May 2026 LIFESTYLE CALENDAR Level 1- House 1 & 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bus trips 6th May **Lochlan's Bus Trip** 12th May **Rachel's Bus Trip** 20th May **Lochlan's Bus Trip** 26th May **Rachel's Bus Trip**	**Church Services** **6th May** **Greek Mass (Cinema)** **8th May** **Anglican Mass (Cinema)** **14th May** **Catholic Mass (Cinema)** **Holy Communion** **Thursday In room Service**			**1** 10:00am News & views 10:30am Music Melodies via (youtube 2:00pm Floor Games 3:00pm Happy Hour	**2** 10:00am Morning TV shows 10:30am Memory Lane 11:00am Garden Walks 1:30pm Balloon Therapy (L1) 3:00pm Arts & crafts (L3)	**3** 10:00am Livestram Church 10:30am Morning coffee & chat 11:00am Walking Groups 2:00pm Pampering 3:30pm Footy Match of the day
4 10:00am News & views 10:30am Music & instruments 1:30pm Violetta & Annette Singalongs 3:00pm Bingo	**5** 10:00am Gessy's Physio (L2) 10:15am News & views 11:00am in chair exercises 2:00pm Masterchef 2:45pm Yoga	**6** 10:15am News & views with quizzes 2:00pm Zumba Gold (H3) 2:00pm Giselle's Singalongs 3:00pm Pampering	**7** 10:00am Gessy's Physio 10:30am News & views 11:00am Zumba Gold 2:00pm Music Therapy	**8** 10:00am News & views 10:30am Music Melodies via (youtube) 2:00pm Floor Games 3:00pm Happy Hour	**9** 10:00am Morning Tv shows 10:30am Memory Lane 11:00am Garden Walks 1;30pm Mother's day concert 3:00pm Bonus Trivia (L4)	**10** 10:00am Livestram Church 10:30am Morning coffee & chat 11:00am Walking Group 2:00pm Pampering 3:30pm Footy match of the day
11 10:00am News & vIews 10:30am Music & instruments 1:30pm Resident and relative Meeting 3;00pm Bingo	**12 Nurses Day** 10:00am Gessy's Phyio (L2) 10:15am Nurses day (L3) 11:00am In chair exercises 2:00pm Masterchef 2:45pm Yoga	**13** 10:15am News & views with quizzes 11:00am Zumba Gold (H3) 2:00pm Giselle's Singalongs 3:00pm Pampering 4 :00pm Oyster Bar	**14** 10:00am Gessy's Physio 10:30am News & views 11:00am Zumba Gold 2:00pm Music Therapy	**15** 10:00am News & views 10:30am Music Melodies (via youtube) 2:00pm Floor Games 3:30pm Happy Hour	**16** 10:00am Morning Tv shows 10:30am Memory Lane 11:00am Garden Walks 1:30pm Balloon Games (L 1) 3:00pm Bingo (L4)	**17** 10:00am Livestream Church 10:30am Morning coffee & chat 11:00am Walking Group 2:00pm Pampering 3:30pm Footy match of the day
18 10:00am News & views 10:30am Music & instruments 1:30pm Violetta & Annette Singalongs 3:00pm Bingo	**19** 10:00am Gessy's Physio (L2) 10:15am News & views 11:00am In chair exercises 2:00pm Masterchef 2:45pm Yoga	**20** 10:15am News & views with quizzes 11:00am Zumba Gold (H3) 2:00pm Giselle's singalongs 3:00pm Pampering	**21** 10:00am Gessy's Physio 10:30am News & views 11:00am Zumba Gold 2:00pm Music Therapy	**22** 10:00am News & views 10:30am Music Melodies 11:00am (via youtube) 2:00pm Floor Games 3:00pm Happy Hour	**23** 10:00am Morning Tv shows 10:30am Memory Lane 11:00am Garden Walks 1:30pm Bingo L2) 3:00pm Floor games (L4)	**24** 10:00am Livestream Church 10:30am Morning coffee & chat 11:00am Walking Group 2:00pm Pampering 3:30pm Footy match of the day
25 10:00am News & Views 10:30am Music & instruments 1:30pm Violetta & Annette Singalongs 2:00pm Singalongs 3:00pm Bingo	**26** 10:00am Gessy's Physio (L2) 10:15am News & views 11:00am In chair exercises 2:00pm Masterchef 2:45pm Yoga	**27** 10:15am News & views with quizzes 11:00am Zumba Gold 2:00pm Giselle's sinaglongs 3:00pm Pampering 4:00pm Oyster Bar Boardroom	**28** 10:00am Gessy's Physio 10:30am News & views 11:00am Zumba Gold 2:00pm Music Therapy	**29** 10:00am News & views 10:30am Music Melodies (youtube) 2:00pm Floor Games 3:00pm Happy Hour	**30** 10:00am Morning TV shows 10:30am Memory Lane 11:00am Garden Walks 1:30pm Music & movements 3:00pm Arts & crafts (L3)	**31** 10:00am Livestream Church 10:30am Morning coffee & chat 11:00am Walking Group 2:00pm Pampering 3:30pm Footy match of the day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2:00pm Omega 11th (L2) 3:00pm Japanese experience (Boardroom	1:30pm Vossanova Choir (L2) 3:30pm Yoga (L3)	11:00am Choir (L2) 1:30pm Kimberly's art (LM) 3:00pm Oyster Bar 18th /27th	11:00am Choir (L3) 2:00pm Men's Group (Cinema)	3:15pm Friday Fiesta (L4)	1:30pm Mother's day concert (L2)	