

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
						1		2		3		4	
						9:30 am	Exercises	10:00 am	Drama & Dance Therapy	10:00 am	Music Melodies	10:00 am	Livestream Mass
						11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	Coffee & Chat	11:00 am	Pampering
						2:00 pm	Zumba Gold	3:00 pm 3:15 pm	Happy Hour Friday Fiesta	3:00 pm	Garden Walks	2:00 pm	Afternoon Movie
5		6		7		8		9		10		11 Share & care concert	
10:15 am	News & Views	9:30 am	Exercises	10:00 am	News & Views	9:30 am	Exercises	10:00 am	Drama & Dance Therapy	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am	9 Letter word Games	11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	Coffee & Chat	11:00 am	Pampering
2:00 pm	Seated Dance Exercises	2:00 pm	Bingo	2:00 pm	MasterChef L2	2:00 pm	Zumba Gold	3:00 pm 3:15 pm	Happy Hour Friday Fiesta	2:00 pm	Garden Walks	2:00 pm	Share & care concert (L3)
12		13 Magic Show		14 Food Focus Meeting		15		16		17		18	
10:15 am	News & Views	10:00 am	News & Views	10:00 am	Food Focus Meeting	09:30 am	Exercises	10:00 am	Music Therapy	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	Coffee & Chat	11:00 am	Pampering
2:00 pm	Parachute Games	1:30 pm 2:30 pm	Magic Show L2 Bingo	2:00 pm	MasterChef L2	2:00 pm	Zumba Gold	3:00 pm 3:15 pm	Happy Hour Friday Fiesta	2:00 pm	Garden Walks	2:00 pm	Afternoon Movie
19		20		21		22		23		24		25	
10:15 am	News & Views	10:00 am	News & Views	10:00 am	News & Views	9:30 am	Exercises	10:00 am	Music Therapy	10:00 am	Music Melodies	10:00 am	Livestream Mass
11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 Letter word Games	11:00 am	Coffee & Chat	11:00 am	Pampering
2:00 pm	In-Chair Pilates	2:00 pm	Bingo	2:00 pm	MasterChef L2	2:00 pm	Zumba Gold	3:00 pm 3:15 pm	Happy Hour Friday Fiesta	2:00 pm	Garden Walks	2:00 pm	Afternoon Movie
26		27		28 Buddy Holly Concert		29		30		31			
10:15 am	News & Views	10:00 am	News & Views	10:00 am	News & views	10:00 am	News & Views	10:00 am	Music Therapy	10:00 am	Music Melodies		
11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 Letter Word Game	11:00 am	9 letter words Game	11:00 am	9 Letter words Games	11:00 am	Coffee & Chat		
2:00 pm	In chair Tai Chi	2:00 pm	Bingo	1:30 pm	Buddy Holly Concert	2:00 pm	Zumba Gold	3:00 pm 3:15 pm	Happy Hour Friday Fiesta	2:00 pm	Garden Walks		
		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 L 1	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 H3 Singalongs	3:30 pm	Yoga L 3	2:00 pm	Community Visitors	2 :00 pm	Men's Group Cinema	3:15 pm	Friday Fiesta				
Bus Trip 7 th of October Lochlan's Picnic Bus -21 st of October Emerald Hotel 13 th of October Sacred Heart 27 th of October Morning Melodies 20 th of October (Hydrotherapy pool) Exercise 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 Experiences 14 th & 28 th at 4:00 pm Oyster Bar (Boardroom) 19 th Japanese Experience (Boardroom) 13 th of October Max the Magician 1:30 pm (L2) 28 th of October Buddy Holly concert Level 4 11 th of October Share & Care Concert (L3)			