

September 2026

Lifestyle Calendar

Level 1 – House 1 and 2

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		1		2		3		4		5 Father's Day Concert		6 Father's Day	
		10:00 am	News & views	10:00 am	News & Views	10:00 am	News & views	10:00 am	In chair Pilates	10:00 am	Music Melodies	10:00 am	Livestream Mass
		11:00 am	Trivia YouTube	11:15 am	Zumba Gold (H3)	11:15 am	Zumba Gold	11:00 am	News & view	11:00 am	Coffee & Chat	11:00 am	pampering
		2:45 pm	Yoga	2:00 pm	Singalongs	2:00 pm	Floor Games	2:00pm	Walking group	1:30 pm	Concert (L3)	2:00 pm	TV Footy Match
7		8		9		10		11		12		13	
10:00 am	News & views	10:00 am	News & views	10:00 am	News & views	10:00 am	News & views	10:00 am	Parachute G	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am	Music Therapy	11:00 am	Trivia YouTube	11:15 am	Zumba Gold (H3)	11:15 am	Zumba Gold	11:00 am	News & views	11:00 am	Coffee & Chat	11:00 am	Pampering
2:00 pm	Word Games	2:45 pm	Yoga	2:00 pm	Singalongs	2:00 pm	Arts & Crafts	2:00 pm	Walking group	2:00 pm	Garden Walks	2:00 pm	TV Footy Match
14		15		16		17		18		19		20	
10:00 am	News & Views	10:00 am	News & views	10:00 am	News & Views	10:00 am	News & views	10:00 am	In chair tai chi	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am	Music Therapy	11:00 am	Trivia YouTube	11:15 am	Zumba Gold (H3)	11:15 am	Zumba Gold	11:00 am	Music Melodies	11:00 am	Coffee & Chat	11:00 am	Pampering
2:00 pm	Word Games	2:45 pm	Yoga	2:00 pm	Singalongs	2:00 pm	Floor Games	2:00pm	Walking group	2:00 pm	Garden Walks	2:00 pm	TV Footy Match
21		22		23		24		25 PUBLIC HOLIDAY		26 AFL GRAND FINAL		27	
10:00 am	News & Views	10:00 am	News & views	10:00 am	News & Views	10:00 am	News & views	10:00 am	Morning tv shows	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am	Music Therapy	11:00 am	Trivia YouTube	11:15 am	Zumba Gold (H3)	11:15 am	Zumba Gold	11:00 am	Music Melodies	11:00 am	Coffee & Chat	11:00 am	Pampering
2:00 pm	Word Games	2:45 pm	Yoga	2:00 pm	Singalongs	2:00 pm	Arts & crafts	3:00 pm	Happy Hour	3:00 pm	Grand Final Match TV	2:00 pm	TV Footy Match
28		29		30									
10:00 am	News & Views	10:00 am	News & Views	10:00 am	News & Views								
11:00 am	Music Therapy	11:00 am	Trivia YouTube	11:15 am	Zumba Gold H3								
2:45 pm	Footy Celebrations L4	2:45 pm	Yoga	2:00 pm	Singalongs								
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		2 :00 pm	Gardening	11:00 am	Choir (L2)	11:00 am	Choir (L3)						
11:00 am	Katani Music Therapy H3	3:00 pm	Yoga (L1)	1:30 pm	Kimberly's Art Therapy (LM)	2:00 pm	Walking Group All levels						
1:30 pm	Violetta Singalongs	3:30 pm	Yoga (L3)	2:00 pm	Community Visitors			3:00 pm	Happy Hour				
				2:00 pm	Afternoon Tea L2 16 th								

Bus Trips

1st September Half Moon Bay

29th September Cartier Exhibition

15th of September Tesselaar Tulip Festival

17th of September MSAC Hydrotherapy session

Church Services

4th September at 10:30 am Anglican Mass (Cinema)

2nd September at 10:30 am Greek Mass (1-1 Room Service

10th of September at 10:30 am Catholic Mass

Holy Communion Every Thursday's (1-1 Room Service)

Special Experiences

30th of September Oyster Bar (Boardroom)

3rd of September Albert Park PS Matinee Musical 3:45 pm

14th of September 2 pm Don Mc Queen poetry L2

5th of September 1:30 pm Father's Day concert Level 3