

SEPTEMBER 2025

LEVEL 3- HOUSE 7&8

*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
10:00 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM IN CHAIR EXERCISES WITH MUSIC (VIA YOUTUBE)
1:30 PM MEDIATION (CINEMA)
1:30 PM MELBOURNE GRAMMAR MUSICAL CONCERT
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

TUESDAY

2
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO EXERCISES
10:15 AM NEWS AND VIEWS
11:00 AM IN CHAIR EXERCISES WITH MUSIC
1:30 PM FLOOR GAMES
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

WEDNESDAY

3
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS WITH QUIZZES (WITH RICK & DAVID)
11:00 AM CHOIR (L2)
1:30 PM LOCHLAN'S BUS TRIP (STAY ON BUS) 
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
1:30 PM ARTS AND CRAFTS
3:00 PM GROUP INSTRUMENTS PLAYING
4:00 PM 1-1 ROOM VISITS

THURSDAY

4
9:30 AM WELCOME TO DAY
9:30 AM GESSY'S PHYSIO EXERCISES
10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS)
10:15 AM INTERGERATIONAL PROGRAM
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP (CINEMA)
2:00 PM SENSORY TOY DANCING THERAPY
3:00 PM BINGO
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 WITH QUIZZES
10:30 AM ANGLICAN MASS (CINEMA)
10:45 AM GALILEE REGIONAL CATHOLIC SCHOOL INTERGENERATIONAL PROGRAM
11:00 AM 9 LETTER WORD GAMES (L4)
1:30 PM FATHERS DAY CONCERT
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISIT

SATURDAY

6
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC (VIA YOUTUBE)
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 DINING MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFIX AVAILABLE ALL DAY

7

8

OMEGA VIOLINIST

9

10

9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS WITH QUIZZES (WITH RICK & DAVID)
11:00 AM CHOIR (L2)
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
1:30 PM ARTS AND CRAFTS
3:00 PM MUSIC AND INSTRUMENTS
4:00 PM 1-1 ROOM VISITS
4:00 PM OYSTER BAR (BOARDROOM)

11

CATHOLIC MASS

9:30 AM WELCOME TO DAY
9:30 AM GESSY'S PHYSIO EXERCISES
10:00 AM NEWS AND VIEWS
10:30 AM CATHOLIC MASS (CINEMA)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP (CINEMA)
2:00 PM MEMORY BOX
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

12

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:45 AM GALILEE REGIONAL CATHOLIC SCHOOL INTERGENERATIONAL PROGRAM
11:00 AM 9 LETTER WORD GAMES (L4)
1:30 PM FLOOR /BALLOON GAMES
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISIT

13

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC (VIA YOUTUBE)
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 (1)
2:00 PM MOVIE MATINEE
3:00 PM FLOOR OR 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
NETFIX AVAILABLE ALL DAY

14

15

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM IN CHAIR EXERCISES WITH MUSIC (VIA YOUTUBE)
1:30 PM MEDIATION (CINEMA)
1:30 PM SINGALONGS WITH LYRICS
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

16

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO EXERCISES
10:00 AM NEWS AND VIEWS
11:00 AM IN SENIOR QUIZZES VIA YOUTUBE
1:30 PM FLOOR GAMES
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

17

SENIOR FESTIVAL INCLUSION PROGRAM

EMERALD HILL HOTEL

9:30 AM LIFESTYLE HUDDLE MEETING
10:15 AM SENIOR FESTIVAL INCLUSION PROGRAM
10:30 AM NEWS AND VIEWS WITH QUIZZES (WITH RICK & DAVID)
11:00 AM CHOIR (L2)
12:00 PM EMERALD HILL LUNCHEON WITH LOCHLAN
1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM ARTS AND CRAFTS
3:00 PM MUSIC AND MOVEMENT
4:00 PM 1-1 ROOM VISITS

18

LIFESTYLE FOCUS MEETING FIRE BRIEFING

9:30 AM WELCOME TO DAY
9:30 AM GESSY'S PHYSIO EXERCISES
10:00 AM NEWS AND VIEWS
10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS)
10:15 AM INTERGERATIONAL PROGRAM
10:45 AM FIRE BRIEFING
11:00 AM CHOIR
1:00 PM LIFESTYLE FOCUS MEETING
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP (CINEMA)
2:00 PM RHYTHMIC DANCE
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

