

JANUARY 2026

LEVEL 4- HOUSE 9 & 10

***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 MORN NG TV SHOWS
10:30 AM MUSIC MELODIES
11:00 AM PAMPERING
2:00 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
10:30 AM IN CHAIR EXERCISES
11:00 AM 9 LETTER WORD GAMES
2:00 PM TRIVIA
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA
4:00 PM 1-1 ROOM VISITS

3
9:30 AM MORN NG TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES (VIA YOUTUBE)
1:30 PM MUSIC AND INSTRUMENTS WITH GIA (L1)
2:00 PM MOVIE MATINEE
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)
10:00 AM MORNING TV SHOWS
11:00 AM WALKING GROUPS
2:00 PM MOVIE MATINEE
3:30 PM PAMPERING
6:00 PM SUNDAY NIGHT AT THE MOVIES

5 EMERALD HILL AFTERNOON TEA
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM IN CHAIR EXERCISES
11:00 AM 9 LETTER WORD GAMES
2:00 PM EMERALD HILL AFTERNOON TEA (BOARDROOM)
2:00 PM CLASSICAL COMPOSER
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 NPM BINGO
3:00 PM MUSIC APPRECIATION
3:30 PM YOGA (L3)
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
11:00 AM GREEK COMMUNION (1-1 ROOM VISITS)
11:00 AM CHOIR (L2)
11:00 AM 9 LETTER WORD GAMES
1:30 PM KIMBERLY'S ART THERAPY (LM)
2:00 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
2:00 PM FLOOR GAMES
4:00 PM 1-1 ROOM VISITS
4:00 PM OYSTER BAR

8 CATHOLIC MASS
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 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
2:00 PM MEN'S GROUP (CINEMA)
2:00 PM ZUMBA GOLD
3:15 PM PAMPERING
4:00 PM 1-1 ROOM VISITS

9
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM IN CHAIR EXERCISES
11:00 AM 9 LETTER WORD GAMES
2:00 PM TRIVIA
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA
4:00 PM 1-1 ROOM VISITS

10
9:30 AM MORN NG TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES (VIA YOUTUBE)
1:30 PM CREATIVE ARTS WITH GIA (L2)
2:00 PM MOVIE MATINEE
3:00 PM BONUS TRIVIA GAMES 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 TV SHOWS
11:00 AM WALKING GROUPS
2:00 PM MOVIE MATINEE
3:30 PM PAMPERING
6:00 PM SUNDAY NIGHT AT THE MOVIES

12 COCKTAIL AFTERNOON & OMEGA
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM IN CHAIR EXERCISES
11:00 9 LETTER WORD GAMES
2:00 PM MASTERCHEF
2:00 PM OMEGA VIOLINIST (L2)
3:00 PM BONUS TRIVIA
3:00 PM COCKTAIL AFTERNOON (L3)
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 BINGO
3:00 PM MUSIC APPRECIATION
3:30 PM YOGA (L3)
4:00 PM 1-1 ROOM VISITS

14
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM CHOIR (L2)
11:00 AM 9 LETTER WORD GAMES
12:00 PM LOCHLAN'S EMERALD HILL HOTEL (LUNCH)
1:30 PM KIMBERLY'S ART THERAPY (LM)
2:00 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
2:00 PM DOCUMENTARY
4:00 PM 1-1 ROOM VISITS

15
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 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
2:00 PM MEN'S GROUP (CINEMA)
2:00 PM ZUMBA GOLD
3:15 PM PAMPERING
4:00 PM 1-1 ROOM VISITS

16 LIFESTYLE FOCUS GROUP MEETING
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM IN CHAIR EXERCISES
11:00 AM 9 LETTER WORD GAMES
1:00 PM LIFESTYLE FOCUS GROUP MEETING
2:00 PM TRIVIA
3:00 PM HAPPY HOUR
3:15 PM LOCHLAN'S FRIDAY FIESTA
4:00 PM 1-1 ROOM VISITS

