

NOVEMBER 2025

LEVEL 3- HOUSE 7 & 8

*subject to change



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Remembrance Day

Lest We Forget



1

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
WITH REMINISCING MUSIC
11:00 AM IN CHAIR
EXERCISES
1:30 PM BALLOON OR FLOOR GAMES
WITH GIA (L2)
2:00 PM MOVIE MATINEE
3:00 PM CREATIVE ARTS
WITH GIA (L4)
6:00 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

2

9:30 AM LIVESTREAM CHURCH
MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH
LYRICS
2:00 PM CARD OR BOARD
GAMES
3:30 PM WALKING GROUPS
6:00 PM SUNDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

3

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
GROUP (CINEMA)
1:30 PM MEDITATION
(CINEMA)
1:30 PM CREATIVE HAT MAKING
3:00 PM CAFE VISITS
4:00 PM 1-1 ROOM VISITS

4

**PUBLIC HOLIDAY
MELBOURNE CUP**

9:30 AM MORNING TV
SHOWS
10:30 AM MUSIC
MELODIES
1:30 PM MOVIE MATINEE
3:00 PM MELBOURNE
CUP
RACES (VIA CHANNEL 7)
6:00 PM MOVIE NIGHT
NETFLIX AVAILABLE ALL
DAY

5

GREEK MASS
9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS
WITH RICK AND DAVID
11:00 AM GREEK HOLY COMMUNION
(1-1 ROOM VISITS)
11:00 AM CHOIR (L2)
11:30 PM RACHEL'S BUS TRIP
ST PAUL'S CATHEDRAL
CLASSICAL MUSIC CONCERT
1:30 PM SINGALONGS WITH
LYRICS
1:30 PM AUGUSTINE'S
ART THERAPY (LM)
3:00 PM IN CHAIR EXERCISES
4:00 PM 1-1 ROOM VISITS

6

OAKS DAY HAT PARADE
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)
1:30 PM MELBOURNE CUP
SWEEP PRIZES
1:45 PM OAKS DAY HAT PARADE
WITH CHAMPAGNE
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

7

ANGLICAN MASS **SPRING CARNIVAL
CONCERT**
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM IN CHAIR EXERCISES
10:30 AM ANGLICAN MASS
(CINEMA)
11:00 AM 9 LETTER WORD
GAMES
1:30 PM SPRING CARNIVAL
CONCERT
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY
FIESTA (L4)
4:00 PM 1-1 ROOM VISITS

8

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
WITH REMINISCING MUSIC
11:00 AM IN CHAIR
EXERCISES
1:30 PM MUSIC WITH
INSTRUMENTS
WITH GIA (L1)
2:00 PM MOVIE MATINEE
3:00 PM FLOOR OR BALLOON
GAMES WITH GIA (L3)
6:00 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

9

9:30 AM LIVESTREAM CHURCH
MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH
LYRICS
2:00 PM CARD OR BOARD GAMES
3:30 PM WALKING GROUPS
6:00 PM SUNDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

10

BOOK CLUB **RSL COMMEMORATIVE SPEECH**

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 REMEMBRANCE DAY
COMMEMORATIVE SPEECH (L2)
11:00 AM BRIDGING THE JOURNEY
GROUP (CINEMA)
1:30 PM MEDITATION
(CINEMA)
1:30 PM BOOK CLUB
2:00 PM OMEGA VIOLINIST (L2)
3:00 PM CAFE VISITS
4:00 PM 1-1 ROOM VISITS

11

REMEMBRANCE DAY 

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 OBSERVING ONE MINUTE
SILENCE
11:00 AM IN CHIAR EXERCISES
WITH MUSIC
1:30 PM FLOOR GAMES
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

12

9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS
WITH RICK AND DAVID
11:00 AM CHOIR (L2)
1:30 PM LOCHLAN'S OUTING
(EMERALD HILL HOTEL)
1:30 PM MASTERCHEF
(ITALIAN PIZZA)
1:30 PM AUGUSTINE'S
ART THERAPY (LM)
3:00 PM POETRY
4:00 PM 1-1 ROOM VISITS

13

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
10:15 AM INTERGENERATIONAL
PROGRAM
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 BINGO
3:00 PM PAMPERING
4:00 PM 1-1 ROOM VISITS

14

LIFESTYLE FOCUS GROUP

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
GAMES
1:00 PM LIFESTYLE FOCUS GROUP
1:30 PM FLOOR OR BALLOON
GAMES
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY
FIESTA (L4)
4:00 PM 1-1 ROOM VISITS

