

SEPTEMBER 2025

SOUTH PORT

*subject to change



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY



MONDAY

1
9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM PAMPERING
1:30 PM ARMCHAIR TRAVEL
3:00 PM GREEK GROUP
4:00 PM 1-1 ROOM VISITS

TUESDAY

2 RESIDENT AND RELATIVE MEETING
9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:15 AM WORD GAMES OR QUIZZES
11:00 AM MUSICAL MELODIES
1:30 PM RESIDENT AND RELATIVE MEETING
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

WEDNESDAY

3
9:30 AM LIFESTYLE HUDDLE MEETING
10:00 AM RHYTHMIC DANCE
11:00 AM PUZZLES & MEMORY MATCHING GAMES
1:30 PM OCTABAND BALL THERAPY
3:00 PM CREATIVE GROUP THERAPY
INTERACTIVE STORY TELLING
4:00 PM 1-1 ROOM VISITS

THURSDAY

4
9:30 AM WELCOME TO THE DAY
10:15 AM MORNING NEWS BULLETIN
11:00 AM SUMAN'S PHYSIO EXERCISES
1:30 PM BUS TRIPS
3:00 PM MUSIC RELAXATION
4:00 PM 1-1 ROOM VISITS

FRIDAY

5 FATHERS DAY CONCERT
9:30 AM WELCOME TO THE DAY
10:15 AM INTERGENERATIONAL PROGRAM
11:00 AM ZUMBA GOLD
2:00 PM HAPPY HOUR
3:00 PM FATHERS DAY CONCERT
4:00 PM 1-1 ROOM VISITS

SATURDAY

6
9:00 AM MORNING TV SHOWS
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

7

9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 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 GARDEN WALKS
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

8

9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM PAMPERING
1:30 PM ARMCHAIR TRAVEL
3:00 PM GREEK GROUP
4:00 PM 1-1 ROOM VISITS

9

ALBERT PARK MUSICAL CONCERT
9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:15 AM WORD GAMES OR QUIZZES
11:00 AM MUSICAL MELODIES
1:30 PM ALBERT PARK MUSICAL CONCERT
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

10

9:30 AM WELCOME TO THE DAY
10:00 AM DANCE AND MOVEMENT
11:00 AM EMBRACE SENSES
1:30 PM ENCOUNTER WITH PUPPETS
3:00 PM MEMORY BOX
4:00 PM 1-1 ROOM VISITS

11

9:30 AM WELCOME TO THE DAY
10:15 AM INTERGENERATIONAL PROGRAM
11:00 AM SUMAN'S PHYSIO EXERCISES
1:30 PM BUS TRIPS
2:00 PM GREEK MOVIE OR MUSIC
3:00 PM MUSIC AND MOVEMENT
4:00 PM 1-1 ROOM VISITS

12

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

13

9:00 AM MORNING TV SHOWS
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

14

9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 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 GARDEN WALKS
5:00 PM DINNER FINE DINING MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

15 LIFESTYLE FOCUS MEETING

9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MELODIES
11:00 AM PAMPERING
1:30 PM LIFESTYLE FOCUS MEETING
3:00 PM GREEK GROUP
4:00 PM 1-1 ROOM VISITS

16

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:15 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

17

SENIOR FESTIVAL INCLUSION PROGRAM
9:30 AM LIFESTYLE HUDDLE MEETING
10:00 AM DANCE AND MOVEMENT
1:30 PM SENIOR FESTIVAL INCLUSION PROGRAM
3:00 PM SONGS OF MEMORIES
4:00 PM 1-1 ROOM VISITS

18

9:30 AM WELCOME TO THE DAY
10:15 AM MORNING NEWS BULLETIN
11:00 AM SUMAN'S PHYSIO EXERCISES
1:30 PM BUS TRIPS
2:00 PM GREEK MOVIE OR MUSIC
3:00 PM MUSIC THERAPY SINGALONGS
4:00 PM 1-1 ROOM VISITS

19

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

20

9:00 AM MORNING TV SHOWS
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

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**LIBRARY SERVICES
AVAILABLE**

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SUNDAY

21

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 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 GARDEN WALKS
5 :00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

MONDAY

22

9:30 AM MORNING TV
SHOWS
10:30 AM MUSICAL
MELODIES
11:00 AM PAMPERING
1:30 PM DOCUMENTARY
3 :00 PM GREEK GROUP
4 :00 PM 1-1 ROOM
VISITS

TUESDAY

23 **FOOTY CELEBRATIONS**

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO
EXERCISES
10:15 AM WORD GAMES OR
QUIZZES
11:00 AM MUSICAL MELODIES
1:30 PM FOOTY CELEBRATIONS
PRESENTATIONS & PRIZES
3 :00 PM BINGO
4 :00 PM 1-1 ROOM VISITS

WEDNESDAY

24

9:30 AM WELCOME TO THE
DAY
10:00 AM RHYTHMIC DANCE
11:00 AM PUZZLES & MEMORY
MATCHING GAMES
1:30 PM OCTABAND BALL
THERAPY
3 :00 PM CREATIVE GROUP
THERAPY
INTERACTIVE STORY TELLING
4:00 PM 1-1 ROOM VISITS

THURSDAY

25

9:30 AM WELCOME TO THE
DAY
10:15 AM
INTERGENERATIONAL
PROGRAM
11:00 AM SUMAN'S PHYSIO
EXERCISES
1:30 PM BUS TRIPS
2 :00 PM GREEK MUSIC
OR MOVIE
3 :00 PM MUSIC AND
INSTRUMENTS
4 :00 PM 1-1 ROOM VISITS

FRIDAY

26

**AFL GRAND FINAL
PUBLIC HOLIDAY**

9:30 AM MORNING TV SHOWS
10:15 AM GARDEN WALKS
11:00 AM ZUMBA GOLD
12 :00 PM LUNCH FINE DINING
MUSIC
EXPERIENCE
2 :00 PM HAPPY HOUR
5 :00 PM DINNER FINE DINING
MUSIC
EXPERIENCE
6 :00 PM FRIDAY NIGHT
MOVIES
NETFLIX AVAILABLE ALL DAY

SATURDAY

27

AFL GRAND FINAL

9:00 AM MORNING TV SHOWS
11:00 AM PAMPERING
12:00 PM LUNCH FINE DINING
MUSIC
EXPERIENCE
1:30 PM FLOOR OR BALL GAMES
2:30 PM AFL GRAND FINAL MATCH
CHANNEL 7
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

28

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 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 GARDEN WALKS
5 :00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

29

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

30

**FOOD FOCUS GROUP
MEETING**

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO
EXERCISES
10:15 AM WORD GAMES OR
QUIZZES
11:00 AM MUSICAL MELODIES
1 :00 PM FOOD FOCUS GROUP
MEETING
1:30 PM ART THERAPY
3 :00 PM BINGO
4 :00 PM 1-1 ROOM VISITS



**AFL Grand
Final Day**

