

September 2026														Lifestyle Calendar														South Port			
Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday							
				1				2				3				4				5 Father's Day concert				6 Father's Day							
				10:00 am	Exercises				10:00 am	Exercises				10:00 am	Balloon Therapy		10:00 am		Intergenerational Program		10:00 am		Reminiscing Music		10:00 am		Livestream Mass				
				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	Bingo				1 :00 pm	Puppets Alive MasterChef				1:30 pm	Bus Trip		2:00pm 3:00 pm		Music Therapy Happy Hour		3:00 pm		Concert		2:00 pm		Coffee & Chat				
7				8				9				10				11				12				13							
10:00 am	Octa band Ball Therapy			10:00 am	Exercises			10:00 am	Exercises			10:00 am	Intergenerational Program			10:00 am	Intergenerational Program			10:00 am	Reminiscing Music			10:00 am	Livestream Mass						
11:00 am	Creative arts			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	Puppets Play			2:00 pm	Bingo			1:30 pm	Catholic Mass			1:30 pm	Bus Trip			2:00pm	Music Therapy			2:00 pm	Floor Games			2:00 pm	Coffee & Chat						
3:00 pm	Greek Group							2 :30 pm	Creative Arts							3:00 pm	Happy Hour														
14				15				16				17				18				19				20							
10:00 am	Basketball Therapy			10:00 am	Exercises			10:00 am	Exercises			10:00 am	Memory Lane			10:00 am	Intergenerational Program			10:00 am	Reminiscing Music			10:00 am	Livestream Mass						
11:00 am	Rhythmic Dance			11:00 am	Singalongs			11:00 am	Memory Games			11:00 am	Seated Dance			11:00 am	Zumba Gold			11:00 am	Pampering			11:00 am	Garden Walks						
2:00 pm	Memories jar			2:00 pm	Bingo			2:00 pm	MasterChef			1:30 pm	Bus Trip			2:00 pm	Music Therapy			2:00 pm	Table Games			2:00 pm	Coffee & Chat						
3:00 pm	Reminiscing Greek Group															3:00 pm	Happy Hour														
21				22				23 Footy Finale				24				25 PUBLIC HOLIDAY				26 AFL GRAND FINAL				27							
10:00 am	Parachute Games			10:00 am	Exercises			10:00 am	Exercises			10:00 am	Balloon Therapy			10:00 am	Musical Melodies			10:00 am	Reminiscing Music			10:00 am	Livestream Mass						
11:00 am	Sensory Toy Dance			11:00 am	Singalongs			10:30 am	Greek Mass			11:00 am	Music & Instruments			11:00 am	Zumba Gold			11:00 am	Pampering			11:00 am	Garden Walks						
2:00 pm	Balloon Therapy			2:00 pm	Bingo			2:00 pm	Footy Finale Celebrations			1:30 pm	Bus Trip			2:00 pm	Music Therapy			3:00 pm	Grand Final TV			2:00 pm	Coffee & Chat						
3:00 pm	Greek Group															3:00 pm	Happy Hour														
28				29				30																							
10:00 am	Octa band Therapy			10:00 am	Exercises																										
11:00 am	Creative Group Therapy			11:00 am	Singalongs																										
2:00 pm	Puppet Play			2:00 pm	Bingo																										
3:00 pm	Greek Group																														
Bus Trips Every Thursday's stay on Scenic bus trips								Church Services 9 th of September 1:30 pm Catholic Mass 23 rd of September 10:30 am Greek Mass								Special Experiences 5 th of September Father's Day concert 23rd of September Footy Finale celebrations															