

March 2026

LIFESTYLE CALENDAR

Level 1- House 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Bus Trips 3rd March 1:30pm Rachel's bus trip 9th March 1:30pm Lochlans bus trip 18th March 1:15pm Rachel's bus trip 25th March 1:30pm Lochlan's bus trip				Church Services (10:30am) 6th March Anglican Mass (Cinema) 5th March Greek Communion (in-room) 12th March Catholic mass (Cinema) Thursday's Catholic Communion (in-room)								1 10:00am Morning Tv shows 11:00am Memory Lane music (youtube) 2:00pm pampering 3:00pm Garden Walks	
2		3		4		5		6		7		8	
09:45am Memory Lane 11:00am Kalani Music Therapy 1:30pm Violetta and Annette Singalongs 3:00pm Pampering	9:45am Music Therapy 11:00am Reminiscing Music 2:00pm Masterchef 3:30pm puzzles or Jigsaws	10:15am Relaxation music 11:00am Zumba Gold 1:00pm puppets Alive 3:00pm Gardening /watering outdoors activities	10:30am Reminiscing Music 2:00pm Kimberly's sensory art therapy 2:00pm Doll or Robotic Therapy 3:00pm therapy	10:30am in chair exercises 11:00am Music & instruments 2:00pm Therapeutic Music 3:00pm Happy Hour	10:00am Morning Tv shows 10:30am Musical Melodies via (youtube) 1:30pm Creative art (L2) 3:00pm Bonus Trivia (L4)	10:00am Morning Tv shows 11:00am Memory Lane music (youtube) 2:00pm pampering 3:00pm Garden walks							
9		10		11		12		13		14		15	
09:45am Memory Lane 11:00am Kalani Music Therapy 1:30pm Violetta and Annette Singalongs 3:00pm Pampering	09:45am Music Therapy 11:00am Reminiscing Music 2:00pm Masterchef 3:30pm Puzzles or Jigsaws	10:15am relaxation music 11:00am Zumba Gold 2:00pm connecting with stories 3:00pm Gardening /watering	10:30am Reminiscing Music 2:00pm Kimberly's sensory art Therapy 3:00pm Doll or Robotic therapy	10:30am in chair exercises 11:00am Music & instruments 2:00pm Therapeutic Music 3:00pm Happy Hour	10:00am Morning Tv shows 10:30am Musical Melodies via (youtube) 1:30pm Instruments (L1) 3:00pm Floor games (L3)	10:00am Morning Tv shows 11:00am Memory Lane music (youtube) 2:00pm pampering 3:00pm Garden Walks							
16		17		18		19		20		21		22	
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30		31											
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11:00am Bridging the Journey (Cinema)	2:00pm St Patricks day (L3) 17th March	11:00am Choir (L2)	11:00am Choir (L3)	3:15pm Friday Fiesta									
1:30pm Meditation (Cinema)	2:45pm Yoga (L 1)	1:30pm Kimberly's Art Therapy (LM)	2:00pm Men's Group (Cinema)										
2:00pm Omega Violinist 16th	3:30pm Yoga (L 3)	2:00PM Footy concert (L1)											