

OCTOBER 2025

LEVEL 4- HOUSE 9 & 10

***SUBJECT TO CHANGE**



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5
**SHARE & CARE CASPA
CARE CONCERT**
9:30 AM LIVESTREAM
CHURCH MASS
(BY REQUEST)
10:00 AM MORNING TV SHOWS
11:00 AM WALKING GROUPS
12:00 PM LUNCH FINE DINING MUSIC
EXPERIENCE
2 :00 PM SHARE & CARE
CASPA CARE CONCERT (L3)
3 :30 PM PAMPERING
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
10:00 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM BRIDGING THE
JOURNEY CHAT GROUP
(LM)
11:00 AM 9 LETTER WORD GAMES
1:30 PM MEDITATION
(CINEMA)
1:30 PM CLASSICAL COMPOSER
3 :00 PM LADIES GROUP
(L2)
3 :00 PM BONUS TRIVIA
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
11:00 AM 9 LETTER WORD
GAME
1:30 PM BINGO
2:45 PM BALL OR BALLOON
THERAPY
3 :30 PM YOGA (L3)
4 :00 PM 1-1 ROOM VISITS

8
OYSTER BAR
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
1:30 PM TOMMY'S SINGALONG
& HIGH TEA (L1)
1 :30 PM AUGUSTINE'S ART THERAPY
(LM)
1:30 PM COMMUNITY VISITORS
2 PM ARMCHAIR TRAVEL
3 :15 PM MILICA WALKING
GROUP
4 :00 PM OYSTER BAR
(BOARDROOM)
4 :00 PM 1-1 ROOM VISITS

9
CATHOLIC MASS
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 CATHOLIC MASS
(CINEMA)
11:00AM 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
1:30 PM MEN'S GROUP
(CINEMA)
2 :00 PM ZUMBA GOLD
3 :15 PM PAMPERING
4 :00 PM 1-1 ROOM VISITS

10
9:30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM IN CHAIR
EXERCISES
11:00 AM 9 LETTER WORD
GAME
2 :00 PM TRIVIA
3 :00 PM HAPPY HOUR
3 :15 PM LOCHLAN'S FRIDAY
FIESTA
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 SENIOR
EXERCISES
(VIA YOUTUBE)
12 :00 PM LUNCH FINE DINING MUSIC
EXPERIENCE
1 :30 PM MUSIC AND INSTRUMENTS
(WITH GIA L1)
2 :00 PM MOVIE MATINEE
3 :00 PM FLOOR OR BALL GAMES
WITH GIA (L3)
5 :00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6 :00 PM SATURDAY AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

12
9:30 AM LIVESTREAM
CHURCH MASS
(BY REQUEST)
10:00 AM MORNING TV SHOWS
11:00 AM WALKING GROUPS
12:00 PM LUNCH FINE DINING MUSIC
EXPERIENCE
2 :00 PM MOVIE MATINEE
3 :30 PM PAMPERING
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
10:00 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM 9 LETTER WORD GAMES
11:00 AM BRIDGING THE
JOURNEY CHAT GROUP (LM)
1:30 PM MEDITATION
(CINEMA)
1:30 PM MASTERCHEF
2 :00 PM OMEGA VIOLINIST
3 :00 PM FLOOR GAMES
4 :00 PM 1- 1 ROOM VISITS

14
FIRE DEBRIEFING
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:00 AM NEWS AND VIEWS
10:45 AM FIRE DEBRIEFING
11:00 AM 9 LETTER WORD GAME
1:30 PM BINGO
1:30 PM RACHEL'S BUS TRIP
(RICKETTS POINT)
2:45 PM MEMORY LANE
THERAPY SENIOR
SINGALONGS
(VIA YOUTUBE)
3 :30 PM YOGA (L3)
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 GAMES
11:00 AM CHOIR (L3)
12:00 PM LOCHLAN'S EMERALD HILL
LUNCHEON
1 :30 PM AUGUSTINE'S ART THERAPY
(LM)
1:30 PM RON IN CONCERT (L1)
1:30 PM COMMUNITY VISITORS
2 PM DOCUMENTARY
3:00 PM MUSICAL INSTRUMENTS
3 :15 PM MILICA WALKING
GROUP
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 (L3)
10:15 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM CATHOLIC COMMUNION
(1 -1 VISITS)
11:00AM 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
1:30 PM MEN'S GROUP
(CINEMA)
2 :00 PM ZUMBA GOLD
3 :15 PM PAMPERING
4 :00 PM 1-1 ROOM VISITS

17
LIFESTYLE FOCUS GROUP MEETING
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM IN CHAIR
EXERCISES
11:00 AM 9 LETTER WORD GAME
1:00 PM LIFESTYLE FOCUS GROUP
MEETING
2 :00 PM TRIVIA
3 :00 PM HAPPY HOUR
3 :15 PM LOCHLAN'S FRIDAY
FIESTA
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 SENIOR
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 BONUS TRIVIA WITH GIA
5 :00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6 :00 PM SATURDAY AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

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SUNDAY

19

9:30 AM LIVESTREAM
CHURCH MASS
(BY REQUEST)
10:00 AM MORNING TV SHOWS
11:00 AM WALKING GROUPS
12:00 PM LUNCH FINE DINING MUSIC
EXPERIENCE
2 :00 PM MOVIE MATINEE
3 :30 PM PAMPERING
5 :00 PM DINNER FINE DINING MUSIC
EXPERIENCE
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

