

NOVEMBER 2025

SOUTH PORT

*subject to change



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 9:30 AM MORNING TV SHOWS
11:00 AM PAMPERING
1:30 PM FLOOR OR BALL GAMES
3:00 PM GARDEN WALKS
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

2 9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM IN CHAIR EXERCISES (VIA YOUTUBE)
11:00 AM PAMPERING
1:30 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)
3:00 PM GARDEN WALKS
6:00 PM NETFLIX AVAILABLE ALL DAY

3 **MELBOURNE CUP SWEEP**
9:30 AM WELCOME TO THE DAY
10:15 AM MORNING NEWS BULLETIN AND QUIZZES
11:00 AM IN CHAIR EXERCISES WITH MUSIC
1:30 PM BINGO
3:00 PM CREATIVE ARTS
4:00 PM 1-1 ROOM VISITS

4 **PUBLIC HOLIDAY MELBOURNE CUP**
9:30 AM MORNING TV SHOWS
10:30 AM MUSIC MELODIES
12:00 PM LUNCH FINE DINING
MUSIC EXPERIENCE
1:30 PM PAMPERING
3:00 PM MELBOURNE CUP RACES (VIA CHANNEL 7)
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
6:00 PM MOVIE NIGHT
NETFLIX AVAILABLE ALL DAY

5 9:30 AM WELCOME TO THE DAY
10:00 AM NEWS BULLETIN AND QUIZZES
10:30 AM BALLOON OR BALL THERAPY
11:00 AM MUSIC AND INSTRUMENTS
1:30 PM MASTERCHEF (CHOCOLATE SOUFFLE)
3:00 PM MUSIC AND MOVEMENTS
4:00 PM 1-1 ROOM VISITS

6 **INTERGENERATIONAL PROGRAM**
9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:15 AM INTERGENERATIONAL PROGRAM
11:00 AM MUSIC & INSTRUMENTS
1:30 PM FLOOR GAMES
3:00 PM MUSIC THERAPY
4:00 PM 1-1 ROOM VISITS

7 **MELBOURNE CUP DRAW SPRING CARNIVAL CONCERT**
9:30 AM WELCOME TO THE DAY
10:15 AM INTERGENERATIONAL PROGRAM
11:00 AM ZUMBA GOLD
1:30 PM MELBOURNE CUP DRAW WITH PRIZES
2:00 PM HAPPY HOUR
3:00 PM SPRING CARNIVAL CONCERT
4:00 PM 1-1 ROOM VISITS

8 9:30 AM MORNING TV SHOWS
11:00 AM PAMPERING
1:30 PM FLOOR OR BALL GAMES
3:00 PM GARDEN WALKS
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
NETFLIX AVAILABLE ALL DAY

9 9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM IN CHAIR EXERCISES (VIA YOUTUBE)
11:00 AM PAMPERING
1:30 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)
3:00 PM GARDEN WALKS
6:00 PM NETFLIX AVAILABLE ALL DAY

10 9:30 AM WELCOME TO THE DAY
10:15 AM MORNING NEWS BULLETIN AND QUIZZES
11:00 AM IN CHAIR EXERCISES WITH MUSIC
1:30 PM BINGO
3:00 PM CREATIVE ARTS
4:00 PM 1-1 ROOM VISITS

11 **REMEMBRANCE DAY PET THERAPY**
9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:30 AM PET THERAPY
11:00 AM ONE MINUTE OF SILENCE
1:30 PM LIFESTYLE FOCUS GROUP MEETING
2:00 PM REMEMBRANCE DAY LIVESTREAM SERVICE
3:00 PM GREEK GROUP
4:00 PM 1-1 ROOM VISITS

12 **LIFESTYLE FOCUS GROUP**
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM BALLOON OR BALL THERAPY
11:00 AM IN CHAIR EXERCISES WITH MUSIC
1:15 PM MELBOURNE CUP DRAW SWEEP PRIZES
1:30 PM LIFESTYLE FOCUS GROUP MEETING
2:00 PM GREEK MOVIE
3:00 PM MUSIC THERAPY
4:00 PM 1-1 ROOM VISITS

