



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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1

9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME
(L4)
11:00 AM ZUMBA GOLD (H3)
1:30 PM TOMMY'S SINGALONGS
WITH HIGH TEA
1:30 PM AUGUSTINE'S ART THERAPY
(LM)
1:30 PM LOCHLAN'S
(STAY ON BUS TRIP) 
3:00 PM CHARACTER BALLOON
THERAPY
3:00 PM WALKING GROUP
WITH MILICA
4:00 PM 1-1 ROOM VISITS

2

NVG KIMONO
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:15 AM OCTABAND BALL
THERAPY
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
 1:30 PM NVG KIMOMO BUS TRIP
1:30 PM DANCE AND MOVEMENT
3:00 PM CREATIVE ARTS
4:00 PM 1-1 ROOM VISITS

3

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 MUSICAL
MELODIES
(VIA YOUTUBE)
1:15 PM SINGALONG WITH
LYRICS
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM
VISITS

4

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES
(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 CREATIVE ARTS (L4)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

5

SHARE & CARE
CASPA CARE
CONCERT

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 SHARE & CARE CASPA CARE
CONCERT (L3)
3:00 PM PAMPERING
5:00 PM DINNER FINE DINING MUSIC
EXPERIENCE
6:00 PM SUNDAY NIGHT AT THEE
MOVIES
NETFLIX AVAILABLE ALL DAY

6

LADIES GROUP

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM MUSIC WITH
INSTRUMENTS
11:00 AM BRIDGING THE JOURNEY
(LM)
1:30 PM MEDITATION (CINEMA)
1:30 PM BINGO OR
MATCHING CARD GAMES
3:00 PM PAMPERING OR
AROMATHERAPY
3:00 PM LADIES GROUP (L2)
4:00 PM 1-1 ROOM VISITS

7

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM MUSIC AND
MOVEMENT
1:15 PM MEMORY LANE
MUSIC (VIA TUBE)
2:45 PM YOGA
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

8

FIRE DEBRIEFING

9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS
10:45 AM FIRE DEBRIEFING
11:00 AM 9 LETTER WORD GAME
(L4)
11:00 AM ZUMBA GOLD (H3)
1:30 PM COMMUNITY VISITORS
1:30 PM TOMMY'S SINGALONGS
WITH HIGH TEA
1:30 PM AUGUSTINE'S ART THERAPY
(LM)
3:00 PM CHARACTER BALLOON
THERAPY
3:00 PM WALKING GROUP
WITH MILICA
4:00 PM OYSTER BAR
BOARDROOM)
4:00 PM 1-1 ROOM VISITS

9

CATHOLIC MASS

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:15 AM RHYTHMIC DANCE
10:30 AM CATHOLIC CHURCH
(CINEMA)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
1:30 PM DANCE AND MOVEMENT
3:00 PM MUSICAL RELAXATION
4:00 PM 1-1 ROOM VISITS

10

9:30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND
VIEWS
WITH QUIZZES
10:45 AM MUSICAL
MELODIES
(VIA YOUTUBE)
1:15 PM ARMCHAIR
TRAVEL
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM
VISITS

11

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES
(VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM MUSICAL INSTRUMENTS
WITH GIA (L1)
2:30 PM WALKING GROUP
3:00 PM FLOOR AND BALL
GAMES WITH GIA (L3)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

12


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 THEE
MOVIES
NETFLIX AVAILABLE ALL DAY

13

**LIFESTYLE FOCUS GROUP
OMEGA VIOLINIST**

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM MUSIC WITH INSTRUMENTS
11:00 AM BRIDGING THE JOURNEY
(LM)
1:00 PM LIFESTYLE FOCUS GROUP
1:30 PM MEDITATION (CINEMA)
1:30 PM BINGO OR
MATCHING CARD GAMES
2:00 PM OMEGA VIOLINIST (L2)
3:00 PM PAMPERING OR
AROMATHERAPY

14

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM MUSIC AND
MOVEMENT
1:15 PM MEMORY LANE
MUSIC (VIA TUBE)
1:30 PM RACHEL'S BUS TRIP
(RICKETTS POINT) 
2:45 PM YOGA
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

15

RON IN CONCERT

9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME
(L4)
11:00 AM ZUMBA GOLD (H3)
12:00 PM LOCHLAN'S EMERALD HILL
LUNCHEON
1:30 PM COMMUNITY VISITORS
1:30 PM RON IN CONCERT (L1 H1 & 2)
1:30 PM AUGUSTINE'S ART THERAPY
(LM)
3:00 PM DANCE AND MOVEMENT
3:00 PM WALKING GROUP
WITH MILICA
4:00 PM 1-1 ROOM VISITS