17
9:30 AM MORN NG TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES (VIA YOUTUBE)
1:30 PM FLOOR OR BALLOON GAMES WITH GIA (L1)
2:00 PM MOVIE MATINEE
3:00 PM BOARD & TABLE GAMES 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 TV SHOWS
11:00 AM WALKING GROUPS
2 :00 PM MOVIE MATINEE
3 :30 PM PAMPERING
6 :00 PM SUNDAY NIGHT AT THE MOVIES

MONDAY

19
LOCHLAN'S JAPANESE EXPERIENCE
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS WITH QUIZZES
10:30 AM IN CHAIR EXERCISES
11:00 AM SHOPPING TROLLEY
11:00 AM 9 LETTER WORD GAMES
1:30 PM RESIDENT CHOICE OF MOVIE
3 :00 PM LOCHLAN'S JAPANESE EXPERIENCE
4 :00 PM 1-1 ROOM VISITS

TUESDAY

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
1:30 PM RACHEL'S BUS TRIP (SACRED HEART BUS TRIP)
2 :00 PM BINGO
3 :00 PM MUSIC APPRECIATION
3 :30 PM YOGA (L3)
4 :00 PM 1-1 ROOM VISITS

WEDNESDAY

21
AUSTRALIA DAY CONCERT OYSTER BAR
9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM CHOIR (L2)
11:00 AM 9 LETTER WORD GAMES
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM AUSTRALIA DAY CONCERT (L1)
2 :00 PM FLOOR GAMES
4 :00 PM 1-1 ROOM VISITS
4 :00 PM OYSTER BAR (BOARDROOM)

THURSDAY

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 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
2 :00 PM MEN'S GROUP (CINEMA)
2 :00 PM ZUMBA GOLD
3 15 PM PAMPERING
4 :00 PM 1-1 ROOM VISITS

FRIDAY

23
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM IN CHAIR EXERCISES
11:00 AM 9 LETTER WORD GAMES
2 :00 PM TRIVIA
3 :00 PM HAPPY HOUR
3 :15 PM LOCHLAN'S FRIDAY FIESTA
4 :00 PM 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 (VIA YOUTUBE)
1:30 PM CREATIVE ARTS WITH GIA (L2)
2 :00 PM MOVIE MATINEE
3 :00 PM FLOOR GAMES 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 TV SHOWS
11:00 AM WALKING GROUPS
2 :00 PM MOVIE MATINEE
3 :30 PM PAMPERING
6 :00 PM SUNDAY NIGHT AT THE MOVIES

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 BINGO
3 :00 PM MUSIC APPRECIATION
3 :30 PM YOGA (L3)
4 :00 PM 1-1 ROOM VISITS

28
FLOWER ARRANGING
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS WITH QUIZZES
11:00 AM CHOIR (L2)
11:00 AM 9 LETTER WORD GAMES
1:30 PM KIMBERLY'S ART THERAPY (LM)
12:00 PM LOCHLAN'S PICNIC BUS TRIP
2 :00 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1)
2 :00 PM FLOWER ARRANGING (L2 & 3)
2 :00 PM DOCUMENTARY
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 9 LETTER WORD GAMES
11:00 AM CHOIR (L3)
2 :00 PM MEN'S GROUP (CINEMA)
2 :00 PM ZUMBA GOLD
3 15 PM PAMPERING
4 :00 PM 1-1 ROOM VISITS

30
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM IN CHAIR EXERCISES
11:00 AM 9 LETTER WORD GAMES
2 :00 PM TRIVIA
3 :00 PM HAPPY HOUR
3 :15 PM LOCHLAN'S FRIDAY FIESTA
4 :00 PM 1-1 ROOM VISITS

31
9:30 AM MORNING TV SHOWS
10:30 AM MEMORY LANE REMINISCING MUSIC
11:15 AM IN CHAIR EXERCISES (VIA YOUTUBE)
1:30 PM MUSIC AND INSTRUMENTS WITH GIA (L1)
2 :00 PM MOVIE MATINEE
3 :00 PM FLOOR OR BALLOON GAMES WITH GIA (L3)
6 :00 PM SATURDAY NIGHT AT THE MOVIES
NETFLIX AVAILABLE ALL DAY

