA  
3:15 PM MUSIC AND MOVEMENT  
4:00 PM 1-1 ROOM VISITS

**17** **SENIOR FESTIVAL INCLUSION**  
9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM SENIOR FESTIVAL INCLUSION  
PROGRAM  
11:00 AM CHOIR ( L2 )  
11:15 AM ZUMBA GOLD ( H3 )  
12:00 PM EMERALD HILL LUNCHEON  
WITH LOCHLAN  
1:30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA( H1 &2 )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1:30 PM COMMUNITY VISITORS  
3:00 PM OCTABAND BALL THERAPY  
4:00 PM 1-1 ROOM VISITS

**18** **RESIDENT AND RELATIVE MEETING**  
9:30 AM WELCOME TO THE DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES ( L2 H4 )  
10:15 AM INTERGENERATIONAL PROGRAM ( L3 )  
10:30 AM BASKETBALL THERAPY  
10:30 AM CATHOLIC COMMUNION  
( 1-1 ROOM VISITS )  
10:45 AM NEWS AND VIEWS  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD  
1:30 PM MEN'S GROUP  
( CINEMA )  
1:30 PM RESIDENT AND RELATIVE MEETING  
3:00 PM INTERACTIVE STORYTELLING AND CREATIVE  
GROUP THERAPY  
4:00 PM 1-1 ROOM VISITS

**19**  
9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND  
VIEWS & QUIZZES  
10:45 AM GALILEE  
REGIONAL CATHOLIC  
INTERGENERATIONAL  
PROGRAM  
1:30 PM SINGALONGS  
WITH LYRICS  
3:00 PM HAPPY HOUR  
1- 1 ROOM VISITS

**20**  
9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE MUSIC  
11:00 AM SENIOR IN CHAIR  
EXERCISES WITH MUSIC ( VIA YOUTUBE )  
12:00 PM LUNCH FINE DINING MUSIC  
EXPERIENCE  
1:30 PM FLOOR GAMES  
WITH GIA ( L2 )  
2:30 PM WALKING GROUP  
3:00 PM CREATIVE ARTS  
WITH GIA ( L4 )  
3:30 PM PAMPERING  
5:00 PM DINNER FINE DINING MUSIC  
EXPERIENCE  
6:00 PM SATURDAY NIGHT AT THE MOVIES



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### SUNDAY

**21**

9:30 AM LIVESTREAM CHURCH MASS  
( BY REQUEST )  
10:00 AM MORNING CHAT GROUP  
11:00 AM WALKING GROUP  
12:00 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
2 :00 PM KIDKO CONCERT  
3 :00 PM PAMPERING  
5 :00 PM DINNER FINE DINING MUSIC  
EXPERIENCE  
6 :00 PM SUNDAY NIGHT AT THE  
MOVIES  
NETFLIX AVAILABLE ALL DAY

### MONDAY

**22**

**FOOTY PRESENTATION  
AND PRIZES**  
9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
WITH QUIZZES  
10:30 AM MUSIC WITH INSTRUMENTS  
OR MOVEMENT  
10:45 AM FOOTBALL PRESENTATION AND  
PRIZES  
1:30 PM EMERALD HILL  
AFTERNOON TEA  
( BOARDROOM )  
1:30 PM BINGO  
1:30 PM MEDITATION  
2 :00 PM OMEGA VIOLINIST  
( L2 )  
3 :00 PM PAMPERING OR WALKING  
4 :00 PM 1-1 ROOM VISITS

### TUESDAY

**23**

**FOOD FOCUS GROUP  
MEETING**  
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 GAME AND  
QUIZZES  
1:00 PM FOOD FOCUS GROUP  
MEETING  
1:15 AM RESIDENT CHOICE OF ARTIST  
2 :45 PM YOGA  
3 :15 PM MUSIC AND MOVEMENT  
4 :00 PM 1-1 ROOM VISITS

### WEDNESDAY

**24**

**OYSTER BAR FOOTY MANIA**  
9:30 AM WELCOME TO THE DAY  
10:30 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM CHOIR ( L2 )  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM TOMMY'S FOOTY MANIA  
WITH HIGH TEA( H1 &2 )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1:30 PM COMMUNITY VISITORS  
3 :00 PM CHARACTER BALLOON THERAPY  
4 :00 PM 1-1 ROOM VISITS  
( BOARDROOM )

### THURSDAY

**25**

**DON MC QUEEN  
POET**  
9 :30 AM WELCOME TO THE DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES ( L2 H4 )  
10:30 AM RHYTHMIC DANCE  
10:30 AM CATHOLIC COMMUNION  
( 1-1 ROOM VISITS )  
10:45 AM NEWS AND VIEWS  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD  
1:30 PM DON MC QUEEN POETRY ( L2 )  
1:30 PM MEN'S GROUP  
( CINEMA )  
1:30 PM GROUP INSTRUMENTS PLAYING  
3 :00 PM SENSORY BALL THERAPY  
4 :00 PM 1-1 ROOM VISITS

### FRIDAY

**26**

**GRAND FINAL MATCH  
PUBLIC HOLIDAY**  
9:30 AM TV SHOWS  
10:00 AM LIVE NEWS  
ON CHANNEL 9  
1:30 PM MUSICAL  
MELODIES VIA YOUTUBE  
3 :00 PM GRAND FINAL  
MATCH  
3:00 PM HAPPY HOUR  
1- 1 ROOM VISITS

### SATURDAY

**27**

**AFL GRAND FINAL**  
9 :30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE MUSIC  
11:00 AM SENIOR IN CHAIR  
EXERCISES WITH MUSIC ( VIA YOUTUBE )  
12:00 PM LUNCH FINE DINING MUSIC  
EXPERIENCE  
1:30 PM FLOOR OR BALLOON THERAPY  
WITH GIA ( L2 )  
2 :30 PM WALKING GROUP  
2:30 PM AFL GRAND FINAL MATCH  
LIVE ON CHANNEL 7  
3 :00 PM TRIVIA  
WITH GIA ( L3 )  
3 :30 PM PAMPERING  
5 :00 PM DINNER FINE DINING MUSIC  
EXPERIENCE  
6 :00 PM SATURDAY NIGHT AT THE MOVIES

**28**

9:30 AM LIVESTREAM CHURCH MASS  
( BY REQUEST )  
10:00 AM MORNING CHAT GROUP  
11:00 AM WALKING GROUP  
12:00 PM LUNCH FINE DINING  
MUSIC EXPERIENCE  
1:30 PM MUSICAL MOMENTS  
3 :00 PM PAMPERING  
5 :00 PM DINNER FINE DINING  
MUSIC  
EXPERIENCE  
6 :00 PM SUNDAY NIGHT AT THE  
MOVIES  
NETFLIX AVAILABLE ALL DAY

**29**

### GARDENING

9:30 AM WELCOME TO THE DAY  
10:00 AM NEWS AND VIEWS  
WITH QUIZZES  
10:30 AM MUSIC WITH  
INSTRUMENTS  
OR MOVEMENT  
1:30 PM BINGO  
1:30 PM MEDITATION  
1:30 PM GARDENING ( L2 )  
2 :00 PM OMEGA VIOLINIST  
( L2 )  
3 :00 PM PAMPERING OR  
WALKING  
4 :00 PM 1-1 ROOM VISITS

**30**

### PET THERAPY

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 GAME AND  
QUIZZES  
1:15 AM MEMORY LANE  
MUSIC ( VIA YOUTUBE )  
2 :45 PM YOGA  
3 :15 PM MUSIC AND MOVEMENT  
4 :00 PM 1-1 ROOM VISITS

