

October 2026

Lifestyle Calendar

Level 1 – House 1 and 2

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
						1		2		3		4	
						10:00 am	News & views	10:00 am	In chair Pilates	10:00 am	Music Melodies	10:00 am	Livestream Mass
						11:15 am	Zumba Gold	11:00 am	News & view	11:00 am	Coffee & Chat	11:00 am	pampering
						2:00 pm	Bingo	2:00 pm 3:00 pm	Walking group Happy Hour	1:30 pm	Garden Walks	2:00 pm	Movies
5		6		7		8		9		10		11 Share & care Concert	
10:00 am	News & views	10:00 am	News & views	10:00 am	News & views	10:00 am	News & views	10:00 am	Seated Dance	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	Bingo	2:00 pm 3:00 pm	Walking group Happy Hour	2:00 pm	Garden Walks	2:00 pm	Share & care L3
12		13 Magic Show		14 Food Focus Meeting		15		16		17		18	
10:00 am	News & Views	10:00 am	News & views	10:00 am	Food Focus	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	News & views	11:00 am	Coffee & Chat	11:00 am	Pampering
2:00 pm	Word Games	1:30 pm 2:45 pm	Magic ShowL2 Yoga	2:00 pm	Singalongs	2:00 pm	Bingo	2:00pm 3:00 pm	Walking group Happy Hour	2:00 pm	Garden Walks	2:00 pm	Movies
19		20		21		22		23		24		25	
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 Yoga	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	Bingo	2:00 pm 3:00 pm	Walking Group Happy Hour	3:00 pm	Garden Walks	2:00 pm	Movies
26		27		28 Buddy Holly		29		30		31			
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 Yoga	10:00 am	Music Melodies		
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		
2:45 pm	Word Games	2:45 pm	Yoga	1:30 pm 2:30 pm	Buddy Holly L4 Singalongs	2:00 pm	Bingo	2:00pm 3:00 pm	Walking Group Happy Hour	3:00 pm	Garden Walks		
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
11:00 am	Katani Music Therapy H3	2 :00 pm	Gardening	11:00 am	Choir (L2)	11:00 am	Choir (L3)						
		2:45 pm	Yoga (L1)	1:30 pm	Kimberly’s Art Therapy (LM)	2:00 pm	Walking Group All levels	3:00 pm	Happy Hour			2:00 pm	Share & care Concert (L3)
1:30 pm	Violetta Singalongs	3:30 pm	Yoga (L3)	2:00 pm	Community Visitors	2:00 pm	Men’s Group	3:15 pm	Friday Fiesta				

Bus Trips

7th of October Lochlan’s Picnic Bus Trip

21st of October Lochlan’s Emerald hotel

13th of October Rachel’s Sacred Heart

27th of October Rachel’s Musical Melodies

20th of October(Hydrotherapy pool) exercise session (MSAC)

Church Services

2nd of October at 10:30 am Anglican Mass (Cinema)

7th of October at 10:30 am Greek Mass

8th of October Catholic Mass (cinema)

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

Special Experiences

14th & 28th of October Oyster Bar (Boardroom)

13th Max the Magician L2

28th Buddy Holly L4

19th of October Japanese Experience (Boardroom)

11th of October Share & care concert (L3)