

# DECEMBER 2025

## LEVEL 2- HOUSE 4, 5 & 6



**\*subject to change**



**LIBRARY SERVICES  
AVAILABLE**

**CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE**

### SUNDAY



### MONDAY

**1** EMERALD HILL  
AFTERNOON TEA  
9:30 AM WELCOME TO THE DAY  
10:15 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM BRIDGING THE JOURNEY  
( CINEMA )  
11:15 AM INCHAIR EXERCISES  
WITH MUSIC  
1:30 PM MEDITATION WITH ATITHI  
( CINEMA )  
1:30 PM EMERALD HILL  
AFTERNOON TEA  
( BOARDROOM )  
3:00 PM BINGO  
4:00 PM 1-1 ROOM VISITS

### TUESDAY

**2**  
9:30 AM WELCOME TO THE DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES  
10:30 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM MUSIC APPRECIATION  
1:30 PM MASTERCHEF  
( CREME BRULEE )  
2:45 PM YOGA ( L1 )  
3:15 PM CREATIVE ARTS  
4:00 PM 1-1 ROOM VISITS

### WEDNESDAY

**3** CHRISTMAS TREE  
DECORATIONS  
9:30 AM WELCOME TO THE DAY  
10:15 AM ZUMBA GOLD  
11:00 AM CHOIR  
11:00 AM GREEK HOLY COMMUNION  
( 1-1 ROOM VISITS )  
12:00 PM RACHEL'S BUS TRIP  
( MC DONALD'S & BUNNINGS )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1:30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA ( L1 )  
1:30 PM CHRISTMAS TREE  
DECORATIONS  
3:00 PM KNITTING GROUP  
4:00 PM OYSTER BAR  
( BOARDROOM )  
4:00 PM 1-1 ROOM VISITS

### THURSDAY

**4**  
9:30 AM WELCOME TO THE DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES  
10:30 AM CATHOLIC COMMUNION  
( 1-1 ROOM VISITS )  
10:30 AM NEWS AND VIEWS  
11:00 AM SINGALONGS  
1:30 PM MEN'S GROUP  
( CINEMA )  
1:30 PM PAMPERING &  
MAKEOVERS  
WITH BUBBLES & CHEESE PLATTER  
3:00 PM BALLOON OR FLOOR  
GAMES  
4:00 PM 1-1 ROOM VISITS

### FRIDAY

**5**  
9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM CHOIR ( L3 )  
11:00 AM SINGALONGS  
2:00 PM ZUMBA GOLD  
3:00 PM HAPPY HOUR  
3:15 PM LOCHLAN'S FRIDAY  
FIESTA  
4:00 PM 1-1 ROOM VISITS

### SATURDAY

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

### 7

9:30 AM LIVESTREAM  
CHURCH MASS  
( BY REQUEST )  
10:00 AM COFFEE AND  
CHAT  
11:00 AM GARDEN WALKS  
2:00 PM MOVIE MATINEE  
3:30 PM MUSIC MELODIES  
6:00 PM SUNDAY NIGHT  
AT THE MOVIES  
NETFLIX AVAILABLE ALL  
DAY

### 8

9:30 AM WELCOME TO THE  
DAY  
10:15 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM BRIDGING THE  
JOURNEY  
( CINEMA )  
11:15 AM INCHAIR EXERCISES  
WITH MUSIC  
1:30 PM MEDITATION WITH  
ATITHI  
( CINEMA )  
2:00 PM ARMCHAIR TRAVEL  
4:00 PM 1-1 ROOM VISITS

### 9

9:30 AM WELCOME TO THE  
DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES  
10:30 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM MUSIC  
APPRECIATION  
2:00 PM SINGALONGS WITH  
LYRICS ( YOUTUBE )  
2:45 PM YOGA ( L1 )  
4:00 PM 1-1 ROOM VISITS

### 10

9:30 AM LIFESTYLE HUDDLE  
MEETING  
10:15 AM ZUMBA GOLD  
11:00 AM CHOIR  
1:30 PM RACHEL'S BUS TRIP  
1:30 PM KIMBERLY'S ART  
THERAPY ( LM )  
2:00 PM ARMCHAIR TRAVEL  
4:00 PM 1-1 ROOM VISITS

### 11

RESIDENT AND RELATIVES  
CHRISTMAS PARTY  
CATHOLIC MASS  
9:30 AM WELCOME TO THE  
DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES  
10:30 AM CATHOLIC MASS  
( CINEMA )  
10:30 AM NEWS AND VIEWS  
11:00 AM SINGALONGS  
2:00 PM RESIDENT AND  
REALTIVE  
CHRISTMAS PARTY