13 9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:00 AM GREEK NEWS (VIA YOUTUBE)
10:30 AM MUSIC AND INSTRUMENTS
1:30 PM FLOOR GAMES
3:00 PM MUSIC THERAPY
4:00 PM 1-1 ROOM VISITS

14 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 SINGALONGS
4:00 PM 1-1 ROOM VISITS

15 9:30 AM MORNING TV SHOWS
11:00 AM PAMPERING
1:30 PM FLOOR OR BALL GAMES
3:00 PM GARDEN WALKS
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
NETFLIX AVAILABLE ALL DAY

NOVEMBER 2025

SOUTH PORT

*subject to change



**LIBRARY SERVICES
AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

16

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM IN CHAIR EXERCISES
(VIA YOUTUBE)
11:00 AM PAMPERING
1:30 PM SINGALONGS WITH LYRICS
(VIA YOUTUBE)
3:00 PM GARDEN WALKS
6:00 PM NETFLIX AVAILABLE ALL DAY

17

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

18

VOSSANOVA CHOIR

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:15 AM MUSIC MELODIES
11:00 AM GARDEN WALKS
1:30 AM VOSSANOVA CHOIR
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

19

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS BULLETIN AND QUIZZES
10:30 AM BALLOON OR BALL THERAPY
11:00 AM MUSIC APPRECIATION
1:15 PM DOCUMENTARY
3:00 PM MUSIC AND MOVEMENTS
4:00 PM 1-1 ROOM VISITS

20

INTERGENERATIONAL PROGRAM

AGM MEETING

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:15 AM INTERGENERATIONAL PROGRAM
11:00 AM MUSICAL MELODIES
1:15 PM DOCUMENTARIES ON ANIMAL
1:30 PM BUS TRIPS
3:00 PM REMINISCING TUNES
3:30 PM AGM MEETING (TEMPERANCE HALL STH MELB)
4:00 PM 1-1 ROOM VISITS



21

BBQ

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

22

9:30 AM MORNING TV SHOWS
11:00 AM PAMPERING
1:30 PM FLOOR OR BALL GAMES
3:00 PM GARDEN WALKS
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

23

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM IN CHAIR EXERCISES
(VIA YOUTUBE)
11:00 AM PAMPERING
1:30 PM SINGALONGS WITH LYRICS
(VIA YOUTUBE)
3:00 PM GARDEN WALKS
6:00 PM NETFLIX AVAILABLE ALL DAY

24

RESIDENT AND RELATIVE MEETING

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

25

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:15 AM MUSIC MELODIES
1:30 AM MASTERCHEF
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

26

GREEK MASS

9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM BALLOON OR BALL THERAPY
11:00 AM GREEK MASS
1:15 PM DOCUMENTARY
3:00 PM MUSICAL MELODIES
4:00 PM 1-1 ROOM VISITS

27

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES
10:00 AM GREEK NEWS
11:00 AM MUSICAL MELODIES
1:15 PM DOCUMENTARIES ON THE PLANET
1:30 PM BUS TRIPS
3:00 PM REMINISCING TUNES
4:00 PM 1-1 ROOM VISITS



28

FOOD FOCUS GROUP

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

29

9:30 AM MORNING TV SHOWS
11:00 AM PAMPERING
1:30 PM FLOOR OR BALL GAMES
3:00 PM GARDEN WALKS
5:00 PM DINNER FINE DINING
MUSIC EXPERIENCE
NETFLIX AVAILABLE ALL DAY

30

9:30 AM LIVESTREAM CHURCH MASS
(BY REQUEST)
10:00 AM IN CHAIR EXERCISES
(VIA YOUTUBE)
11:00 AM PAMPERING
1:30 PM SINGALONGS WITH LYRICS
(VIA YOUTUBE)
3:00 PM GARDEN WALKS
6:00 PM NETFLIX AVAILABLE ALL DAY

