

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
						1		2		3		4		
						10:00 am	Exercises	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass	
						11:00 am	News & Views	11:00 am	Singalongs	11:00 am	Coffee & chat	11:00 am	Pampering	
						2:00 pm	Pampering/Knitting	2:00 pm 3:00 pm	Zumba Gold Happy Hour	1:30 pm	Garden Walks	2:00 pm	Afternoon Movies	
5		6		7		8		9		10		11 Share & care Concert		
10:30 am	News & views	10:00 am	Exercises	10:15 am	Zumba Gold	10:00 am	Exercises	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass	
11:00 am	Seated Dance	11:00 am	Music Therapy	11:00 am	Choir	11:00 am	News & Views	11:00 am	Singalongs	11:00 am	Coffee & chat	11:00 am	Pampering	
2:00 pm	Songwriting	2:00 pm	Bingo (L4)	2:00 pm	MasterChef	2:00 pm	Pampering/Knitting	2:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Share care concert (L3)	
12		13 Magic Show		14 Food Focus Group		15		16		17		18		
10:30 am	News & views	10:00 am	Exercises	10:00 am	Food Focus	10:00 am	Exercises	10:00 am	News & Views	10:00 am	Music Melodies	10:00 am	Livestream Mass	
11:00 am	In chair Pilates	11:00 am 1:30 pm 2:30 pm	News & views Magic Show Bingo (L4)	10:15 am	Zumba Gold	11:00 am	News & Views	11:00 am	Singalongs	11:00 am	Coffee & chat	11:00 am	Pampering	
2:00 pm	Songwriting			2:00 pm	Afternoon Tea	2:00 pm	Pampering/Knitting	2:00 pm 3:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Afternoon Movies	
19		20		21 Flower Arranging		22		23		24		25		
10:30 am	News & views	10:00 am	Exercises	10:15 am	Zumba Gold	10:00 am	Exercises	10:00 am	News & views	10:00 am	Music Melodies	10:00 am	Livestream Mass	
11:00 am	In chair yoga	11:00 am	News & views	11:00 am	Choir	11:00 am	News & Views	11:00 am	Singalongs	11:00 am	Coffee & chat	11:00 am	Pampering	
2:00 pm	Songwriting	2:00 pm	Bingo (L4)	2:00 pm	Flower arranging	2:00 pm	Pampering/Knitting	2:00 pm 3:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Afternoon Movies	
26		27		28 Buddy Holly		29		31		31				
10:30 am	News & views	10:00 am	News & views	10;15 am	Zumba Gold	10 :00 am	Exercises	10:00 am	News & views	10;00 am	Musical Melodies			
11:00 am	In chair Tai Chi	11:00 am	News & views	11:00 am	Choir	11:00 am	News & Views	11:00 am	Singalongs	11:00 am	Coffee & chat			
2:00 pm	Songwriting	2:00 pm	Bingo (L4)	1:30 pm	Buddy HollyL4	2;00 pm	Pampering	2:00 pm 3:00 pm	Zumba Gold Happy hour	2:00 pm	Garden Walks			
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
		2:00 pm	Gardening Group	11:00 am	Choir (L2)	11:00 am	Choir (L3)					2:00 pm	Share and care Concert L3	
11:00 am	Katani Music Therapy H3	2:45 pm	Yoga L1	2:00 pm	Kimberly’s Art Therapy (LM)	2:00 pm	Men’s Group Cinema	3:00 pm	Happy Hour					
1:30 pm	Violetta H3 Singalongs	3:30 pm	Yoga L3		Community Visits		Walking Group All Levels	3:15 pm	Friday Fiesta (L4)					
Bus Trips 7 th of October Lochlan’s Picnic Bus -21 st of October Emerald Hotel 13 th of October sacred Heart 27 th of October Musical Melodies 20 th of October Hydrotherapy pool Sessions (MSAC)					Church Services 1 st of October at 10:30 am Anglican Mass (Cinema) 7 th of October at 10:30 am Greek Mass (1-1 Room Service) 8 th of October at 10:30 am Catholic Mass Holy Communion Every Thursday’s (1-1 Room Service)					Special Experience 14 th & 28 th at 4:00 pm Oyster Bar (Boardroom) 19 th Japanese Experience (Boardroom) 13th of October Max the Magician 1:30 pm Level 2 11 th of October Share & care concert (L3) 28 th of October Buddy Holly concert Level 4				