August 2026 — Lifestyle Calendar — Level 4

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
31										**1**		**2**	
10:15 am 11:00 am 2 :00 pm	News & views 9 Letter word Seated Dance									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 M Pampering Footy Match TV
3		**4**		**5**		**6 Food focus group**		**7**		**8**		**9**	
10:15 am 11:00 am 2 :00 pm	News & Views 9 Letter word In Chair Pilates	09:30am 10:30 am 11:00 am 2:00 pm	Exercises News & views 9 Letter word Bingo	10:00 am 11:00 am 2 :00 pm	News & Views 9 Letter word MasterChef L2	09:30 am 10:00 am 11:00 am 2:00 pm	Exercises Food Meeting 9 Letter word Zumba Gold	10:00 am 11:00 am 3:00 pm	Dance & drama Therapy 9 Letter word Happy Hour Friday Fiesta	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 TV
10		**11**		**12**		**13**		**14**		**15**		**16**	
10:15 am 11:00 am 1:30 pm	News & Views 9 Letter word In Chair Yoga	09:30 am 10:30 am 11:00 am 2:00 pm	Exercises News & views 9 Letter word Bingo	10:00 am 11:00 am 2 :00 pm	News & Views 9 Letter word MasterChef L2	09:30 am 10:30 am 11:00 am 2 :00 pm	Exercises News & view 9 Letter word Zumba Gold	10:00 am 11:30 pm 3 00 pm	Dance & drama Therapy 9 Letter word Happy Hour Friday Fiesta	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 TV
17		**18**		**19**		**20**		**21**		**22**		**23**	
10:15 am 11:00 am 2 :00 pm	News & Views 9 Letter word Seated Dance	09:30 am 10:30 am 11:00 am 2 :00 pm	Exercises News & views 9 Letter word Bingo	10:00 am 11:00 am 2:00 pm	News & Views 9 Letter word MasterChef L2	09:30 am 10:30 am 11:00 am 2 :00 pm	Exercises News & Views 9 Letter word Zumba Gold	10:00 am 11:00 am 3:00 pm	Dance & drama Therapy 9 Letter word Happy Hour Friday Fiesta	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 Tv
24		**25**		**26**		**27**		**28 Resident & Relative**		**29**		**30**	
10:15 am 11:00 am 2 :00 pm	News & Views 9 Letter word Parachute Games	9:30 am 10:30 am 11:00 am 2 :00 pm	Exercises News & views 9 Letter word Bingo	10:00 am 11:00 am 2:00 pm	News & Views 9 Letter word MasterChef L2	09:30am 10:30 am 11:00am 2 :00 pm	Exercises News & Views 9 Letter word Zumba Gold	10:00 am 11:30 pm 1:30 pm 3:00pm	Dance & drama Therapy 9 Letter words R & R Meeting Happy Hour Friday Fiesta	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 Pampering
Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**		**Saturday**		**Sunday**	
1:30 pm 3 :00 pm	Ron in concert 31st (L2) Japanese Experience 10th Boardroom	2:45 pm 3:30 pm	Yoga (L1) Yoga (L3)	11:00am 1:30pm 2:00 pm 4 :00 pm	Choir (L2) Kimberly's Art Therapy (LM) Community Program Oyster Bar 5th & 19th	9.30 am 11:00 am 1 :30 pm 2 :00 pm 2:00 pm	MSAC 20th Choir (L3) Frank in concert (L1 13TH Men's Group 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 (1-1 room visits)

Anglican Mass 7th of August 10:30 am (Cinema)

Catholic Mass 13th of August 10:30 am (Cinema)