

JANUARY 2026

LEVEL 1- HOUSE 1 & 2

***SUBJECT TO CHANGE**



LIBRARY SERVICES AVAILABLE

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 PUBLIC HOLIDAY
NEW YEARS DAY
9:30 AM MORNING TV SHOWS
10:30 AM MUSIC MELODIES
11:00 AM PAMPERING
1:30 PM GARDEN WALKS
3:00 PM MOVIE MATINEE
6:00 PM NEW YEAR MOVIE

2
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:45 AM MUSICAL MELODIES (YOUTUBE)
2:00 PM FLOOR GAMES
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA (L4)
1-1 ROOM VISITS

3
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES
1:30 PM MUSIC & INSTRUMENTS WITH GIA (L1)
3:00 PM FLOOR GAMES WITH GIA (L3)
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

4
9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM MORNING CHAT GROUPS
11:00 AM WALKING GROUPS
1:30 PM MUSIC MELODIES
3:00 PM PAMPERING
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

5 EMERALD HILL
AFTERNOON TEA
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
2:00 PM EMERALD HILL AFTERNOON TEA (BOARDROOM)
1:30 PM VIOLETTA AND ANETTE SINGALONGS (H3)
3:00 PM BINGO
4:00 PM 1-1 ROOM VISITS

6
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM SHOPPING TROLLEY
11:00 AM IN CHAIR EXERCISES
12:00 PM RACHEL'S BUS TRIP (ROSTOWN HOTEL)
2:00 PM MASTERCHEF (MINI CHEESECAKES) (H3)
2:45 PM YOGA
4:00 PM 1-1 ROOM VISITS

7
9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM CHOIR (L2)
11:00 AM GREEK MASS (1-1 ROOM VISITS)
11:00 AM ZUMBA GOLD (H3)
2:00 PM TOMMY'S SINGALONGS WITH HIGH TEA
1:30 PM KIMBERLY'S ART THERAPY (LM)
3:00 PM WALKING GROUPS
4:00 PM OYSTER BAR (BOARDROOM)
4:00 PM 1-1 ROOM VISITS

8 **CATHOLIC MASS**
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM CATHOLIC MASS (CINEMA)
11:00 AM MEMORY LANE SINGALONGS (YOUTUBE)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD
2:00 PM MEN'S GROUP (CINEMA)
1:30 PM KIMBERLY'S ART SENSORY THERAPY (H3)
2:00 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)
4:00 PM 1-1 ROOM VISITS

9
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:45 AM MUSICAL MELODIES (YOUTUBE)
2:00 PM FLOOR GAMES
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA (L4)
1-1 ROOM VISITS

10
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES
1:30 PM CREATIVE ARTS WITH GIA (L2)
3:00 PM BONUS TRIVIA WITH GIA (L4)
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

11
9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM MORNING CHAT GROUPS
11:00 AM WALKING GROUPS
1:30 PM MUSIC MELODIES
3:00 PM PAMPERING
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

12 OMEGA VIOLINIST
COCKTAIL AFTERNOON
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
1:30 PM VIOLETTA AND ANETTE SINGALONGS (H3)
2:00 PM OMEGA VIOLINIST (L2)
3:00 PM BINGO
3:00 PM COCKTAILS AFTERNOON (L3)
4:00 PM 1-1 ROOM VISITS

13 LIFESTYLE FOCUS GROUP
MEETING **RESONANCE ROOM**
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM THE RESONANCE ROOM (CINEMA)
1:00 PM LIFESTYLE FOCUS GROUP MEETING
2:00 PM MASTERCHEF (MELTING MOMENTS) (H3)
2:45 PM YOGA
4:00 PM 1-1 ROOM VISITS

14
9:30 AM LIFESTYLE HUDDLE MEETING
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM CHOIR (L2)
11:00 AM ZUMBA GOLD (H3)
12:00 PM LOCHLAN'S OUTING EMERALD HILL HOTEL
2:00 PM TOMMY'S SINGALONGS WITH HIGH TEA
1:30 PM KIMBERLY'S ART THERAPY (LM)
3:00 PM WALKING GROUPS
4:00 PM 1-1 ROOM VISITS

15
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM CATHOLIC MASS (COMMUNION)
11:00 AM MEMORY LANE SINGALONGS (YOUTUBE)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD
2:00 PM MEN'S GROUP (CINEMA)
1:30 PM KIMBERLY'S SENSORY ART THERAPY (H3)
2:00 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)
4:00 PM 1-1 ROOM VISITS