### 12

9:30 AM WELCOME TO  
THE DAY  
10:00 AM NEWS AND  
VIEWS  
WITH QUIZZES  
11:00 AM CHOIR ( L3 )  
11:00 AM SINGALONGS  
2:00 PM ZUMBA GOLD  
3:00 PM HAPPY HOUR  
4:00 PM 1-1 ROOM  
VISITS

### 13

9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE  
REMINISCING MUSIC  
11:00 AM IN CHAIR  
EXERCISES  
(VIA YOUTUBE )  
1:30 PM FLOOR GAMES  
WITH GIA ( L2 )  
2:00 PM MOVIE MATINEE  
3:00 PM CREATIVE ART  
THERAPY WITH GIA ( L3 )  
6:00 PM SATURDAY NIGHT  
AT THE MOVIES  
NETFLIX AVAILABLE  
ALL DAY

### 14

KIDKO CONCERT  
9:30 AM LIVESTREAM CHURCH  
MASS  
( BY REQUEST )  
10:00 AM COFFEE AND CHAT  
11:00 AM GARDEN WALKS  
2:00 PM KIDKO CONCERT  
( L1 )  
2:00 PM MOVIE MATINEE  
3:30 PM MUSIC MELODIES  
6:00 PM SUNDAY NIGHT AT THE  
MOVIES  
NETFLIX AVAILABLE ALL DAY

### 15

OMEGA VIOLINIST LADIES GROUP  
9:30 AM WELCOME TO THE DAY  
10:15 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM BRIDGING THE JOURNEY  
( CINEMA )  
11:15 AM INCHAIR EXERCISES  
WITH MUSIC  
1:30 PM MEDITATION WITH ATITHI  
( CINEMA )  
1:30 PM LADIES GROUP ( L3 )  
2:00 PM OMEGA VIOLINIST  
3:00 PM BINGO  
4:00 PM 1-1 ROOM VISITS

### 16

9:30 AM WELCOME TO THE DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES  
10:30 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM MUSIC APPRECIATION  
1:30 PM MASTERCHEF  
( CHRISTMAS TRIFFLE )  
2:45 PM YOGA ( L1 )  
3:15 PM CREATIVE ARTS  
4:00 PM 1-1 ROOM VISITS

### 17

BOOK CLUB  
9:30 AM WELCOME TO THE DAY  
10:15 AM ZUMBA GOLD  
11:00 AM CHOIR  
1:30 PM KIMBERLY'S ART THERAPY ( LM )  
12:00 PM LOCHLAN'S EMERALD HILL  
LUNCHEON  
1:30 PM BOOK CLUB ( L3 )  
1:30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA ( L1 )  
2:00 PM COMMUNITY OR INDOOR  
OR OUTDOOR WALKS  
3:00 PM KNITTING GROUP  
4:00 PM 1-1 ROOM VISITS

### 18

CHRISTMAS INTERGENERATIONAL  
PROGRAM  
9:30 AM WELCOME TO THE DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES  
10:15 AM CHRISTMAS  
INTERGENERATIONAL ( L3 )  
10:30 AM CATHOLIC COMMUNION  
( 1-1 ROOM VISITS )  
10:30 AM NEWS AND VIEWS  
11:00 AM SINGALONGS  
1:30 PM MEN'S GROUP  
( CINEMA )  
1:30 PM PAMPERING & MAKEOVERS  
WITH BUBBLES & CHEESE PLATTER  
3:00 PM BALLOON OR FLOOR GAMES  
4:00 PM 1-1 ROOM VISITS

### 19

9:30 AM WELCOME TO THE  
DAY  
10:00 AM NEWS AND  
VIEWS  
WITH QUIZZES  
11:00 AM CHOIR ( L3 )  
11:00 AM SINGALONGS  
2:00 PM ZUMBA GOLD  
3:00 PM HAPPY HOUR  
3:15 PM LOCHLAN'S FRIDAY  
FIESTA  
4:00 PM 1-1 ROOM VISITS

### 20

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



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CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**21**

9:30 AM LIVESTREAM  
CHURCH MASS  
( BY REQUEST )  
10:00 AM COFFEE AND CHAT  
11:00 AM GARDEN WALKS  
2 :00 PM MOVIE MATINEE  
3 :30 PM MUSIC MELODIES  
6 :00 PM SUNDAY NIGHT AT  
THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**22**

LOCHLAN'S JAPANESE  
EXPERIENCE



9:30 AM WELCOME TO THE DAY  
10 :15 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM BRIDGING THE JOURNEY  
( CINEMA )  
11:15 AM INCHAIR EXERCISES  
WITH MUSIC  
1:30 PM MEDITATION WITH ATITHI  
( CINEMA )  
1:30 PM PAMPERING  
3:00 PM LOCHLAN'S JAPANESE  
EXPERIENCE  
3 :00 PM BINGO  
4 :00 PM 1-1 ROOM VISITS

