December 2026 **Lifestyle Calendar** **Level 1 – House 1 and 2**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		1		2		3		4		5		6	
		10:00 am 11:00 am 2 :45 pm	News & Views Music & instruments Yoga	10:00 am 11:15 am 2 :00 pm	News & views Zumba Gold H3 Singalongs	10:00 am 11:15 am 2:00 pm	News & views Zumba Gold Music Therapy	10:00 am 11:00 am 2:00 pm 3:00 pm	Seated Tai Chi News & views Creative art Happy Hour	10:00 am 11:00 am 2:00 pm	Musical Melodies Coffee & chat Garden Walks	10:00 am 11:00 am 2:00 pm	Livestream Mass pampering Movies
7		8		9 Christmas Party		10		11		12		13	
10:00 am 11:00 am 2:00 pm	News & views Music Therapy Bingo	10:00 am 11:00 am 2 :45 pm	News & views Music & instruments Yoga	10:00 am 11:15 am 2:00 pm	News & views Zumba Gold (H3) Christmas party	10:00 am 11:15 am 2:00 pm	News & views Zumba Gold Music Therapy	10:00 am 11:00 am 2:00 pm 3:00 pm	Seated Dance News & views Creative arts Happy Hour	10:00 am 11:00 am 2:00 pm	Music Melodies Coffee & Chat Garden Walks	10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Movies
14		15		16		17		18		19		20	
10:00 am 11:00 am 2:00 pm	News & Views Music Therapy Bingo	10:00 am 11:00 am 2:45 pm	News & views Music & instruments Yoga	10:00 am 11:15 am 2:00 pm	News & views Zumba Gold (H3) Singalongs	10:00 am 11:15 am 2:00 pm	News & views Zumba Gold Music Therapy	10:00 am 11:00 am 2:00pm 3:00 pm	In chair tai chi News & views Creative arts Happy Hour	10:00 am 11:00 am 2:00 pm	Music Melodies Coffee & Chat Garden Walks	10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Movies
21		22		23		24		25 Christmas Day		26 Boxing Day		27	
10:00 am 11:00 am 2:00 pm	News & Views Music Therapy Bingo	10:00 am 11:00 am 2:45 pm	News & views Music & Instruments Yoga	10:00 am 11:15 am 2:00 pm	News & Views Zumba Gold (H3) Singalongs	10:00 am 11:15 am 2:00 pm 3:00 pm	News & views Zumba Gold Music Therapy	10:00 am 11:00 am 2:00 pm	Christmas Carol Garden Walks Christmas Movie	10:00 am 11:00 am 3:00 pm	Music Melodies Coffee & Chat Garden Walks	10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Movies
28 Public Holiday		29		30		31 New Years Concert							
10:00 am 11:00 am 2:45 pm	Morning TV shows Coffee & chat Bingo	10:00 am 11:00 am 2:45 pm	News & views Music & instruments Yoga	10:00 am 11:15 am 2:00 pm	News & Views Zumba Gold H3 Singalongs	10:00 am 11:15 am 1:30pm 3:00 pm	News & views Zumba Gold New Year Concert L2 Music Therapy						

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
11:00 am 1:00 pm 1:30 pm	Katani Music H3 Library Time Cinema Violetta Singalongs	2 :00 pm 2:45 pm 3:30 pm	Gardening Yoga (L1) Yoga (L3)	11:00 am 1:30 pm	Choir (L2) Kimberly's Art Therapy (LM)	11:00 am 2:00 pm	Choir (L3) Men's Group	3:15 pm	Friday Fiesta				

Stay on bus Trips

Lochlan bus trip 2nd of December

Milica's bus trip 8th of December

Lochlan Bus Trip 16th of December

Milica's bus trip 22nd of December

Church Services

4th of December at 10:30 am Anglican Mass (Cinema)
2nd of December at 10:30 am Greek Mass (1-1 Room Service)

10th of December at 10:30 am Catholic Mass
Holy Communion Every Thursday's (1-1 Room Service)

Special Experiences

9th of December Resident and relative Christmas parties
31st of December New year's Concert Level 2 at 1:30 pm