MONDAY

20

**EMERALD HILL
AFTERNOON TEA**
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH
QUIZZES
11:00 AM 9 LETTER WORD GAMES
11:00 AM BRIDGING THE JOURNEY
CHAT GROUP (LM)
11:00 AM SHOPPING TROLLEY
1:30 PM MEDITATION
(CINEMA)
1:30 PM EMERALD HILL
AFTERNOON TEA
(BOARDROOM)
1:30 PM CLASSICAL COMPOSER
3 :00 PM BONUS TRIVIA
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
10:30 AM PET THERAPY
11:00 AM 9 LETTER WORD GAME
1:30 PM DIWALI DAY
POWERPOINT AND CELEBRATIONS
(L3)
1:30 PM BINGO
2:45 PM SINGALONGS
WITH LYRICS (YOUTUBE)
3 :30 PM YOGA (L3)
4 :00 PM 1-1 ROOM VISITS

WEDNESDAY

22

OYSTER BAR GARDENING
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
WITH QUIZZES
11:00 AM 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
1 :30 PM AUGUSTINE'S ART THERAPY
(LM)
1:30 PM COMMUNITY VISITORS
2 PM ARMCHAIR TRAVEL
3 :00 PM GARDENING (L3)
3 :00 PM SINGALONGS SESSIONS
3 :15 PM MILICA WALKING
GROUP
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
WITH QUIZZES
10:30 AM CATHOLIC COMMUNION
(1 -1 VISITS)
11:00AM 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
1:30 PM MEN'S GROUP
(CINEMA)
2 :00 PM ZUMBA GOLD
3 :15 PM PAMPERING
4 :00 PM 1-1 ROOM VISITS

FRIDAY

24

9:30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND VIEWS
10:30 AM IN CHAIR
EXERCISES
11:00 AM 9 LETTER WORD
GAME
2 :00 PM TRIVIA
3 :00 PM HAPPY HOUR
3 :15 PM LOCHLAN'S FRIDAY
FIESTA
4 :00 PM 1-1 ROOM VISITS

SATURDAY

25

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
REMINISCING MUSIC
11:15 AM IN CHAIR SENIOR EXERCISES
(VIA YOUTUBE)
12 :00 PM LUNCH FINE DINING MUSIC
EXPERIENCE
1 :30 PM FLOOR OR BALLOON GAMES
(WITH GIA L 1)
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 AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

26

**KIDKO PERFORMING ARTS
MUSICAL**
9:30 AM LIVESTREAM
CHURCH MASS
(BY REQUEST)
10:00 AM MORNING TV SHOWS
11:00 AM WALKING GROUPS
12:00 PM LUNCH FINE DINING MUSIC
EXPERIENCE
2 :00 PM KIDKO PERFORMING ARTS
MUSICAL (L1)
2 :00 PM MOVIE MATINEE
3 :30 PM PAMPERING
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
10:00 AM NEWS AND VIEWS WITH
QUIZZES
11:00 AM BRIDGING THE JOURNEY
CHAT GROUP
(LM)
11:00 AM 9 LETTER WORD GAMES
1:30 PM MEDITATION
(CINEMA)
1:30 PM MOVIE MATINEE
GYPSY
3 :00 PM LADIES GROUP
(L2)
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
11:00 AM 9 LETTER WORD GAME
1:30 PM BINGO
1:30 PM RACHEL'S BUS TRIP
(ROSSTOWN HOTEL)
2 :45 PM MEMORY LANE
SENIOR SINGALONGS
(VIA YOUTUBE)
3 :30 PM YOGA (L3)
4 :00 PM 1-1 ROOM VISITS

29

FOOD FOCUS GROUP
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
1:00 PM FOOD FOCUS GROUP
1 :30 PM AUGUSTINE'S ART THERAPY
(LM)
1:30 PM LOCHLAN'S BUS TRIP
(PICNIC)
1:30 PM COMMUNITY VISITORS
2 PM DOCUMENTARY
3 :15 PM MILICA WALKING
GROUP
4 :00 PM 1-1 ROOM VISITS

30

INTERGENERATIONAL PROGRAM
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM INTERGENERATIONAL
PROGRAM (L3)
10:15 AM NEWS AND VIEWS
WITH QUIZZES
10:30 AM CATHOLIC COMMUNION
(1 -1 VISITS)
11:00AM 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
1:30 PM MEN'S GROUP
(CINEMA)
2 :00 PM ZUMBA GOLD
3 :15 PM PAMPERING
4 :00 PM 1-1 ROOM VISITS

31

**GENERATIONS IN
HARMONY CONCERT**
ANAM MUSICAL CONCERT
9:30 AM WELCOME TO THE DAY
10:00 AM 9 LETTER WORD
GAMES
11:00 AM ANAM MUSICAL
CONCERT
1:30 PM GENERATIONS IN
HARMONY CONCERT (L3)
2 :00 PM TRIVIA
3 :00 PM HAPPY HOUR
3 :15 PM HALLOWEEN LOCHLAN'S
FRIDAY
FIESTA
4 :00 PM 1-1 ROOM VISITS