**23**

9:30 AM WELCOME TO THE DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES  
10:30 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM MUSIC APPRECIATION  
1:30 PM MASTERCHEF  
( CHRISTMAS FRUIT SALAD )  
2 :45 PM YOGA ( L1 )  
3 :15 PM CREATIVE ARTS  
4 :00 PM 1-1 ROOM VISITS

**24**

CHRISTMAS OYSTER BAR

9:30 AM LIFESTYLE HUDDLE MEETING  
10:15 AM ZUMBA GOLD  
11:00 AM CHOIR  
1 :30 PM RACHEL'S BUS TRIP  
( IAN POTTER GALLERY )  
1:30 PM KIMBERLY'S ART THERAPY  
( LM )  
1 :30 PM TOMMY'S SINGALONGS  
WITH HIGH TEA ( L1 )  
2 :00 PM CAFE VISITS   
3 :00 PM KNITTING GROUP  
4:00 PM 1-1 ROOM VISITS

**25**

PUBLIC HOLIDAY  
CHRISTMAS DAY

9:30 AM MORNING TV SHOWS  
10:30 AM CHRISTMAS SONGS  
( VIA YOUTUBE )  
11:15 AM GARDEN WALKS OR  
OUTDOOR TIME  
12 :00 PM CHRISTMAS LUNCH  
1 :30 PM IN CHAIR  
EXERCISES  
( VIA YOUTUBE )  
3 :00 PM TABLE GAMES  
6 :00 PM CHRISTMAS  
MOVIES  
NETFLIX AVAILABLE ALL DAY

**26**

BOXING DAY  
PUBLIC HOLIDAY

9:30 AM MORNING TV SHOWS  
10:30 AM PAMPERING  
11:15 AM GARDEN WALKS OR  
OUTDOOR TIME  
1 :30 PM IN CHAIR  
EXERCISES  
( VIA YOUTUBE )  
3 :00 PM TABLE OR FLOOR  
GAMES  
6 :00 PM RESIDENT CHOICE  
OF MOVIES  
NETFLIX AVAILABLE ALL DAY

**27**

9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE  
REMINISCING MUSIC  
11:00 AM IN CHAIR  
EXERCISES  
( VIA YOUTUBE )  
1:30 PM CREATIVE ARTS  
WITH GIA ( L2 )  
2 :00 PM MOVIE MATINEE  
3:00 PM BONUS TRIVIA  
THERAPY WITH GIA ( L3 )  
6 :00 PM SATURDAY NIGHT  
AT THE MOVIES  
NETFLIX AVAILABLE  
ALL DAY

**28**


9:30 AM LIVESTREAM  
CHURCH MASS  
( BY REQUEST )  
10:00 AM COFFEE AND  
CHAT  
11:00 AM GARDEN WALKS  
2 :00 PM MOVIE MATINEE  
3 :30 PM MUSIC MELODIES  
6 :00 PM SUNDAY NIGHT AT  
THE MOVIES  
NETFLIX AVAILABLE ALL  
DAY

**29**

LADIES GROUP

9:30 AM WELCOME TO THE DAY  
10 :15 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM BRIDGING THE JOURNEY  
( CINEMA )  
11:15 AM INCHAIR EXERCISES  
WITH MUSIC  
1:30 PM MEDITATION WITH ATITHI  
( CINEMA )  
1:30 PM LADIES GROUP ( L3 )  
1 :30 PM PAMPERING  
3 :00 PM BINGO  
4 :00 PM 1-1 ROOM VISITS

**30**

9:30 AM WELCOME TO THE DAY  
10:00 AM GESSY'S PHYSIO  
EXERCISES  
10:30 AM NEWS AND VIEWS  
WITH QUIZZES  
11:00 AM MUSIC APPRECIATION  
12 :00 PM LOCHLAN'S  
BUS TRIP   
( CHRISTMAS PICNIC LUNCH )  
1:30 PM MASTERCHEF  
( PRAWN TOAST )  
2 :45 PM YOGA ( L1 )  
3 :15 PM CREATIVE ARTS  
4 :00 PM 1-1 ROOM VISITS

**31**

NEW YEARS EVE CONCERT

9:30 AM WELCOME TO THE DAY  
10:15 AM ZUMBA GOLD  
11:00 AM CHOIR  
1:30 PM KIMBERLY'S ART  
THERAPY  
( LM )  
1:30 PM NEW YEARS CONCERT  
( L2 )   
3:00 PM NEW YEAR  
CELEBRATIONS  
4:00 PM 1-1 ROOM VISITS



**Merry Christmas**

