

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
				1		2		3		4		5	
				10:00 am	Music Therapy	10:15 am	News & Views	10:30 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass Pampering
				10:30 am	News & views	11:00 am	Choir	11:00 am	Trivia	11:00 am	Coffee & Chat	11:00 am	
				2 :00 pm	MasterChef	1:15 pm	Zumba Gold Bingo	3:00 pm	Singalongs & Happy Hour	2 :00 pm	Garden Walks	2 :00 pm	Footy Match of the Day
6		7		8		9		10		11		12	
10:15 am	News & views	10:15 am	News & Views	10:00 am	Music Therapy	10:15 am	News & Views	10:30 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass Pampering
11:00 am	In Chair Exercise	11:00 am	In Chair Pilates	10:30 am	News & views	11:00am	Choir	11:00 am	Trivia	11:00 am	Coffee & Chat	11:00 am	
2:00 pm	Floor Games	2:00 pm	Armchair T Yoga	2 :00 pm	MasterChef	1:15 pm	Zumba Gold Bingo	3:00 pm	Singalongs & Happy Hour	2 :00 pm	Garden Walks	2 :00 pm	Footy Match of the Day
13		14		15		16		17		18		19	
10:15 am	News & views	10:15 am	News & Views	10:00 am	Music Therapy	10:15 am	News & Views	10:30 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass Pampering
11:00 am	In Chair Exercise	11:00 am	Seated Dance	10:00 am	News & views	11:00 am	Choir	11:00 am	Trivia	11:00 am	Coffee & Chat	11:00 am	
1:30 pm	Creative Arts	2 :00 pm	Knitting Group Yoga	2 :00 pm	MasterChef	1:15 pm	Zumba Gold Bingo	3:00 pm	Singalongs & Happy Hour	2 :00 pm	Garden Walks	2 :00 pm	Footy Match of the day
20		21		22		23		24		25		26	
10:15 am	News & views	10:00 am	News & Views	10:00 am	Music Therapy	10:00 am	Intergenerational Program	10:30 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass Pampering
11:00 am	In chair Exercises	11:00 am	Parachute Games	10:30 am	News & views	11:00 am	Choir	11:00 am	Trivia	11:00 am	Coffee & Chat	11:00 am	
2 :00 pm	Floor Games	2:00 pm	Armchair T Yoga	2:00 pm	MasterChef	2:00 pm	Zumba Gold Bingo	3 :00 pm	Singalongs & Happy Hour	2 :00 pm	Garden Walks	2 :00 pm	Footy match of the Day
27		28		29		30		31					
10:15 am	News & views	10:00 am	News & Views	10:00 am	Music Therapy	10:15 am	News & Views	10:30 am	News & Views				
11:00 am	In Chair Exercises	11:00 am	Music Instruments	10:30 am	News & views	11:00 am	Choir	11:00 am	Trivia				
2:00pm	Flower Arranging	2:00 pm	Knitting Group Yoga	2 :00 pm	MasterChef	1:15 pm	Zumba Gold Bingo	3 :00 pm	Singalongs & Happy Hour				
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
				11:00am	Choir (L2)	11:00am	Choir (L3)						
		2 :00 pm	Gardening Group	1:30pm	Kimberly's Art Therapy (LM)	1:30 pm	Golden Girls Concert 23 <sup>rd</sup> (L1)						
3 :00 pm	Japanese Experience 13th Boardroom	2 :45 pm	Yoga (L1)	2:00 pm	Community Program	2:00 pm	Men's Group Cinema	3 :00 pm	Friday Fiesta (L4)				
				4 :00 pm	Oyster Bar 8 <sup>th</sup>	2 :00 pm	Walking Group						