

JANUARY 2026

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



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
11:00 AM 9 LETTER WORD GAMES
2:00 PM FLOOR OR BALLOON GAMES
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISITS

3
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE WITH REMINISCING
1:30 PM MUSIC & INSTRUMENTS WITH GIA (L1)
2:00 PM MOVIE MATINEE
3:00 PM FLOOR OR BALLOON GAMES WITH GIA
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 TV SHOWS
11:00 AM PAMPERING
2:00 PM MOVIE MATINEE
3:30 PM GARDEN WALKS
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
11:00 AM IN CHAIR EXERCISES
2:00 PM EMERALD HILL AFTERNOON TEA (BOARDROOM)
2:00 PM BALLOON OR BALL THERAPY
3:00 PM CAFE VISITS
4:00 PM 1-1 ROOM VISITS

6
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 9 LETTER WORD GAMES
12:00 PM RACHELS' BUS TRIP (ROSSTOWN HOTEL LUNCH)
2:00 PM ARMCHAIR TRAVEL
3:30 PM YOGA 
4:00 PM 1-1 ROOM VISITS

7 OYSTER BAR
9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS WITH QUIZZES (DAVID & RICK)
11:00 AM GREEK COMMUNION (1-1 ROOM VISITS)
11:00 AM CHOIR
1:30 PM KIMBERLY'S ART THERAPY (LM)
2:00 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
2:00 PM MASTERCHEF
3:00 PM POETRY
4:00 PM 1-1 ROOM VISITS
4:00 PM OYSTER BAR (BOARDROOM)

8
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 CATHOLIC MASS (CINEMA)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
2:00 PM BINGO
2:00 PM MEN'S GROUP (CINEMA)
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

9
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM 9 LETTER WORD GAMES
2:00 PM FLOOR OR BALLOON GAMES
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISITS

10
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE WITH REMINISCING
1:30 PM CREATIVE ARTS WITH GIA (L2)
2:00 PM MOVIE MATINEE
3:00 PM BONUS TRIVIA (L4) WITH GIA
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 TV SHOWS
11:00 AM PAMPERING
2:00 PM MOVIE MATINEE
3:30 PM GARDEN WALKS
6:00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

12 COCKTAIL AFTERNOON
& OMEGA
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM IN CHAIR EXERCISES
2:00 PM BALLOON OR BALL THERAPY
2:00 PM OMEGA (L2)
3:00 PM COCKTAILS AFTERNOON
4:00 PM 1-1 ROOM VISITS

13 RESONANCE ROOM
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 RESONANCE ROOM (CINEMA)
11:00 AM 9 LETTER WORD GAMES
2:00 PM FLOOR GAMES (CARPET BOWLS)
3:30 PM YOGA
4:00 PM 1-1 ROOM VISITS

14
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS WITH QUIZZES (DAVID & RICK)
11:00 AM GREEK COMMUNION (1-1 ROOM VISITS)
11:00 AM CHOIR
12:00 PM LOCHLAN'S OUTING EMERALD HOTEL LUNCH
1:30 PM KIMBERLY'S ART THERAPY (LM)
2:00 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
1:30 PM AUSTRALIA DAY CRAFTS
3:00 PM POETRY
4:00 PM 1-1 ROOM VISITS 

15 LIFESTYLE FOCUS GROUP
MEETING
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 CATHOLIC COMMUNION (1-1 ROOM VISITS)
11:00 AM CHOIR
1:00 PM LIFESTYLE FOCUS GROUP MEETING
1:15 PM ZUMBA GOLD
2:00 PM MEN'S GROUP (CINEMA)
2:00 PM BINGO
3:00 PM KNITTING GROUP
4:00 PM 1-1 ROOM VISITS

16
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM 9 LETTER WORD GAMES
2:00 PM FLOOR OR BALLOON GAMES
3:00 PM HAPPY HOUR
4:00 PM 1-1 ROOM VISITS

