

SEPTEMBER 2025

LEVEL 2- HOUSE 4,5&6

*subject to change



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY



MONDAY

1 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 MEDITATION
(CINEMA)
1:30 PM CREATIVE ARTS
3:15 PM BINGO
4:00 PM 1-1 ROOM VISITS

TUESDAY

2
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES
10:30 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM MUSIC
APPRECIATION
1:30 PM MASTERCHEF
(SPRINGROLLS)
2:45 PM YOGA (L1)
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

WEDNESDAY

3 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 LOCHLAN'S BUS TRIP
(STAY ON BUS)
1:30 PM TOMMY'S SINGALONG
WITH HIGH TEA (L1)
2:30 PM KNITTING GROUP
3:30 PM COMMUNITY /INDOOR
OUTDOOR WALKING
4:00 PM 1-1 ROOM VISITS

THURSDAY

4
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 VISIT)
10:30 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM SINGALONGS
1:30 PM MEN'S GROUP
(CINEMA)
1:30 PM PAMPERING OR MAKEOVERS
WITH BUBBLES
3:00 PM OCTABAND BALL THERAPY
4:00 PM 1-1 ROOM VISITS

FRIDAY

5 ANGLICAN MASS FATHERS DAY CONCERT
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM ANGLICAN MASS
(CINEMA)
10:45 AM GALILEE REGIONAL
CATHOLIC SCHOOL
INTERGENERATIONAL PROGRAM
(L3)
11:00 AM SINGALONGS
1:30 PM FATHERS DAY CONCERT
(L3)
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

SATURDAY

6 9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM IN CHAIR SENIORS
EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM CREATIVE ARTS
WITH GIA
3:00 PM WALKING GROUPS
3:00 PM FLOOR OR BALLOON
GAMES WITH GIA (L4)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT
AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

7

9:30 AM LIVESTREAM CHURCH
MASS
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 GROUPS
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
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:15 AM IN CHAIR
EXERCISES
WITH MUSIC
1:30 PM MEDITATION
(CINEMA)
2:00 PM OMEGA VIOLINIST
3:15 PM BINGO
4:00 PM 1-1 ROOM VISITS

9
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES
10:30 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM MUSIC
APPRECIATION
1:30 PM MASTERCHEF
(GOLDEN DUMPLINGS)
2:45 PM YOGA (L1)
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

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

11 CATHOLIC MASS
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 MEN'S GROUP
(CINEMA)
1:30 PM PAMPERING OR MAKEOVERS
WITH BUBBLES
3:00 PM DANCE & MOVEMENT
4:00 PM 1-1 ROOM VISITS

12 FATHERS DAY CONCERT
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:45 AM GALILEE REGIONAL
CATHOLIC SCHOOL
INTERGENERATIONAL PROGRAM
(L3)
11:00 AM SHOPPING TROLLEY
11:00 AM SINGALONGS
1:30 PM FATHERS DAY CONCERT
(L3)
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

13 9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM IN CHAIR SENIORS
EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM MUSIC AND INSTRUMENTS
WITH GIA (L1)
3:00 PM WALKING GROUPS
3:00 PM FLOOR GAMES
WITH GIA (L4)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT
AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

14 9:30 AM LIVESTREAM CHURCH
MASS
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 GROUPS
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
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:15 AM IN CHAIR EXERCISES
WITH MUSIC
1:30 PM MEDITATION
(CINEMA)
1:30 PM CREATIVE ARTS
3:15 PM BINGO
4:00 PM 1-1 ROOM VISITS

16 9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES
10:30 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM MUSIC APPRECIATION
1:30 PM MASTERCHEF
(PIZZA)
2:45 PM YOGA (L1)
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

