



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY



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1
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEW AND VIEWS
WITH QUIZZES
WITH RICK AND DAVID
11:00 AM CHOIR (L2)
1:30 PM TOMMY'S SINGALONGS
WITH HIGH TEA (L1)
1:30 PM LOCHLAN'S
STAY ON BUS TRIP 
1:30 PM AUGUSTINE ART THERAPY
(LM)
1:30 PM RESIDENT CHOICE OF ARTIST
3:00 PM SINGALONG WITH LYRICS
(VIA YOUTUBE)
3:30 PM WALKING GROUP WITH MILICA
4:00 PM 1-1 ROOM VISITS

2
NVG KIMONO
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 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 NVG BUS TRIP
(KIMONO) 
1:30 PM MEN'S GROUP
(CINEMA)
2:00 PM BINGO
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

3
ANGLICAN MASS
WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM ANGLICAN MASS
(CINEMA)
11:00 AM 9 LETTER WORD
GAMES
1:30 PM BALL OR BALLOON
GAMES
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISITS

4
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINSING MUSIC
11:00 AM IN CHAIR SENIOR
EXERCISES
12:00 PM LUNCH FINE DIDDING
MUSIC EXPERINCE
1:30 PM FLOOR OR BALLOON
WITH GIA (L2)
2:00 PM MOVIE MATINEE
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

5
**SHARE & CARE
CASPA CARE CONCERT**
9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH
LYRICS
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
2:00 PM SHARE & CARE
CASPA CARE CONCERT
3:30 PM WALKING GROUP
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

6
LADIES GROUP
9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM IN CHAIR
EXERCISES WITH MUSIC
11:00 AM BRIDGING THE JOURNEY
CHAT GROUP (LM)
1:30 PM MEDITATION
(CINEMA)
1:30 PM BINGO
3:00 PM LADIES GROUP
(L2)
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

7
9:30 AM WELCOME TO THE
DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM IN CHAIR
EXERCISES WITH MUSIC
1:30 PM FLOOR GAMES
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

8
OYSTER BAR
9:30 AM WELCOME TO THE DAY
10:30 AM NEW AND VIEWS
WITH QUIZZES
WITH RICK AND DAVID
11:00 AM CHOIR (L2)
1:30 PM TOMMY'S SINGALONGS
WITH HIGH TEA (L1)
1:30 PM COMMUNITY VISITORS
1:30 PM AUGUSTINE ART THERAPY
(LM)
1:30 PM BONUS TRIVIA
3:00 PM SINGALONGS WITH
LYRICS (VIA YOUTUBE)
3:30 PM WALKING GROUP
4:00 PM OYSTER BAR
(BOARDROOM)
4:00 PM 1-1 ROOM VISITS

9
FIRE DEBRIEFING **CATHOLIC MASS**
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:00 AM NEWS AND VIEWS
10:30 AM CATHOLIC MASS
(CINEMA)
10:45 AM FIRE DEBRIEFING
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
2:00 PM BINGO
3:00 PM PAMPERING
4:00 PM 1-1 ROOM VISITS

10
WELCOME TO THE DAY
10:00 AM NEWS AND
VIEWS
WITH QUIZZES
11:00 AM 9 LETTER WORD
GAMES
1:30 PM BALL OR
BALLOON
GAMES
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISITS

11
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINSING MUSIC
11:00 AM IN CHAIR SENIOR
EXERCISES
12:00 PM LUNCH FINE DIDDING
MUSIC EXPERINCE
1:30 PM MUSIC AND INSTRUMENTS
WITH GIA (L1)
2:00 PM MOVIE MATINEE
3:00 PM FLOOR GAMES
WITH GIA (L3)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE

12
9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH
LYRICS
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
2:00 PM CARD /BOARD GAMES
3:30 PM WALKING GROUP
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

13
OMEGA VIOLINIST
9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM IN CHAIR
EXERCISES WITH MUSIC
11:00 AM BRIDGING THE JOURNEY
CHAT GROUP (LM)
1:30 PM MEDITATION
(CINEMA)
1:30 PM BINGO
2:00 PM OMEGA VIOLINIST
(L2)
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

14
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM IN CHAIR
EXERCISES WITH MUSIC
1:30 PM RACHEL BUS TRIP
(RICKETTS POINT) 
2:00 PM ARMCHAIR TRAVEL
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

15 **RON IN CONCERT** **OCTOFEST MASTERCHEF**
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEW AND VIEWS
WITH QUIZZES
WITH RICK AND DAVID
11:00 AM CHOIR (L2)
12:00 PM LOCHLAN'S EMERALD HILL
LUNCHEON
1:15 PM RESIDENT CHOICE OF ARTIST
1:30 PM AUGUSTINE ART THERAPY
(LM)
1:30 PM RON IN CONCERT (L1)
1:30 PM COMMUNITY VISITORS
2:45 PM OCTOBER FEST MASTER CHEF
3:30 PM WALKING GROUP WITH
MILICA
4:00 PM 1-1 ROOM VISITS

16 **INTERGENERATIONAL PROGRAM**
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM INTERGENERATIONAL
PROGRAM
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
2:00 PM BINGO
3:00 PM PAMPERING
4:00 PM 1-1 ROOM VISITS

