August 2026 **Lifestyle Calendar** **Level 1 – House 1 and 2**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
31										**1**		**2**	
10:00 am 11:00 am 2:00 pm	News & views Music Therapy Word games & Trivia									10:00 am 11:00 am 2:00 pm	Morning Melodies Coffee & chat Garden Walks	10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Footy match of the Day
3		**4**		**5**		**6 Food Focus group**		**7**		**8**		**9**	
10:00 am 11:00 am 2:00 pm	News & Views Memory Lane Word games & Trivia	10:00 am 11:00 am 2:45 pm	Reminiscing Music News & views Yoga	10:00 am 11:00 am 2:00 pm	News & Views Zumba Gold Singalongs via YouTube	10:00 am 11:00 am 2 ;00 pm	Food focus group meeting Zumba Gold Bingo	10:00 am 11:00 am 2:00 pm 3:00 pm	In chair Pilates News & views Walking Group Happy Hour	10:00 am 11:00am 2:00 pm	Morning Melodies Coffee & chat Garden Walks	10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Footy match of the Day
10		**11**		**12**		**13 Frank in Concert**		**14**		**15**		**16**	
10:00 am 11:00 am 2 :00 pm	News & Views Memory Lane Armchair Travel	10:00 am 11:00 am 2:45 pm	Reminiscing Music News & views Yoga	10:00 am 11:00 am 2:00 pm	News & Views Zumba Gold Singalong Via YouTube	10:00 am 11:30 am 1:30 pm	News & Views Zumba Gold Frank in concert	10:00 am 11:00am 2:00 pm 3:00 pm	Parachute Games News & views Walking Group Happy Hour	10:00 am 11:00 am 2:00 pm	Morning Melodies Coffee & chat Garden Walks	10:00 am 11:00 am 2:00pm	Livestream Mass Pampering Footy Match of the Day
17		**18**		**19**		**20**		**21**		**22**		**23**	
10:00 am 11:00 am 2:00 pm	News & Views Music Therapy Word games & Trivia	10:00 am 11:00 am 2:45 pm	Reminiscing Music News & views Yoga	10:00 am 11:00 am 2:00 pm	News & Views Zumba Gold Singalongs	10:00 am 11:00 am 1:30 pm	News & Views Zumba Gold Bingo	10:00 am 11:00 am 2:00 pm 3:00 pm	In chair yoga News & views Walking Group Happy Hour	10:00 am 11:00 am 2:00 pm	Morning Melodies Coffee & chat Garden Walks	10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Footy Match of the Day
24 Resident & Relative		**25**		**26**		**27**		**27**		**29**		**30**	
10:00 am 11:00 am 1:30 pm	News & Views Music Therapy Resident & relative meeting	10:00 am 11:00 am 2:45 pm	Reminiscing Music News & views Yoga	10:00 am 11:00 am 2 :00 pm	News & Views Zumba Gold Singalongs	10:00 am 11:30 am 2:00 pm	News & Views Zumba Gold Bingo	10:00 am 11:00 am 2:00 pm 3:00 pm	In chair tai chi News & views Walking group Happy Hour	10:00 am 11:00 am 2:00 pm	Morning Melodies Coffee & chat Garden Walks	10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Footy Match of the Day
Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**		**Saturday**		**Sunday**	
1:30 pm 3 :00 pm	Ron in Concert (L2 31st Japanese Experience 10th Boardroom	2:45 pm 3:30 pm	Yoga (L1) Yoga (L3)	11:00am 1:30pm 4:00 pm	Choir (L2) Kimberly's Art Therapy (LM) Oyster Bar 5th & 19th Boardroom	9:30 am 11:00 am 1:30 pm 2:00pm	Hydrotherapy MSAC 20th Choir (L3) Frank in concert (L1) Men's & Walking Group						

Bus Trips

4th of August Rachel's Bus Trip

18th of August Rachel's Bus Trip

12th of August Lochlan's Bus Trip

26th of August Lochlan's bus trip

Church Services

Greek Mass 5th of August (I -1 room visits)

Anglican Mass 7th of August 10:30 am Cinema

Catholic Mass 13th of August 10:30 am Cinema