

October 2026						Lifestyle Calendar								Level 1 – House 3	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
						1		2		3		4			
						10:00 am	Music Melodies	10:15 am	Reminiscing Music	10:00 am	Music Melodies	10:00 am	Livestream Mass		
						11:00 am	Singalongs	11:00 am	Dance & Drama	11:00 am	Coffee & Chat	11:00 am	Pampering		
						2:00 pm	Kimberly’s Art Therapy	11:00 am	Walking Group	1 :30 pm	Garden Walks	2:00 pm	Documentary		
5		6		7		8		9		10		11 Share & care Concert			
10:00 am	Music & movement	10:00 am	Balloon Therapy	10:00 am	Memory Lane	10:00 am	Music Melodies	10:15 am	Reminiscing Music	10:00 am	Music Melodies	10:00 am	Livestream Mass		
11:00 am	Katani Music	11:00 am	Reminiscing Music	11:00 am	Zumba Gold	11:00 am	Singalongs	11:00 am	Dance & Drama	11:00 am	Coffee & Chat	11:00 am	Pampering		
1:30 pm	Singalong’s	2:00 pm	MasterChef	1:00 pm	Puppets Alive	2:00 pm	Kimberly’s Art Therapy	11:00 am	Walking Group	2:00 pm	Garden Walks	2:00 pm	Share & care concert (L3)		
12		13 Magic Show		14		15		16		17		18			
10:00 am	Seated Dance	10:00 am	Balloon Therapy	10:00 am	Memory Lane	10:00 am	Music Melodies	10:15 am	Reminiscing Music	10:00 am	Music Melodies	10:00 am	Livestream Mass		
11:00 am	Katani Music	11:00 am	Reminiscing Music	11:00 am	Zumba Gold	11:00 am	Singalongs	11:00 am	Walking Group	11:00 am	Coffee & Chat	11:00 am	Pampering		
1:30 pm	Singalongs	1:30 pm	Magic ShowL2	2:00 pm	Singalongs	2:00 pm	Kimberly’s Art Therapy	2:00 pm	Sensory Play	2:00 pm	Garden Walks	2:00 pm	Documentary		
19		20		21		22		23		24		25			
10:00 am	In chair Pilates	10:00 am	Balloon Therapy	10:00 am	Memory Lane	10:00 am	Music Melodies	10:15 am	Reminiscing Music	10:00 am	Music Melodies	10:00 am	Livestream Mass		
11:00 am	Katani Music	11:00 am	Reminiscing Music	11:00 am	Zumba Gold	11:00 am	Singalongs	11:00 am	Walking Group	11:00 am	Coffee & Chat	11:00 am	Pampering		
1:30 pm	Singalongs	2:00 pm	MasterChef	2:00 pm	Singalongs	2:00 pm	Kimberly’s Art Therapy	3:00 pm	Happy Hour	3:00 pm	Garden Walks	2:00 pm	Documentary		
26		27		28		29		30		31					
10:00 am	In chair Yoga	10:00 am	Balloon Therapy	10:00 am	Memory Lane										
11:00 am	Katani Music	11:00 am	Reminiscing Music	11:00 am	Zumba Gold										
1 :30 pm	Singalongs	2:00 pm	MasterChef	2:00 pm	Singalongs										
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
11:00 am	Katani Music Therapy (H3)	2:00 pm	Gardening Group	11:00 am	Choir (L2)	11:00 am	Choir (L3)								
1:30 pm	Violetta singalongs (H3)	2:45 pm	Yoga (L1)	1:30 pm	Kimberly’s Art Therapy (LM)	2 :00 pm	Walking Group All Levels								
		3:30 pm	Yoga (L3)	2:00 pm	Community Visits	2 :00 pm	Men’s Group	3:00 pm	Happy Hour						
				2:00 pm	Afternoon Tea L2 16 th			3:15 pm	Friday Fiesta (L4)						
Bus Trips’					Church Services					Special Experiences					
7 th Lochlan’s Bus Trip Picnic 21 st of October Lochlan’s Emerald Hotel					1 st of October at 10:30 am Anglican Mass (Cinema)					14 th & 28 th at 4:00 pm Oyster Bar (Boardroom)					
13 th of October Rachel’s Sacred Heart 27 th of October Musical Melodies					7 th of October at 10:30 am Greek Mass (1-1 Room Service)					19 th Japanese Experience (Boardroom)					
20 th of October (Hydrotherapy pool) exercise sessions (MSAC)					8 th of October at 10:30 am Catholic Mass					13 th of October Max the Magician 1:30 pm (L2)					
					Holy Communion Every Thursday’s (1-1 Room Service)					28 th of October Buddy Holly concert Level 4					
										11 th of October Share & Care Concert (L3)					