

August 2026		Lifestyle Calendar								Level 1 – House 3			
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
31										1		2	
10:00 am	In Chair Pilates Katani Music Therapy Violetta Singalongs									10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am										11:00 am	Coffee & chat	11:00 am	Pampering
1:30 pm										2 :00 pm	Garden Walks	2:00 pm	Tv Footy Match
3		4		5		6		7		8		9	
10:00 am	Seated Dance	10:00 am	Balloon Therapy	10:00 am	Memory Lane	10:30 am	Musical Melodies Singalongs	10:00 am	Memory Lane	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am	Katani Music Therapy	11:00 am	Reminiscing Music	11:00 am	Zumba Gold	11:00 am		11:00 am	Memory Games	11:00 am	Coffee & chat	11:00 am	Pampering
1:30 pm	Violetta Singlaongs	2 :00 pm	Documenter on animals	1:00pm 2 :00 om	Puppets Alive Singalongs	2:00 pm	Kimberly’s art Therapy	2:00 pm 3:00 pm	Sensory play Happy Hour	2:00 pm	Garden Walks	2:00 pm	Tv Footy match
10		11		12		13		14		15		16	
10:00 am	In chair exercises Katani Music Therapy Violetta Singalongs	10:00 am	Balloon Therapy	10:00 am	Memory Lane	10:30 am	Musical Melodies Singalongs	10:00 am	Memory Lane	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am		11:00 am	Reminiscing Music	11:00 am	Zumba Gold	11:00 am		11:00 am	Memory Games	11:00 am	Coffee & chat	11:00 am	Pampering
1:30 pm		2 :00 pm	Armchair Travel	2 :00 pm	Singalongs	2:00 pm	Kimberly’s art Therapy	2:00 pm 3:00 pm	Sensory play Happy Hour	2:00 pm	Garden Walks	2:00 pm	Tv footy match
17		18		19		20		21		22		23	
10:00 am	Throwing Games Katani Music Therapy Violetta Singalongs	10:00 am	Balloon Therapy	10:00 am	Memory Lane	10:30 am	Musical Melodies Singalongs	10:00 am	Memory Lane	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am		11:00 am	Reminiscing Music	11:00 am	Zumba Gold	11:00 am		11:00 am	Memory Games	11:00 am	Coffee & Chat	11:00 am	Pampering
1:30 pm		2 :00 pm	MasterChef	2 :00 pm	Singalongs	2:00 pm	Kimberly’s art Therapy	2:00 pm 3:00 pm	Sensory Play Happy Hour	2:00 pm	Garden Walks	2;00m pm	Tv Footy match
24		25		26		27		28		29		30	
10:00 am	Parachute Games Katani Music Therapy Violetta Singalongs	10:00 am	Balloon Therapy	10:00 am	Memory Lane	10:30 am	Musical Melodies	10:00 am	Memory Lane	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am		11:00 am	Reminiscing Music	11:00 am	Zumba Gold	11:00 am	Singalongs	11:00 am	Memory Games	11:00 am	Coffee & chat	11:00 am	Pampering
2 :30 pm		2 :00 pm	MasterChef	2 :00 pm	Singalongs	2:00 pm	Kimberly's art Therapy	2:00 pm 3:00 pm	Sensory Play Happy Hour	2:00 pm	Garden Walks	2:00 pm	Tv Footy match
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1:30 pm	Ron in Concert 31 st L2			11:00am	Choir (L2)	9:30 am	MSAC 20 th Choir (L3) Frank in Concert (L1 13 th) Men’s Group Walking Group						
2:00 pm				1:30pm	Kimberly’s Art Therapy (LM)	11:00 am 1 :30 pm							
3:00 pm	Japanese Experience 10 th Boardroom	2:45 pm	Yoga (L1)	2 :00 pm	Community Program	2 :00 pm							
		3:30 pm	Yoga (L3)	4 :00 pm	Oyster Bar 5 th & 19th	2:00 pm	3 :00 pm	Friday Fiesta (L4)					

Bus Trips 4th of August Rachel’s Bus Trip 12th 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
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