

March 2026

LIFESTYLE CALENDAR

Level 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Bus Trips 3 Mar 1:30pm Rachel's bus trip 9 Mar 1:30pm Lochlan's bus trip 18th Marc 1:30pm Rachel's bus trip 25 Mar 1:30pm Lochlan's bus trip		Esternwick Movies Park/ River picnic Chocolaterie Park/ River picnic		Church Services (10:30am) 6 Mar Anglican Mass (Cinema) 5 Mar Greek Communion (in-room) 12 Feb Catholic mass (Cinema) Thursday's Catholic Communion (in-room)								1 09:30am Livestream Church 10:30am Coffee & Chat 11:00am Garden Walks 2:00pm Movie Matinee 3:30pm Music Melodies	
2 10:15am News & views 11:00am In chair exercises 2:00pm Café Visits 3:15pm Bingo		3 10:00am Gessy's physio 10:30am News & Views 11:00am Music appreciation 2:00pm Creative arts 3:30pm Memory Lane youtube		4 10:15am Zumba Gold 11:00am Choir 2:00pm Floor games 3:00pm Masterchef 4:00pm Oysterbar Boardroom		5 10:00am Gessy's Physio 10:30am News & Views 11:00am Singalongs 2:00pm Pampering/Makeover 3:00pm Knitting Group Balloon		6 10:00am News & Views with Quizzes 11:00am woman's day 2:00pm Zumba Gold 3:00pm Happy Hour		7 09:30am Morning Tv Shows 10:30am Memory Lane 11:00am Garden Walks 1:30pm Creative arts (L2) 3:00pm Bonus Trivia (L4)		8 09:30am Livestream Church 10:30am Coffee & chat 11:00am Garden Walks 2:00pm Movie Matinee 3:30pm Music Melodies	
9 10:15am News & views 11:00am In chair exercises 2:00pm Café Visits 3:15pm Bingo		10 10:00am Gessy's physio 10:30am News & Views 11:00am Music appreciation 2:00pm Creative arts 3:30pm Memory Lane youtube		11 10:15am Zumba Gold 11:00am Choir 2:00pm Floor games 3:00pm Masterchef		12 10:00am Gessy's Physio 10:30am News & Views 11:00am Singalongs 2:00pm Pampering/Makeover 3:00pm Knitting Group Balloon		13 10:00am News & views with Quizzes 11:00am Singalongs 2:00pm Zumba Gold 3:00pm Happy Hour		14 09:30am Morning Tv Shows 10:30am Memory Lane 11:00am Garden Walks 1:30pm instruments (L1) 3:00pm Floor Games (L3)		15 09:30am Livestream Church 10:30am Coffee & Chat 11:00am Garden Walks 2:00pm Movie Matinee 3:30pm Music Melodies	
16 10:00am News & views 11:00am In chair exercises 2:00pm Omega Violinist 3:15pm Bingo		17 10:00am Gessy's physio 10:30am News & Views 11:00am Music appreciation 2:00pm Creative arts 3:30pm Memory Lane youtube		18 10:15am Zumba Gold 11:00am Choir 2:00pm Floor games 3:00pm Masterchef 4:00pm Oyster Bar Boardroom		19 10:00am Gessy's Physio 10:30am News & Views 11:00am Singalongs 2:00pm Pampering/Makeover 3:00pm Knitting Group Balloon		20 10:00am News & Views with Quizzes 11:00am Singalongs 2:00pm Zumba Gold 3:00pm Happy Hour		21 09:30am Morning Tv shows 10:30am Memory Lane 11:00am Garden Walks 1:30pm Floor Games (L2) 3:00pm Creative arts (L4)		22 09:30am Livestream Church 10:30am Coffee & Chat 11:00am Garden Walks 2:00pm Movie Matinee 3:30pm Music Melodies	
23 10:15am News & views 11:00am In chair exercises 2:00pm Café Visits 3:15pm Bingo		24 10:00am Gessy's physio 10:30am News & Views 11:00am Music appreciation 2:00pm Creative arts 3:30pm Memory Lane youtube		25 10:15am Zumba Gold 11:00am Choir 2:00pm Armchair Travel 2:00pm Footy Mania (L1) 3:00pm Masterchef		26 10:00am Gessy's Physio 10:30am News & Views 11:00am Singalongs 2:00pm Pampering/Makeover 3:00pm Knitting group Balloon		27 10:00am News & Views with Quizzes 11:00am Singalongs 2:00pm Zumba Gold 3:00pm Happy Hour		28 09:30am Morning Tv shows 10:30am Memory Lane 11:00am Garden Walks 2:00pm Floor Games (L1) 3:00pm bonus Trivia (L3)		29 09:30am Livestream Church 10:30am Coffee & Chat 11:00am Garden Walks 2:00pm Movie Matinee 3:30pm Music Melodies	
30 10:15am News & views 11:00am In chair exercises 2:00pm café visits 3:15pm Bingo		31 10:00am Gessy's physio 10:30am News & Views 11:00am Music appreciation 2:00pm Creative arts 3:30pm Memory Lane youtube											
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
11:00am Bridging the Journey (Cinema) 1:30pm Meditation (Cinema) 2:00pm Omega Violinist		2:00pm St Patricks day (L3)March 17th 2:45pm Yoga (L1) 3:30pm Yoga (L3)		11:00am Choir (L2) 1:30pm Kimberly's Art Therapy (LM) 2:00pm Footy Concert (L1)		11:00am Choir (L3) 2:00pm Men's Group (Cinema)		3:15pm Friday Fiesta					