

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
31										1		2	
10;30 am	News & views									10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am	In chair Pilates									11:00 am	Coffee & Chat	11:00 am	Pampering
1:30 pm	Ron in concert									2:00 pm	Garden Walks	2:00 pm	Footy Match of the Day
3		4		5		6 Food Focus Group		7		8		9	
10 :30 am	News & views	10:00 am	Exercises	10:15 am	Zumba Gold	10:00 am	Food Meeting	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am	Parachute G	11:00 am	Trivia (YouTube)	11:00 am	Choir	10:00 am	Exercises	10:00 am	Singalongs	11:00 am	Coffee & Chat	11:00 am	Mass Pampering
2 :00 pm	Songwriting	2:00 pm	Bingo L4	2:00 pm	MasterChef	11:00 am	News & views	2:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Footy Match of Day
10		11		12		13		14		15		16	
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	Trivia (YouTube)	11:00 am	Choir	10:00 am	News & views	11:00 am	Singalongs	11:00 am	Coffee & Chat	11:00 am	Mass Pampering
2 :00 pm	Music & instruments	2 :00 pm	Bingo L4	2:00 pm	MasterChef	2 :00 pm	Pampering / Knitting	2:00 pm	Zumba Gold Happy Hour	2 :00 pm	Garden Walks	2:00 pm	Footy Match of Day
17		18		19		20		21		22		23	
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	10:30 am	Music Therapy	11:00 am	Choir	11:00 am	News & views	11:00 am	Singalongs	11:00 am	Coffee & Chat	11:00 am	Mass Pampering
2 :00 pm	Singalongs	11:00 am	News & Views	2 :30 pm	Flower arranging	2 :00 pm	Pampering / knitting	2:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Footy Match of the Day
24		25 Resident & relative		26		27		28		29		30	
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 Pilates	10:30 am	Music Therapy	11:00 am	Choir	10:00 am	News & views	11:00 am	Singalongs	11:00 am	Coffee & Chat	11:00 am	Mass Pampering
2 :00 pm	Songwriting	11:00 am	News & Views	2 :00 pm	MasterChef	2 :00 pm	Pampering / Knitting	2:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Footy match of the Day
1:30 pm		2:45 pm		11:00am		9:30 am							
3:00 pm		Yoga (L1)		Choir (L2)		11:00am							
		Yoga (L3)		Kimberly’s Art Therapy (LM)		1:30 pm							
				Oyster Bar 5 th & 19 th		2:00 pm		3:00 pm					
						Men’s & Walking Group		Lochlan’s Friday fiesta					

Bus Trips 4 th of August Rachel’s Bus trip 12 th of August Lochlan’s Bus Trip						Church Services Greek Mass 5 th of August (1-1 room visits) Anglican Mass 7 th of August 10:30 am Cinema Catholic Mass 13 th of August 10:30 am Cinema					
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