16

INTERGENERATIONAL PROGRAM

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:15 AM SENSORY BALL
THERAPY
10:15 AM INTERGENERATIONAL PROGRAM
(L3)
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
1:30 PM CHARACTER BALLOON THERAPY
3:00 PM SINGALONG SESSION
4:00 PM 1-1 ROOM VISITS

17

9:30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:45 AM MUSICAL
MELODIES
(VIA YOUTUBE)
1:15 PM SINGALONG WITH
LYRICS
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM
VISITS

18

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES
(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 BONUS TRIVIA (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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SATURDAY

19

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 THEE
MOVIES
NETFLIX AVAILABLE ALL DAY

20

EMERALD HILL
AFTERNOON TEA
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM MUSIC WITH INSTRUMENTS
11:00 AM BRIDGING THE JOURNEY
(LM)
1:30 PM MEDITATION (CINEMA)
1:30 PM BINGO OR
MATCHING CARD GAMES
1:30 PM EMERALD HILL
AFTERNOON TEA
(BOARDROOM)
3:00 PM PAMPERING OR
AROMATHERAPY
4:00 PM 1-1 ROOM VISITS

21

DIWALI DAY PET THERAPY
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM MUSIC AND MOVEMENT
10:30 AM PET THERAPY
1:15 PM MEMORY LANE
MUSIC (VIA TUBE)
1:30 PM DIWALI DAY
POWERPOINT PRESENTATION &
CELEBRATIONS (L3)
2:45 PM YOGA
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

22

GARDENING
9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME
(L4)
11:00 AM ZUMBA GOLD (H3)
1:30 PM AUGUSTINE'S ART THERAPY
(LM)
1:30 PM SINGALONGS WITH LYRICS
3:00 PM WALKING GROUP
WITH MILICA
3:00 PM GARDENING (L3)
4:00 PM OYSTER BAR
BOARDROOM)
4:00 PM 1-1 ROOM VISITS

23

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
1:30 PM FLOOR /BALL GAMES
3:00 PM CREATIVE ARTS
4:00 PM 1-1 ROOM VISITS

24

9:30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:45 AM MUSICAL
MELODIES
(VIA YOUTUBE)
1:15 PM ARMCHAIR TRAVEL
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM
VISITS

25

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES
(VIA YOUTUBE)
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM FLOOR OR BALLOON GAMES
WITH GIA (L1)
2:30 PM WALKING GROUP
3:00 PM BONUS TRIVIA
GAMES WITH GIA (L3)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

26

KIDKO PERFORMING ARTS
MUSICAL
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
MUSICAL CONCERT (H1 & 2)
3:00 PM PAMPERING
5:00 PM DINNER FINE DINING MUSIC
EXPERIENCE
6:00 PM SUNDAY NIGHT AT THEE
MOVIES
NETFLIX AVAILABLE ALL DAY

27

LADIES GROUP LOCHLAN'S JAPANESE
EXPERIENCE
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM MUSIC WITH
INSTRUMENTS
11:00 AM BRIDGING THE JOURNEY (LM)
1:30 PM MEDITATION (CINEMA)
1:30 PM BINGO OR
MATCHING CARD GAMES
3:00 PM LOCHLAN'S JAPANESE
EXPERIENCE
(BOARDROOM)
3:00 PM LADIES GROUP (L2)
3:00 PM PAMPERING OR
AROMATHERAPY
4:00 PM 1-1 ROOM VISITS

28

FOOD FOCUS GROUP
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM MUSIC AND MOVEMENT
1:00 PM FOOD FOCUS GROUP
(L2)
1:15 PM MEMORY LANE
MUSIC (VIA TUBE)
1:30 PM RACHEL'S BUS TRIP
(ROSSTOWN HOTEL)
2:45 PM YOGA
3:15 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS

29

9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME
(L4)
11:00 AM ZUMBA GOLD (H3)
1:30 PM COMMUNITY VISITORS
1:30 PM LOCHLAN'S BUS TRIP
(PICNIC)
1:30 PM AUGUSTINE'S ART THERAPY
(LM)
1:30 PM SINGALONGS WITH LYRICS
3:00 PM WALKING GROUP
WITH MILICA
4:00 PM 1-1 ROOM VISITS

30

INTERGENERATIONAL PROGRAM
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS
WITH QUIZZES
10:15 AM INTERGENERATIONAL PROGRAM
(L3)
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
1:30 PM FLOOR /BALL GAMES
3:00 PM CREATIVE ARTS
4:00 PM 1-1 ROOM VISITS

31

GENERATIONS IN
HARMONY CONCERT ANAM CONCERT
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:45 AM MUSICAL
MELODIES
(VIA YOUTUBE)
11:00 AM ANAM CONCERT
(L4)
1:15 PM SINGALONG WITH LYRICS
1:30 PM GENERATIONS IN
HARMONY CONCERT (L3)
3:00 PM HALLOWEEN
HAPPY HOUR
4:00 PM 1-1 ROOM
VISITS

