

# JANUARY 2026

## LEVEL 1- HOUSE 3 MSU

**\*SUBJECT TO CHANGE**



**LIBRARY SERVICES AVAILABLE**

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

**SUNDAY**

**MONDAY**

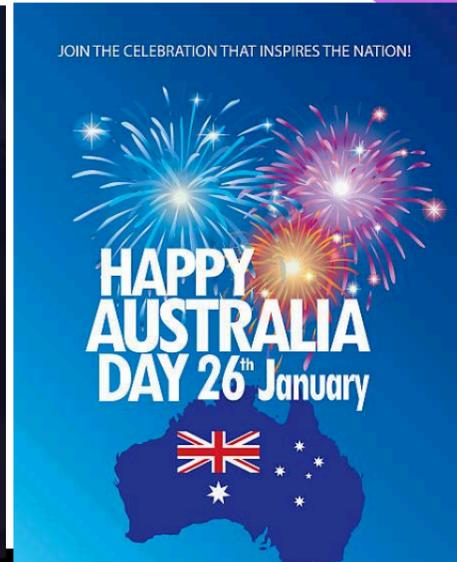
**TUESDAY**

**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  
10:30 AM IN CHAIR EXERCISES  
11:00 AM MUSIC THERAPY WITH INSTRUMENTS  
1:30 PM THERAPEUTIC MUSIC THERAPY  
3:00 PM HAPPY HOUR  
4:00 PM 1-1 ROOM VISITS

**3**

9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE REMINISCING MUSIC  
1:30 PM MUSIC & INSTRUMENTS WITH GIA (L1)  
2:00 PM DOCUMENTARY ON ANIMALS  
3:00 PM FLOOR OR BALLOON 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)  
10:00AM MORNING TV SHOWS  
1:30 PM REMINISCING MUSIC  
3:00 PM PAMPERING  
4:00 PM GARDEN WALKS  
6:00 PM SUNDAY NIGHT AT THE MOVIES OR RELAXATION MUSIC  
NETFLIX AVAILABLE ALL DAY

**5**

9:30 AM WELCOME TO THE DAY  
9:45 AM MEMORY LANE (VIA YOUTUBE)  
11:00 AM BALLOON OR BALL THERAPY  
1:30 PM VIOLETTA & ANETTE SINGALONGS  
3:00 PM PAMPERING  
4:00 PM 1-1 ROOM VISITS

**6**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
11:00 AM REMINISCING MUSIC GROUP  
1:30 PM MASTERCHEF (MINI CHEESECAKES)  
3:00 PM PICTURE BINGO  
4:00 PM 1-1 ROOM VISITS

**7**

**GREEK MASS**

9:30 AM WELCOME TO THE DAY  
10:15 AM RELAXATION MUSIC  
11:00 AM GREEK MASS  
11:00 AM ZUMBA GOLD  
1:30 PM CONNECTING WITH STORIES  
3:00 PM GARDEN WATERING OR WALKS  
4:00 PM 1-1 ROOM VISITS

**8**

**CATHOLIC MASS**

9:30 AM WELCOME TO THE DAY  
10:30 AM REMINISCING MUSIC  
10:30 AM CATHOLIC MASS (CINEMA)  
1:30 PM KIMBERLY'S SENSORY ART THERAPY  
3:00 PM DOLL OR ROBOTIC CAT OR DOG THERAPY  
4:00 PM 1-1 ROOM VISITS

**9**

9:30 AM WELCOME TO THE DAY  
10:30 AM IN CHAIR EXERCISES  
11:00 AM MUSIC THERAPY WITH INSTRUMENTS  
1:30 PM THERAPEUTIC MUSIC THERAPY  
3:00 PM HAPPY HOUR  
4:00 PM 1-1 ROOM VISITS

**10**

9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE REMINISCING MUSIC  
1:30 PM CREATIVE ARTS WITH GIA (L2)  
2:00 PM DOCUMENTARY ON ANIMALS  
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)  
10:00AM MORNING TV SHOWS  
1:30 PM REMINISCING MUSIC  
3:00 PM PAMPERING  
4:00 PM GARDEN WALKS  
6:00 PM SUNDAY NIGHT AT THE MOVIES OR RELAXATION MUSIC  
NETFLIX AVAILABLE ALL DAY

**12**

9:30 AM WELCOME TO THE DAY  
9:45 AM MEMORY LANE (VIA YOUTUBE)  
11:00 AM BALLOON OR BALL THERAPY  
1:30 PM VIOLETTA & ANETTE SINGALONGS  
3:00 PM PAMPERING  
4:00 PM 1-1 ROOM VISITS

**13**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:45 AM REMINISCING MUSIC (YOUTUBE)  
1:30 PM MASTERCHEF (MELTING MOMENTS)  
3:00 PM PUZZLES OR JIGSAWS  
4:00 PM 1-1 ROOM VISITS

**14**

9:30 AM LIFESTYLE HUDDLE MEETING  
10:15 AM RELAXATION MUSIC  
11:00 AM ZUMBA GOLD  
1:30 PM CONNECTING WITH STORIES  
3:00 PM GARDEN WATERING OR WALKS  
4:00 PM 1-1 ROOM VISITS

