

March 2026

LIFESTYLE CALENDAR

Level 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Bus Trips 3 Feb 1:30pm Rachel's bus trip 9th March 1:30 pm Lochlan's bus trip 18 Mar 1:30pm Rachel's bus trip 25 Mar 1:30pm Lochlan's bus trip		Elsternwick Movies Park/River picnic Chocolaterie Park/River picnic		Church Services (10:30am) 6 Mar Anglican Mass (Cinema) 5 Mar Greek Communion (in-room) 12 Mar Catholic mass (Cinema) Thursday's Catholic Communion (in-room)								1 10:00am Livestream Church 10:30am Morning Tv shows 11:00am Pampering 2:00pm Movie matinee 3:30pm Garden walks	
2		3		4		5		6		7		8	
10:00am News & views 10:30am Word Games 11:00am in chair exercises 2:00pm Carpet Bowls 3:15pm CafeVisits	09:30am Gessy's physio 10:15am News & Views 11:00am word games 2:00pm Armchair Travel 3:30pm yoga	10:30am News & Views with David & Rick 2:00pm Arts & Crafts 3:15pm Poetry 4:00pm Oyster Bar Boardroom Boardroom	9:30am Gessy's physio 10:15am Intergenerational P 11:00am Choir 1:15pm Zumba Gold 2:00pm Bingo 3:00pm Knitting	10:00am News & Views 11:00am 9 letter word games 2:00pm International Womans' Woman's day 3:00pm Happy Hour	09:30am Morning Tv shows 10:30am Memory Lane Reminiscing Music 1:30pm Creative arts (L2) 3:00pm Bonus Trivia (L4)	10:00am Livestream Church 10:30am Morning Tv shows 11:00am Pampering 2:00pm Movie matinee 3:30pm Garden Walks							
9		10		11		12		13		14		15	
10:00am News & views 10:30am Word Games 11:00am in chair exercises 2:00pm Hollywood Collections 3:15pm CafeVisits	09:30am Gessy's physio 10:15am News & Views 11:00am word games 2:00pm Gardening 3:30pm yoga	10:30am News & Views & Quizzes with David & Rick 2:00pm Masterchef 3:15pm Afternoon Tea	09:30am Gessy's physio 10:30am News & Views 11:00am Choir 1;15pm Zumba Gold 2:00pm Bingo 3:00pm Knitting	10:00am News & views 11:00am 9 Letter word games 2:00pm Floor Games 3:00pm Happy Hour	09:30am Morning Tv shows 10:30am Memory Lane Reminiscing Music 1:30pm Instruments (L1) 3:00pm Floor games (L3)	10:00am Lvestream Church 10:30am Morning Tv shows 11:00am Pampering 2:00pm Movie matinee 3:30pm Garden Walks							
16		17		18		19		20		21		22	
10:00am News & views 10:30am word games 11:15am Melbourne Grammar 2:00pm Floor Games 3:30pm CafeVisits	09:30am Gessy's physio 10:15am News & Views 11:00am word games 2:00pm St Patricks day 3:30pm yoga	10:30am News & Views & Quizzes with David & Rick 2:00pm Armchair Travel 4:00pm Oyster Bar Boardroom Boardroom	09:30am Gessy's physio 10:15am Intergenerational P 11:00am Choir 1:15pm Zumba Gold 2:00pm Bingo 3:00pm Knitting	10:00am News & views 11:00am 9 Letter word games 2:00pm Floor Games 3:00pm Happy Hour	09:30am Morning Tv shows 10:30am Memory Lane Reminiscing Music 1:30pm Floor Games (L2) 3:00pm Creative arts (L4)	10:00am Livestream Church 10:30am Morning Tv shows 11:00am Pampering 2:00pm Movie Matinee 3:30pm Garden Walks							
23		24		25		26		27		28		29	
10:00am News & views 10:30am Word Games 11:00am in chair exercises 2:00pm Floor Games 3:30pm CafeVisits	09:30am Gessy's physio 10:15am News & Views 11:00am word games 2:00pm Cheese Tasting 3:30pm yoga	10:30am News & Views & Quizzes with David & Rick 2:00pm footy mania (L 1) 3:15pm Walking Group	09:30am Gessy's physio 10:30am News & Views 11:00am choir 1:15pm Zumba Gold 2:00pm Bingo 3:00pm Knitting	10:00am News & Views 11:00am 9 Letter word games 2:00pm Floor Games 3:00pm Happy Hour	09:30am Morning Tv shows 10:30am Memory Lane Reminiscing Music 1:30pm Floor Games (L1) 3:00pm Bonus Trivia (L3)	10:00am Livestream Church 10:30am Morning Tv shows 11:00am Pampering 2:00pm Movie Matinee 3:30pm Garden Walks							
30		31											
10:00am News & Views 10:30am word Games 11:00am in chair exercises 2:00pm Floor Games 3:30pm Café Visits	09:30am Gessy's physio 10:15am News & views 11:00am Word Games 2:00pm Creative arts 3:30pm yoga												
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
11:00am Bridging the Journey (Cinema) 1:30pm Meditation (Cinema)	2:00pm St Patricks day March 17 2:45pm yoga (L1)	11:00am Choir (L2) 1:30pm Kimberly's Art Therapy (LM)	11:00am Choir (L3) 2:00pm Men's Group (Cinema)	3:15pm Friday Fiesta womans day									