

2:00pm	Omega Violoist		2:00pm	Footy concert (L1)		check times on your level calendar			
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March 2026 LIFESTYLE CALENDAR Level 4

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Bus Trips 3 Mar 1:30 pm- Rachel's bus trip 9th March 1:30pm - Lochlan's bus trip 18th Marc 1:30pm Rachel's bus trip 25 Mar 1:30pm -Lochlan's bus trip				Church Services (10:30am) 6 Mar Anglican Mass (Cinema) 5 Mar Greek Communion (in-room) 12 Mar Catholic mass (Cinema) hursday's Catholic Communion (in-room)								1 10:00am Livestream Mass 10:30am Musical Melodies (youtube) 2:00pm Movie Mantinee 3:30pm Pampering	
2		3		4		5		6		7		8	
10:00am News & views 10:30am in chair exercises 11:00am 9 Letter word games	09:30am Gessy's Physio 10:15am News & views 11:00am 9 Letter word games	10:30am News & views 11:00am 9 letter word games 2:00pm Floor Games	09:30am Gessy's Physio 10:15am News & views 11:00am 9 Letter word games	10:00am News & views 11:00am 9 Letter word games 2:00pm womans day celebrations 3:00pm Happy Hour 3:15pm Friday Fiesta	10:00am Morning tv shows 10:30am Memory Lane 11:00am Garden walks	10:00am Livestream Mass 10:30am Musical Melodies (youtube) 2:00pm Movie Matinee 3:30pm Pampering							
9		10		11		12		13		14		15	
10:00am News & views 10:30am in chair exercises 11:00am 9 Letter word games 1:30pm Documentary 3:30pm Music Melodies	09:30am Gessy's Physio 10:15am News & views 11:00am 9 letter word games 2:00pm Bingo 3:15pm Music appreciation	10:30am News & views 11:00am 9 Letter word games 2:00pm Armchair Travel	09:30am Gessy's Physio 10:15am News & views 11:00am 9 Letter word games 2:00pm Zumba Gold 3:30pm Pampering	10:00am News & views 11:00am 9 Letter word games 2:0pm Trivia 3:00pm Happy Hour 3:15pm Friday Fiesta	10:00am Morning tv show 10:30am Memory lane 11:00am Garden walks 1:30pm Instruments (L1) 3:00pm Floor Games (L3)	10:00am Livestream mass 10:30am Musical Melodies (youtube) 2:00pm Movie matinee 3:30pm Pampering							
16		17		18		19		20		21		22	
10:00am News & views 10:30am in chair exercises 11:00am 9 Letter word games 2:00pm Movie Matinee 3:00pm Jananese experience Boardroom	09:30am Gessy's physio 10:15am News & views 11:00am 9 Letter word games 2:00pm Bingo 3:15pm Music appreciation	10:30am News & views 11:00am 9 Letter word games 2:00pm Floor or Balloon 4:00pm Oyster Bar BOARDRRROM	09:30am Gessy's Physio 10:15am News & views 11:00am 9 Letter word games 2:00pm Zumba Gold 3:30pm Pampering	10:00am News & Views 11:00am 9 Letter word games 2 :00pm Trivia 3:00pm Happy Hour 3:15pm Friday Fiesta	10:00am Morning tv shows 10:30am Memory Lane 11:00am Garden walks 1:30pm Floor Games (L2) 3:00pm creative arts (L4)	10:00am Livestream Church 10:30am Musical Melodies (youtube) 2:00pm Movie matinee 3:30pm Pampering							
23		24		25		26		27		28 M		29	
10:00am News & views 10:30am in chair exercises 11:00am 9 Letter word games 2:00pm Masterchef 3:30pm Bonus Trivia	09:30am Gessy's physio 10;15am News & views 11:00am 9 Letter games 2:00pm Bingo 3:15pm Music appreciation	10:30am News & views 11:00am 9 letter word games 2:00pm Footy Mania (L1) 3:30pm Armchair Travel	9:30am Gessy's Physio 10:15am News & views 11:00am 9 Letter word games 2:00pm Zumba Gold 3:30pm Pampering	10:00am News & views 11:00am 9 Letter word games 2 :00pm Trivia 3:00pm Happy Hour 3:15pm Friday Fiesta	10:00am Morning tv shows 10:30am Memory Lane 11:00am Garden walks 1:30pm Floor Games (L1) 3:00pm Bonus Trivia (L3)	10:00am Livestream mass 10:30am Musical Melodies (youtube) 2:00pm Movie Matine 3:30pm Pampering							
30		31											
10:00am News & views 10:30am in chair exercises 11:00am 9 Letter word games 2:00pm Bonus Trivia 3:30pm walking group	09:30am Gessy's physio 10:15am News & views 11:00am 9 Letter word games 2:00pm Bingo 3:30pm Music appreciation												

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
11:00am Bridging the Journey (Cinema)	10:00am Gessy's physio(L2)	11:00am Choir (L2)	11:00am Choir (L3)	3:00pm Happy hour									
1:30pm Meditation (Cinema)	2:45pm Yoga (L1)	1:30pm Kimberly's Art Therapy (LM)	2:00pm Men's Group (Cinema)	All Levels									
2:00pm Omega Violinist	3:30pm Yoga (L3)	2:00pm Footy concert (L1)											