**15**

9:30 AM WELCOME TO THE DAY  
10:30 AM REMINISCING MUSIC  
10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS)  
1:30 PM KIMBERLY'S SENSORY ART THERAPY  
3:00 PM DOLL OR ROBOTIC CAT OR DOG THERAPY  
4:00 PM 1-1 ROOM VISITS

**16**

9:30 AM WELCOME TO THE DAY  
10:30 AM IN CHAIR EXERCISES  
11:00 AM MUSIC THERAPY WITH INSTRUMENTS  
1:30 PM THERAPEUTIC MUSIC THERAPY  
3:00 PM HAPPY HOUR  
4:00 PM 1-1 ROOM VISITS

**17**

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

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### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**18**  
9:30 AM LIVESTREAM CHURCH MASS ( BY REQUEST )  
10:00AM MORNING TV SHOWS  
1:30 PM REMINISCING MUSIC  
3 :00 PM PAMPERING  
4 :00 PM GARDEN WALKS  
6 :00 PM SUNDAY NIGHT AT THE MOVIES OR RELAXATION MUSIC  
NETFLIX AVAILABLE ALL DAY

**19**  
9:30 AM WELCOME TO THE DAY  
9:45 AM MEMORY LANE ( VIA YOUTUBE )  
11:00 AM BALLOON OR BALL THERAPY  
1:30 PM VIOLETTA & ANETTE SINGALONGS  
3 :00 PM PAMPERING  
4 :00 PM 1-1 ROOM VISITS

**20**  
9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
11:00 AM REMINISCING MUSIC GROUP  
1:30 PM MASTERCHEF ( CINNAMON MUFFINS )  
3 :00 PM PICTURE BINGO  
4 :00 PM 1-1 ROOM VISITS

**21** AUSTRALIA DAY CONCERT  
9:30 AM WELCOME TO THE DAY  
10:15 AM RELAXATION ,MUSIC  
11:00 AM ZUMBA GOLD  
1 :30 PM AUSTRALIA DAY CONCERT ( L 1 )  
3 :00 PM GARDEN WATERING OR WALKS  
4 :00 PM 1-1 ROOM VISITS

**22**  
9:30 AM WELCOME TO THE DAY  
10:30 AM REMINCING MUSIC  
10:30 AM CATHOLIC COMMUNION ( 1-1 ROOM VISITS )  
1:30 PM KIMBERLY 'S SENSORY ART THERAPY  
3 :00 PM DOLL OR ROBOTIC CAT OR DOG THERAPY  
4 :00 PM 1-1 ROOM VISITS

**23**  
9:30 AM WELCOME TO THE DAY  
10:30 AM IN CHAIR EXERCISES  
11:00 AM MUSIC THERAPY WITH INSTRUMENTS  
1:30 PM THERAPEUTIC MUSIC THERAPY  
3 :00 PM HAPPY HOUR  
4 :00 PM 1-1 ROOM VISITS

**24**  
9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE REMINISCING MUSIC  
1:30 PM CREATIVE ARTS WITH GIA ( L 2 )  
2 :00 PM DOCUMENTARY ON ANIMALS  
3 :00 PM FLOOR GAMES WITH GIA ( L 4 )  
6 :00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

**25**  
9:30 AM LIVESTREAM CHURCH MASS ( BY REQUEST )  
10:00AM MORNING TV SHOWS  
1:30 PM REMINISCING MUSIC  
3 :00 PM PAMPERING  
4 :00 PM GARDEN WALKS  
6 :00 PM SUNDAY NIGHT AT THE MOVIES OR RELAXATION MUSIC  
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  
9:45 AM BALLOON THERAPY  
11:00 AM REMINISCING MUSIC GROUP  
1:30 PM MASTERCHEF ( MAPLE PECAN )  
3 :00 PM PUZZLES OR JIGSAWS  
4 :00 PM 1-1 ROOM VISITS

**28**  
9:30 AM LIFESTYLE HUDDLE MEETING  
10:15 AM RELAXATION MUSIC  
11:00 AM ZUMBA GOLD  
1:30 PM CONNECTING WITH STORIES  
3 :00 PM GARDEN WATERING OR WALKS  
4 :00 PM 1-1 ROOM VISITS

**29**  
9:30 AM WELCOME TO THE DAY  
10:30 AM REMINCING MUSIC  
10:30 AM CATHOLIC COMMUNION ( 1-1 ROOM VISITS )  
1:30 PM KIMBERLY 'S SENSORY ART THERAPY  
3 :00 PM DOLL OR ROBOTIC CAT OR DOG THERAPY  
4 :00 PM 1-1 ROOM VISITS

**30**  
9:30 AM WELCOME TO THE DAY  
10:30 AM IN CHAIR EXERCISES  
11:00 AM MUSIC THERAPY WITH INSTRUMENTS  
1:30 PM THERAPEUTIC MUSIC THERAPY  
3 :00 PM HAPPY HOUR  
4 :00 PM 1-1 ROOM VISITS

**31**  
9:30 AM MORNING TV SHOWS  
10:30 AM MEMORY LANE REMINISCING MUSIC  
1:30 PM MUSIC & INSTRUMENTS WITH GIA ( L 1 )  
2 :00 PM DOCUMENTARY ON ANIMALS  
3 :00 PM FLOOR OR BALLOON GAMES WITH GIA ( L 3 )  
6 :00 PM SATURDAY NIGHT AT THE MOVIES  
NETFLIX AVAILABLE ALL DAY