17
WELCOME TO THE DAY
10:00 AM NEWS AND
VIEWS
WITH QUIZZES
11:00 AM 9 LETTER WORD
GAMES
1:30 PM BALL OR
BALLOON GAMES
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISITS

18
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINSING MUSIC
11:00 AM IN CHAIR SENIOR
EXERCISES
12:00 PM LUNCH FINE DIDDING
MUSIC EXPERINCE
1:30 PM CREATIVE ARTS
WITH GIA (L2)
2:00 PM MOVIE MATINEE
3:00 PM BONUS TRIVIA
WITH GIA (L4)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

19

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH LYRICS
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
2:00 PM CARD /BOARD GAMES
3:30 PM WALKING GROUP
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

MONDAY

20

AFTERNOON TEA
EMERALD HILL

9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM IN CHAIR
EXERCISES WITH MUSIC
11:00 AM SHOPPING TROLLEY
11:00 AM BRIDGING THE JOURNEY CHAT
GROUP (LM)
1:30 PM MEDITATION
(CINEMA)
1:30 PM EMERALD HILL
AFTERNOON TEA
(BOARDROOM)
1:30 PM BINGO
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

TUESDAY

21

PET THERAPY
DIWALI DAY
CELEBRATIONS

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

WEDNESDAY

22

LIFESTYLE FOCUS
GROUP MEETING

OYSTER BAR GARDENING
9:30 AM WELCOME TO THE DAY
10:30 AM NEW AND VIEWS
WITH QUIZZES
WITH RICK AND DAVID
11:00 AM CHOIR (L2)
1:00 PM LIFESTYLE FOCUS GROUP MEETING
1:30 PM AUGUSTINE ART THERAPY
(LM)
1:30 PM BOOK CLUB
1:30 PM COMMUNITY VISITORS
3:00 PM GARDENING GROUP
3:30 PM WALKING GROUP WITH MILICA
4:00 PM OYSTER BAR
(BOARDROOM)
4:00 PM 1-1 ROOM VISITS

THURSDAY

23

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 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 MEN'S GROUP
(CINEMA)
2:00 PM BINGO
3:00 PM PAMPERING
4:00 PM 1-1 ROOM VISITS

FRIDAY

24

WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM 9 LETTER
WORD GAMES
1:30 PM BALL OR
BALLOON GAMES
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM
VISITS

SATURDAY

25

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINSING MUSIC
11:00 AM IN CHAIR SENIOR
EXERCISES
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM FLOOR GAMES
WITH GIA (L1)
2:00 PM MOVIE MATINEE
3:00 PM BONUS TRIVIA
WITH GIA (L3)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE

26

KIDKO PERFORMING ARTS
MUSICAL

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH LYRICS
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
2:00 PM KIDKO PERFORMING ARTS
MUSICAL (L1)
2:00 PM CARD /BOARD GAMES
3:30 PM WALKING GROUP
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

27

LOCHLAN'S JAPANESE
EXPERIENCE

LADIES GROUP


9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM IN CHAIR
EXERCISES WITH MUSIC
11:00 AM BRIDGING THE JOURNEY
CHAT GROUP (LM)
1:30 PM MEDITATION
(CINEMA)
1:30 PM BINGO
3:00 PM LADIES GROUP
(L2)
3:00 PM KNITTING GROUP
3:00 PM LOCHLAN'S JAPANESE
EXPERIENCE
(BOARDROOM)
4:00 PM 1-1 ROOM VISITS

28

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM IN CHAIR
EXERCISES WITH MUSIC
1:30 PM RACHEL'S BUS TRIP
(ROSSTOWN HOTEL)
2:00 PM DOCUMENTARY
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

29

INTERGENERATIONAL MASTERCHEF

9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEW AND VIEWS
WITH QUIZZES
WITH RICK AND DAVID
11:00 AM CHOIR (L2)
1:00 PM FOOD FOCUS GROUP (L4)
1:30 PM AUGUSTINE ART THERAPY
(LM)
1:30 PM LOCHLAN'S BUS TRIP
PICNIC 
1:30 PM COMMUNITY VISITORS
1:30 PM INTERGENERATIONAL MASTERCHEF
(POTATO DUMPLINGS)
3:00 PM POETRY
3:30 PM WALKING GROUP WITH MILICA
4:00 PM 1-1 ROOM VISITS

30

INTERGENERATIONAL PROGRAM

HALLOWEEN CELEBRATIONS


9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM INTERGENERATIONAL
PROGRAM
10:30 AM CATHOLIC COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
1:30 PM MEN'S GROUP
(CINEMA)
2:00 PM BINGO
3:00 PM HALLOWEEN CELEBRATIONS
4:00 PM 1-1 ROOM VISITS

31

HALLOWEEN

ANAM MUSICAL

GENERATIONS IN
HARMONY CONCERT

WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH HALLOWEEN QUIZZES
11:00 AM ANAM MUSICAL
CONCERT (4)
11:00 AM 9 LETTER WORD
GAMES
1:30 PM GENERATIONS IN
HARMONY CONCERT
1:30 PM BALL OR BALLOON
GAMES
3:00 PM HALLOWEEN HAPPY
HOUR 
4:00 PM 1-1 ROOM VISITS