19

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:45 AM GALILEE REGIONAL CATHOLIC SCHOOL INTERGENERATIONAL PROGRAM
11:00 AM SHOPPING TROLLEY (L4)
1:30 PM FLOOR /BALLOON GAMES
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISIT

20

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC (VIA YOUTUBE)
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 (L2)
2:00 PM MOVIE MATINEE
3:00 PM CREATIVE ARTS WITH GIA (L4)
3:30 PM WALKING GROUPS
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFIX AVAILABLE ALL DAY

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SUNDAY

21

**KIDKO PERFORMING
ARTS MUSICAL CONCERT**

9:30 AM LIVESTREAM C HURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH LYRICS
(VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM MOVIE MATINEE
2:00 PM KIDKO PERFORMING
MUSICAL (L1)
3:00 PM WALKING GROUP
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

MONDAY

22

**FOOTY PRESENTATIONS
& PRIZES**

**EMERALD HILL
HIGH TEA**

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM IN CHAIR EXERCISES
WITH MUSIC (VIA YOUTUBE)
1:30 PM MEDIATION
(CINEMA)
1:30 PM SINGALONGS WITH
LYRICS
1:30 PM EMERALD HILL
HIGH TEA (BOARDROOM)
2:30 PM FOOTY PRESENTATION &
PRIZES
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

TUESDAY

23

**RESIDENT AND RELATIVE
MEETING**

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:00 AM NEWS AND VIEWS
11:00 AM SENIOR QUIZZES
VIA YOUTUBE
1:30 PM RESIDENT AND
RELATIVE MEETING
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

WEDNESDAY

24

FOOTY MANIA

**FOOD FOCUS GROUP
MEETING**

9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS
WITH QUIZZES
(WITH RICK & DAVID)
11:00 AM CHOIR (L2)
1:00 PM FOOD FOCUS GROUP, EETING
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM FOOTY MANIA CONCERT
WITH TOMMY (L1)
1:30 PM ARTS AND CRAFTS
3:00 PM REMINISCING MUSIC
4:00 PM 1-1 ROOM VISITS
4:00 PM OYSTER BAR
(BOARDROOM)

THURSDAY

25

DON MC QUEEN POETRY

9:30 AM WELCOME TO DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:00 AM NEWS AND VIEWS
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM DON MC QUEEN POETRY
(L2)
1:30 PM MEN'S GROUP
(CINEMA)
2:00 PM OCTOBAND BALL THERAPY
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

FRIDAY

26

**AFL GRAN FINAL
PUBLIC HOLIDAY**

9:30 AM MORNING TV SHOWS
10:00 AM MUSIC MELODIES
(VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM WALKING GROUP
3:00 PM AFL FOOTY MATCH
3:00 PM HAPPY HOUR
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM FRIDAY NIGHT AT THE
MOVIES

SATURDAY

27

AFL GRAND FINAL

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINISCING MUSIC
(VIA YOUTUBE)
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 (1)
2:00 PM MOVIE MATINEE
2:30 PM AFL GRAND FINAL MATCH
LIVE ON CHANNEL 7
3:00 PM FLOOR OR BALLOON GAMES WITH GIA (L
3)
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

28

9:30 AM LIVESTREAM C HURCH
MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH
LYRICS
(VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM MOVIE MATINEE
3:00 PM WALKING GROUP
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
11:00 AM IN CHAIR EXERCISES
WITH MUSIC (VIA YOUTUBE)
1:30 PM MEDIATION
(CINEMA)
1:30 PM GARDENING (L2)
1:30 PM SINGALONGS WITH
LYRICS
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

30

PET THERAPY

9:30 AM WELCOME TO THE
DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:00 AM NEWS AND VIEWS
10:30 AM PET THERAPY
11:00 AM SENIOR QUIZZES
VIA YOUTUBE
1:30 PM FLOOR GAMES
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS



Certificate Template



**AFL Grand
Final Day**