16
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:45 AM MUSICAL MELODIES (YOUTUBE)
2:00 PM FLOOR GAMES
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA (L4)
1-1 ROOM VISITS

17
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES
1:30 PM FLOOR GAMES WITH GIA (L1)
3:00 PM BOARD OR TABLE WITH GIA (L3)
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

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SUNDAY

18
9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM MORNING CHAT GROUPS
11:00 AM WALKING GROUPS
1:30 PM MUSIC MELODIES
3:00 PM PAMPERING
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

MONDAY

19
LOCHLAN'S JAPANESE EXPERIENCE
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
1:30 PM VIOLETTA AND ANETTE SINGALONGS (H3)
3:00 PM BINGO
3:00 PM LOCHLAN'S JAPANESE EXPERIENCE (BOARDROOM)
4:00 PM 1-1 ROOM VISITS

TUESDAY

20
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM IN CHAIR EXERCISES
1:30 PM RACHEL'S BUS TRIP (SACRED HEART MISSION)
2:00 PM MASTERCHEF (CINNAMON MUFFINS) (H3)
2:45 PM YOGA
4:00 PM 1-1 ROOM VISITS

WEDNESDAY

21
AUSTRALIA DAY CONCERT
9:30 AM WELCOME TO THE DAY
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM ZUMBA GOLD (H3)
11:00 AM CHOIR (L2)
1:30 PM AUSTRALIA DAY CONCERT
1:30 PM KIMBERLY'S ART THERAPY (LM)
3:00 PM WALKING GROUPS
4:00 PM OYSTER BAR (BOARDROOM)
4:00 PM 1-1 ROOM VISITS

THURSDAY

22
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM CATHOLIC MASS (COMMUNION)
11:00 AM MEMORY LANE SINGALONGS (YOUTUBE)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD
2:00 PM MEN'S GROUP (CINEMA)
1:30 PM KIMBERLY'S SENSORY ART THERAPY (H3)
2:00 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)
4:00 PM 1-1 ROOM VISITS

FRIDAY

23
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:45 AM MUSICAL MELODIES (YOUTUBE)
2:00 PM FLOOR GAMES
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA (L4)
1-1 ROOM VISITS

SATURDAY

24
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES
1:30 PM CREATIVE ARTS WITH GIA (L2)
3:00 PM FLOOR GAMES WITH GIA (L4)
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

25

9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM MORNING CHAT GROUPS
11:00 AM WALKING GROUPS
1:30 PM MUSIC MELODIES
3:00 PM PAMPERING
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

26

AUSTRALIA DAY PUBLIC HOLIDAY
9:30 AM MORNING TV SHOWS
10:30 AM SUNRISES NEWS (LIVESTREAM)
11:00 AM PAMPERING
1:30 PM SINGALONGS WITH LYRICS
3:00 PM AUSTRALIAN MOVIES
6:00 PM MOVIE NIGHT

27

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM IN CHAIR EXERCISES
2:00 PM MASTERCHEF (MAPLE PECAN) (H3)
2:45 PM YOGA
4:00 PM 1-1 ROOM VISITS

28

FLOWER ARRANGING
9:30 AM LIFESTYLE HUDDLE MEETING
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM CHOIR (L2)
11:00 AM ZUMBA GOLD (H3)
12:00 PM LOCHLAN'S BUS TRIP (PICNIC LUNCH)
2:00 PM TOMMY'S SINGALONGS WITH HIGH TEA
1:30 PM KIMBERLY'S ART THERAPY (LM)
2:00 PM FLOWER ARRANGING (L2 & 3)
3:00 PM WALKING GROUPS
4:00 PM 1-1 ROOM VISITS

29

9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (L2 H4)
10:15 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM CATHOLIC MASS (CINEMA)
11:00 AM MEMORY LANE SINGALONGS (YOUTUBE)
11:00 AM CHOIR (L3)
11:15 AM ZUMBA GOLD
2:00 PM MEN'S GROUP (CINEMA)
2:00 PM SINGALONGS WITH LYRICS (VIA YOUTUBE)
4:00 PM 1-1 ROOM VISITS

30

9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:45 AM MUSICAL MELODIES (YOUTUBE)
2:00 PM FLOOR GAMES
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA (L4)
1-1 ROOM VISITS

31

9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES
1:30 PM MUSIC & INSTRUMENTS WITH GIA (L1)
3:00 PM FLOOR GAMES WITH GIA (L3)
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

