

August 2026										Lifestyle Calendar										South Port							
Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
31 Ron in Concert																				1				2			
10:00 am		Rhythmic Dance																10:00 am		Reminiscing Music		10:00 am		Livestream Mass			
11:00 am		Character Balloon Therapy																11:00 am		Pampering		11:00 am		Garden Walks			
3:00 pm		Ron in Concert																2 :00 pm		Table Games		2:00 pm		Coffee & Chat			
3				4				5				6				7 Food focus Group				8				9			
10:00 am		Octaband Ball Therapy		10:00 am		Physio Exercises		10:00 am		Physio Exercises		10:00 am		Memory Lane		10:00 am 10:00 am		Food Meeting Intergenerational		10:00 am		Reminiscing Music		10:00 am		Livestream Mass	
11:00 am		Puppet Play		11:00 am		Singalongs		11:00 am		Memory Games		11:00 am		In chair Yoga		11:00 am		Zumba Gold		11:00 am		Pampering		11:00 am		Garden Walks	
2 :00 pm		Sensory Toy Dancing Therapy		2 :00 pm		Bingo		1:00pm 2 :00 pm		Puppets Alive Creative Arts		1:30 pm		Bus Trip		2:00 pm		Reminiscing Music Happy Hour		2 :00 pm		Table Games		2:00 pm		Coffee & Chat	
10				11				12				13				14				15				16			
10:00 am		Rhythmic Dance		10:00 am		Physio Exercises		10:00 am		Physio Exercises		10:00 am		Intergenerational Program		10:00 am		Intergenerational Program		10:00 am		Reminiscing Music		10:00 am		Livestream Mass	
11:00 am		Memories jar		11:00 am		Singalongs		11:00 am		Memory Games		11:00 am		Parachute Games		11:00 am		Zumba Gold		11:00 am		Pampering		11:00 am		Garden Walks	
2:00 pm		Matching card Games		2 :00 pm		Bingo		2:00 pm		MasterChef		1:30 pm		Bus Trip		2:00 pm		Reminiscing Music Happy Hour		2 :00 pm		Table Games		2:00 pm		Coffee & Chat	
17				18				19				20				21				22				23			
10:00 am		Basketball Therapy		10:00 am		Physio Exercises		10:00 am		Physio Exercises		10:00 am		Balloon Therapy		10:00 am		Intergenerational Program		10:00 am		Reminiscing Music		10:00 am		Livestream Mass	
11:00 am		Octaband Therapy		11:00 am		Singalongs		11:00 am		Memory Games		11:00 am		Music & Instruments		11:00 am		Zumba Gold		11:00 am		Pampering		11:00 am		Garden Walks	
2:00 pm		Creative group Therapy		2 :00 pm		Bingo		2:00 pm		Creative Arts		1:30 pm		Bus trip		2:00 pm		Music Therapy Happy Hour		2 :00 pm		Table Games		2:00 pm		Coffee & Chat	
24				25				26 Resident & Relative				27				28				29				30			
10:00 am		Story telling		10:00 am		Physio Exercises		10:00 am		Physio Exercises		10:00 am		Intergenerational Program		10:00 am		Intergenerational Program		10:00 am		Reminiscing Music		10:00 am		Livestream Mass	
11:00 am		Dance around the world (culture dancing)		11:00 am		Singalongs		11:00 am		Memory Games		11:00 am		In Chair Pilates		11:00 am		Zumba Gold		11:00 am		Pampering		11:00 am		Garden Walks	
2:00 pm		Matching card games		2 :00 pm		Bingo		1:30 pm		Resident & Relative Meeting		1:30 pm		Bus Trip		2:00 pm		Music Therapy Happy Hour		2:00 pm		Table Games		2:00 pm		Coffee & Chat	
Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			

Bus Trips Every Thursday’s	Church Services 26 th August at 10:30 am Greek service
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