August 2026 **Lifestyle Calendar** **Level 3**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
31										**1**		**2**	
10:15 am 11:00 am 2 :00 pm	News & views In chair Exercises Creative arts									10:00 am 11:00 am 2 :00 pm	Music 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**	
10:15 am 11:00 am 2:00 pm	News & views In Chair Exercise Book Club	10:15 am 11:00 am 2:00 pm 3:30 pm	News & Views In Chair Pilates Armchair T Yoga	10:00 am 10:30 am 2 :00 pm	In chair exercise News & views MasterChef	10:00 am 10:15 am 11:00am 1:15 pm 2 :00 pm	Food Meeting Intergenerational Choir Zumba Gold Bingo	10:30 am 11:00 am 2:00 pm 3:00 pm	News & Views Trivia Octa band Therapy & Happy Hour	10:00 am 11:00 am 2 :00 pm	Music 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**		**14**		**15**		**16**	
10:15 am 11:00 am 2:00 pm	News & views In Chair Exercise Cheese Tasting	10:15 am 11:00 am 2 :00 pm 3:30 pm	News & Views Balloon Therapy Knitting Group Yoga	10:00 am 10:00 am 2 :00 pm	In chair exercises News & views MasterChef	10:15 am 11:00 am 1:15 pm 2 :00 pm	News & Views Choir Zumba Gold Bingo	10:30 am 11:00 am 2:00 pm 3:00 pm	News & Views Trivia Rhythmic dance & Happy Hour	10:00 am 11:00 am 2 :00 pm	Music Melodies Coffee & Chat Garden Walks	10:00 am 11:00 am 2 :00 pm	Livestream Mass Pampering Footy Match of the day
17		**18**		**19**		**20**		**21**		**22**		**23**	
10:15 am 11:00 am 2 :00 pm	News & views In chair Exercises Creative Arts	10:00 am 11:00 am 2:00 pm 3:30 pm	News & Views Parachute Games Armchair T Yoga	10:00 am 10:30 am 2:00 pm	Music Therapy News & views Flower Arranging	10:15 am 11:00 am 2:00 pm 3 :00 pm	Intergenerational Program Choir Zumba Gold Bingo	10:30 am 11:00 am 2:00 pm 3:00 pm	News & Views Trivia Story telling & Happy Hour	10:00 am 11:00 am 2 :00 pm	Music Melodies Coffee & Chat Garden Walks	10:00 am 11:00 am 2 :00 pm	Livestream Mass Pampering Footy match of the day
24		**25**		**26**		**27 Resident & Relative**		**28**		**29**		**30**	
10:15 am 11:00 am 2:00pm	News & views In Chair Exercises Carpet Bowls	10:00 am 11:00 am 2:00 pm 3:30 pm	News & Views Music Instruments Knitting Group Yoga	10:00 am 10:30 am 2 :00 pm	Music Therapy News & views MasterChef	10:15 am 11:00 am 1:00 pm 1:30 pm	News & Views Choir Zumba Gold R & R meeting	10:30 am 11:00 am 2:00 pm 3:00 pm	News & Views Trivia Puppet Play & Happy Hour	10:00 am 11:00 am 2:00 pm	Music 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 31st L2 Japanese Experience	2 :45 pm	Yoga (L1)	11:00am 1:30pm 2:00 pm	Choir (L2) Kimberly's Art Therapy (LM) Community Program	9:30am 11:00am 1:30 pm 2:00 pm	MSAC 20th Choir (L3) Frank in Concert (13th L1) Men's Group Cinema	3 :00 pm	Friday Fiesta (L4)				

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 (1-1 room visits)
Anglican Mass 7th of August (cinema)
Catholic Mass 13th of August (Cinema)