

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
				1			2			3			4		
				10:15 am	Zumba Gold	10:00 am	Physio Exercises	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass		
				11:00 am	Choir	11:00 am	News & views	11:00 am	Singalongs	11:00 am	Coffee & Chat	11:00 am	Pampering		
				2 :00 pm	MasterChef	2 :00 pm	Pampering / Knitting	2:00 pm 3:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Footy Match of the Day		
6		7		8		9		10		11		12			
10 :30 am	News & views	10:00 am	Exercises	10:15 am	Zumba Gold	10:00 am	Physio Exercises	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass		
11:00 am	Parachute G	11:00 am	News & views	11:00 am	Choir	11:00 am	News & views	11:00 am	Singalongs	11:00 am	Coffee & Chat	11:00 am	Pampering		
2 :00 pm	Singalongs	2:00 pm	Bingo L4	2:00 pm	MasterChef	2:00 pm	Pampering / Knitting	2:00 pm 3:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Footy Match of Day		
13		14		15		16		17		18		19			
10:30 am	News & Views	10:00 am	Exercises	10:15 am	Zumba Gold	10:00 am	Physio Exercises	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass		
11:00 am	In Chair yoga	11:00 am	News & views	11:00 am	Choir	11:00 am	News & views	11:00 am	Singalongs	11:00 am	Coffee & Chat	11:00 am	Pampering		
2 :00 pm	Music & instruments	2 :00 pm	Bingo L4	2:00 pm	MasterChef	2 :00 pm	Pampering / Knitting	2:00 pm 3:00 pm	Zumba Gold Happy Hour	2 :00 pm	Garden Walks	2:00 pm	Footy Match of Day		
20		21		22		23		24		25		26			
10:30 am	News & Views	10:00 am	Exercises	10:15 am	Zumba Gold	10:00 am	Physio Exercises	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass		
11:00 am	Seated Dance	11:00 am	News & views	11:00 am	Choir	11:00 am	News & views	11:00 am	Singalongs	11:00 am	Coffee & Chat	11:00 am	Pampering		
2 :00 pm	Singalongs	2 :00 pm	Bingo L4	2 :00 pm	MasterChef	2 :00 pm	Pampering / knitting	2:00 pm 3:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Footy Match of the Day		
27		28		29		30		31							
10 :30 am	News & Views	10:00 am	Exercises	10:15 am	Zumba Gold	10:00 am	Physio Exercises	10:00 am	News & Views						
11:00 am	In chair Pilates	11:00 am	News & views	11:00 am	Choir	11:00 am	News & views	11:00 am	Singalongs						
2 :00 pm	Songwriting	2 :00 pm	Bingo L4	2 :00 pm	MasterChef	2 :00 pm	Pampering / Knitting	2:00 pm 3:00 pm	Zumba Gold Happy Hour						
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
2:00 pm	Flower A 23 rd (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	2:00 pm	Men's & Walking Group	3:00 pm	Lochlan's Friday fiesta						

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