

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
				1		2		3		4		5	
				10:00 am	News & Views	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Morning Melodies	10:00 am	Livestream Mass
				11:00 am	Zumba Gold	11:00 am	Zumba Gold	11:00 am	News & views	11:00 am	Coffee & chat	11:00 am	Pampering
				2:00 pm	Singalongs	2:00 pm	Bingo	3:00pm	Happy Hour	1:30 pm	Garden Walks	1:30 pm	Footy match of the Day
6		7		8		9		10		11		12	
10:00 am	News & Views	10:00 am	Music & Movements	10:00 am	News & Views	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Morning Melodies	10:00 am	Livestream Mass
11:00 am	Music Therapy	11:00 am	News & views	11:00 am	Zumba Gold	11:00 am	Zumba Gold	11:00 am	News & views	11:00am	Coffee & chat	11:00 am	Pampering
2:00 pm	Word games & Trivia	2:45 pm	Yoga	2:00 pm	Singalongs	2 ;00 pm	Bingo	3:00 pm	Happy Hour	1:30 pm	Garden Walks	1:30 pm	Footy match of the Day
13		14		15		16		17		18		19	
10:00 am	News & Views	10:00 am	In chair Pilates	10:00 am	News & Views	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Morning Melodies	10:00 am	Livestream Mass
11:00 am	Music Therapy	11:00 am	News & views	11:00 am	Zumba Gold	11:30 am	Zumba Gold	11:00am	News & views	11:00 am	Coffee & chat	11:00 am	Pampering
2 :00 pm	Armchair Travel	2:45 pm	Yoga	2:00 pm	Singalong	2:00 pm	Bingo	3:00 pm	Happy Hour	1:30 pm	Garden Walks	1:30 pm	Footy Match of the Day
20		21		22		23 Christmas in July		24		25		26	
10:00 am	News & Views	10:00 am	Seated Dance	10:00 am	News & Views	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Morning Melodies	10:00 am	Livestream Mass
11:00 am	Music Therapy	11:00 am	News & views	11:00 am	Zumba Gold	11:00 am	Zumba Gold	11:00 am	News & views	11:00 am	Coffee & chat	11:00 am	Pampering
2:00 pm	Word games & Trivia	2:45 pm	Yoga	2:00 pm	Singalongs	1:30 pm	Golden Girls Concert	3:00 pm	Happy Hour	1:30 pm	Garden Walks	1:30 pm	Footy Match of the Day
27		28		29		30		31					
10:00 am	News & Views	10:00 am	Music & movement	10:00 am	News & Views	10:00 am	News & Views	10:00 am	Music Melodies				
11:00 am	Music Therapy	11:00 am	News & views	11:00 am	Zumba Gold	11:30 am	Zumba Gold	11:00 am	News & views				
2 :00 pm	Word Games & Trivia	2:45 pm	Yoga	2 :00 pm	Singalongs	2:00 pm	Bingo	2:00 pm	Creative artsL3				
								3:00 pm	Happy Hour				
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
2:00 pm	Flower A 27 th (L3)	2:00 pm	Gardening Group	11:00am	Choir (L2)	11:00am	Choir (L3)						
3 :00 pm	Japanese Experience 13 th Boardroom	2:45 pm	Yoga (L1)	1:30pm	Kimberly's Art Therapy (LM)	1:30 pm	Golden Girls 23 rd (L1)						
		3:30 pm	Yoga (L3)	4:00 pm	Oyster Bar 8 th Boardroom	2:00pm	Men's & Walking Group						

<p>Bus Trips</p> <p>1st of July Lochlan's Bus Trip</p> <p>7th of July Rachel's Bus Trip</p> <p>15th of July Lochlan's Bus Trip</p>	<p>Church Services</p> <p>Greek Mass 1st of July (I -1 room visits)</p> <p>Anglican Mass 3rd of July 10:30 am Cinema</p> <p>Catholic Mass 10th of July 10:30 am Cinema</p>
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