17
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE WITH REMINISCING
1:30 PM FLOOR OR BALLOON WITH GIA (L1)
2:00 PM MOVIE MATINEE
3:00 PM BOARD OR TABLE GAMES WITH GIA
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

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SATURDAY

18
9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM MORNING TV SHOWS
11:00 AM PAMPERING
2 :00 PM MOVIE MATINEE
3 :30 PM GARDEN WALKS
6 :00 PM SUNDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

19 LOCHLAN'S JAPANESE EXPERIENCE **BOOKCLUB**
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM IN CHAIR EXERCISES
11:00 AM BRIDGING THE JOURNEY (CINEMA)
11:00 AM SHOPPING TROLLEY
2 :00 PM BOOKCLUB
3 :00 PM CAFE VISITS
3 :00 PM LOCHLAN'S JAPANESE EXPERIENCE (BOARDROOM)
4 :00 PM 1-1 ROOM VISITS

20
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 9 LETTER WORD GAMES
2 :00 PM DOCUMENTARY
1:30 PM RACHEL'S BUS TRIP (SACRED HEART TRIP)
3 :30 PM YOGA
4 :00 PM 1-1 ROOM VISITS

21 AUSTRALIA DAY CONCERT **OYSTER BAR**
9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS WITH QUIZZES (DAVID & RICK)
11:00 AM GREEK COMMUNION (1-1 ROOM VISITS)
11:00 AM CHOIR
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM AUSTRALIA DAY CONCERT (L1)
2 :00 PM DOCUMENTARY ON AUSTRALIA HISTORY
3 :00 PM BONUS TRIVIA
4 :00 PM 1-1 ROOM VISITS
4 :00 PM OYSTER BAR (BOARDROOM)

22
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 CATHOLIC COMMUNION (1-1 ROOM VISITS)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
2 :00 PM MEN'S GROUP (CINEMA)
2 :00 PM BINGO
3:00 PM KNITTING GROUP
4 :00 PM 1-1 ROOM VISITS

23
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM 9 LETTER WORD GAMES
2 :00 PM FLOOR OR BALLOON GAMES
3 :00 PM HAPPY HOUR
4 :00 PM 1-1 ROOM VISITS

24
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE WITH REMINISCING
1:30 PM CREATIVE ARTS WITH GIA (L 2)
2 :00 PM MOVIE MATINEE
3 :00 PM FLOOR GAMES (L4) WITH GIA
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 TV SHOWS
11:00 AM PAMPERING
2 :00 PM MOVIE MATINEE
3 :30 PM GARDEN WALKS
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
9:30 AM GESSY'S PHYSIO EXERCISES
10:15 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM 9 LETTER WORD GAMES
2 :00 PM FLOOR GAMES
3 :30 PM YOGA
4 :00 PM 1-1 ROOM VISITS

28 **FLOWER ARRANGING**
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS WITH QUIZZES (DAVID & RICK)
11:00 AM GREEK COMMUNION (1-1 ROOM VISITS)
11:00 AM CHOIR
12:00 PM LOCHLAN'S PICNIC BUS TRIP
1:30 PM KIMBERLY'S ART THERAPY (LM)
2 :00 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
2 :00 PM FLOWER ARRANGING (L2 & 3)
3 :15 PM PAMPERING
4 :00 PM 1-1 ROOM VISITS

29
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 CATHOLIC COMMUNION (1-1 ROOM VISITS)
11:00 AM CHOIR
1:15 PM ZUMBA GOLD
2 :00 PM MEN'S GROUP (CINEMA)
2 :00 PM BINGO
3:00 PM KNITTING GROUP
4 :00 PM 1-1 ROOM VISITS

30
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM 9 LETTER WORD GAMES
2 :00 PM FLOOR OR BALLOON GAMES
3 :00 PM HAPPY HOUR
4 :00 PM 1-1 ROOM VISITS

31
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE WITH REMINISCING
1:30 PM MUSIC & INSTRUMENTS WITH GIA (L1)
2 :00 PM MOVIE MATINEE
3 :00 PM FLOOR OR BALLOON GAMES WITH GIA
6:00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