17 SENIOR FESTIVAL INCURSION
9:30 AM LIFESTYLE HUDDLE MEETING
10:00 AM SENIOR FESTIVAL INCLUSION
PROGRAM
10:15 AM ZUMBA GOLD
11:00 AM CHOIR
12:00 PM EMERALD HILL LUNCHEON WITH
LOCHLAN
1:30 PM COMMUNITY VISITORS
1:30 PM TOMMY'S SINGALONGS
WITH HIGH TEA (L1)
1:30 PM KIMBERLY'S ART THERAPY
(LM)
2:30 PM KNITTING GROUP
3:30 PM COMMUNITY /INDOOR
OUTDOOR WALKING
4:00 PM 1-1 ROOM VISITS

18 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 MEN'S GROUP
(CINEMA)
1:30 PM PAMPERING OR MAKEOVERS
WITH BUBBLES
3:00 PM SENSORY TOY DANCE THERAPY
4:00 PM 1-1 ROOM VISITS

19 FIRE BRIEFING
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM FIRE BRIEFING
10:45 AM GALILEE REGIONAL
CATHOLIC SCHOOL (L3)
11:00 AM SINGALONGS
1:30 PM FATHERS DAY CONCERT
(L3)
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

20 9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM IN CHAIR SENIORS
EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM FLOOR GAMES
WITH GIA
3:00 PM WALKING GROUPS
3:00 PM CREATIVE ARTS WITH GIA
(L4)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT
AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

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SUNDAY

21 KIDKO MUSICAL CONCERT
9:30 AM LIVESTREAM CHURCH MASS
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
2:00 PM KIDKO MUSICAL CONCERT (L1)
3:00 PM WALKING GROUPS
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

MONDAY

22 EMERALD HILL AFTERNOON TEA FOOTY PRESENTATION & PRIZES
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 MEDITATION (CINEMA)
1:30 PM EMERALD HILL AFTERNOON TEA (BOARDROOM)
3:00 PM FOOTY PRESENTATIONS & PRIZES
3:15 PM BINGO
4:00 PM 1-1 ROOM VISITS

TUESDAY

23 FOOD FOCUS GROUP MEETING
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES
10:30 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM MUSIC APPRECIATION
1:30PM MASTERCHEF (LEMON POSSET)
2:45 PM YOGA (L1)
3:00 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

WEDNESDAY

24 LIFESTYLE FOCUS MEETING FOOTY MANIA CONCERT
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 FOOTY MANIA CONCERT WITH TOMMY (L1)
PRESENTATIONS & PRIZES
1:30 PM LIFESTYLE FOCUS GROUP
2:30 PM KNITTING GROUP
3:30 PM COMMUNITY /INDOOR OUTDOOR WALKING
4:00 PM 1-1 ROOM VISITS

THURSDAY

25 DON MC QUEEN POETRY
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 MEN'S GROUP (CINEMA)
1:30 PM DON MC QUEEN POETRY
3:00 PM SENSORY TOY DANCE THERAPY
4:00 PM 1-1 ROOM VISITS

FRIDAY

26 AFL GRAND FINAL PUBLIC HOLIDAY
9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE
2:00 PM ZUMBA GOLD
3:00 PM AFL GRAND FINAL MATCH
3:00 PM HAPPY HOUR
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE
6:00 PM FRIDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

SATURDAY

27 AFL GRAND FINAL
9:30 AM MORNING TV SHOWS
10:30 AM REMINISCING MUSIC
11:15 AM IN CHAIR SENIORS EXERCISES (VIA YOUTUBE)
12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE
1:30 PM FLOOR AND BALLOON GAMES WITH GIA (L1)
2:30 PM AFL GRAND FINAL MATCH LIVE ON CHANNEL 7
3:00 PM WALKING GROUPS
3:00 PM TRIVIA WITH GIA (L3)
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

28

9:30 AM LIVESTREAM CHURCH MASS
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 GROUPS
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
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:15 AM IN CHAIR EXERCISES WITH MUSIC
1:30 PM MEDITATION (CINEMA)
1:30 PM GARDENING
3:15 PM BINGO
4:00 PM 1-1 ROOM VISITS

30 PET THERAPY

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES
10:30 AM PET THERAPY
10:30 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM MUSIC APPRECIATION
1:30 PM MASTERCHEF (BRUSCHETTA)
2:45 PM YOGA (L1)
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