15

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE
WITH REMINISCING MUSIC
11:00 AM IN CHAIR
EXERCISES
1:30 PM CREATIVE ARTS
WITH GIA (L2)
2:00 PM MOVIE MATINEE
3:00 PM FLOOR OR BALLOON GAMES
WITH GIA (L4)
6:00 PM SATURDAY NIGHT AT THE
MOVIES
NETFLIX AVAILABLE ALL DAY

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SATURDAY

16

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH LYRICS
2 :00 PM CARD OR BOARD GAMES
3:30 PM WALKING GROUPS
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

17

EMERALD HILL AFTERNOON TEA SHOPPING TROLLEY
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 GROUP (CINEMA)
1:30 PM MEDITATION (CINEMA)
1:30 PM EMERALD HILL AFTERNOON TEA (BOARDROOM)
1:30 PM HOLLYWOOD COLLECTIONS
3 :00 PM CAFE VISITS
4 :00 PM 1-1 ROOM VISITS

18

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 CHIAR EXERCISES WITH MUSIC
11:30 AM RACHEL'S BUS TRIP (PIER 35 BAR & GRILL)
2 :00 PM ARMCHAIR TRAVEL
3 :30 PM YOGA
4 :00 PM 1-1 ROOM VISITS

19

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

20

AGM MEETING
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 KNITTING GROUP
3 :30 PM AGM MEETING (TEMPERANCE HALL STH MELB)
4 :00 PM 1-1 ROOM VISITS

21

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 GAMES
1:30 PM FLOOR OR BALLOON GAMES
3 :00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA (L4)
4 :00 PM 1-1 ROOM VISITS

22

9:30 AM MORNING TV SHOWS
10 :30 AM MEMORY LANE WITH REMINISCING MUSIC
11:00 AM IN CHAIR EXERCISES
1:30 PM FLOOR OR BALLOON GAMES WITH GIA (L1)
2 :00 PM MOVIE MATINEE
3 :00 PM CREATIVE ARTS WITH GIA (L3)
6 :00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

23

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH LYRICS
2 :00 PM CARD OR BOARD GAMES
3:30 PM WALKING GROUPS
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

24

LOCHLAN'S JAPANESE EXPERIENCE
9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM PET THERAPY WITH COOKIE
11:00 AM IN CHAIR EXERCISES WITH MUSIC
11:00 AM SHOPPING TROLLEY
11:00 AM BRIDGING THE JOURNEY GROUP (CINEMA)
1:30 PM MEDITATION (CINEMA)
1:30 PM CREATIVE ARTS
3 :00 PM POETRY
3 :00 PM LOCHLAN'S JAPANESE EXPERIENCE (BOARDROOM)
4 :00 PM 1-1 ROOM VISITS

25

PET THERAPY
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 WITH COOKIE
11:00 AM IN CHIAR EXERCISES WITH MUSIC
1:30 PM FLOOR GAMES
3 :30 PM YOGA
4 :00 PM 1-1 ROOM VISITS

26

FOOD FOCUS GROUP
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS WITH RICK AND DAVID
11:00 AM CHOIR (L2)
1:30 PM LOCHLAN'S (STAY ON BUS)
1:00 PM FOOD FOCUS GROUP
1:30 PM TOMMY'S SINGALONGS & HIGH TEA (L1)
1:30 PM MASTERCHEF (BISCUITS)
1:30 PM KIMBERLY'S ART THERAPY(LM)
3 :00 PM TABLE OR BOARD GAMES
4 :00 PM 1-1 ROOM VISITS

27

INTERGENERATIONAL CHRISTMAS CELEBRATIONS RESIDENT AND RELATIVE MEETING
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO EXERCISES
10:15 AM INTERGENERATIONAL CHRISTMAS CELEBRATIONS
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)
1:30 PM RESIDENT AND RELATIVE MEETING
3:00 PM KNITTING GROUP
4 :00 PM 1-1 ROOM VISITS

28

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 GAMES
1:30 PM FLOOR OR BALLOON GAMES
3 :00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA (L4)
4 :00 PM 1-1 ROOM VISITS

29

9:30 AM MORNING TV SHOWS
10 :30 AM MEMORY LANE WITH REMINISCING MUSIC
11:00 AM IN CHAIR EXERCISES
1:30 PM CREATIVE ARTS WITH GIA (L2)
2 :00 PM MOVIE MATINEE
3 :00 PM TRIVIA WITH GIA (L4)
6 :00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

30

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM COFFEE AND CHAT
11:00 AM SINGALONGS WITH LYRICS
2 :00 PM CARD OR BOARD GAMES
3:30 PM WALKING GROUPS
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

