November 2026 — Lifestyle Calendar — Level 1 – House 1 and 2

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
30												**1**	
10:00 am 11:00 am 2:00 pm	News & views Music Therapy Bingo											10:00 am 11:00 am 2:00 pm	Livestream Mass pampering Movies
2 Melbourne Cup sweep		**3 Melbourne Cup P/ H**		**4**		**5**		**6**		**7**		**8**	
10:00 am 11:00 am 2:00 pm	News & views Music Therapy Melbourne Cup Sweep	10:00 am 11:00 am 3:00 pm	Musical Melodies Coffee & chat Melbourne Cup Racers	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 Dance News & views Walking group 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
9		**10 R/R Meeting**		**11**		**12**		**13**		**14**		**15**	
10:00 am 11:00 am 2:00 pm	News & Views Music Therapy Bingo	10:00 am 11:00 am 1:30 pm 2:45 pm	News & views Trivia YouTube Meeting H1 &2 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 Walking group 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
16		**17**		**18**		**19 AGM Meeting**		**20 VEC Voting Cinema**		**21**		**22 Share & care Concert**	
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 Trivia YouTube 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 AGM T/H	10:00 am 11:00 am 2:00 pm 3:00 pm	In chair Yoga News & views Walking Group Happy Hour	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 Share & care Concert L3
23		**24**		**25 Ron in Concert**		**26**		**27**		**28**		29	
10:00 am 11:00 am 2:45 pm	News & Views Music Therapy Bingo	10:00 am 11:00 am 2:45 pm	News & Views Trivia YouTube Yoga	10:00 am 11:15 am 1:30 pm 2:30 pm	News & Views Zumba Gold H3 Ron in Concert L3 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 Yoga News & views Walking Group Happy Hour	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
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 2:00 pm	Choir (L2) Kimberly's Art Therapy (LM) Community Visitors	11:00 am 2:00 pm 2:00 pm	Choir (L3) Walking Group All levels Men's Group	1:30 pm 3:00 pm 3:15 pm	Diwali Day L3 Spring 6th carnival Concert L3 Friday Fiesta				

Bus Trip

4th of November Lochlan's Picnic / 18th of November Lomaro's

10th of November D'Lish Fish / 24th of November Sacred Heart

19th of November (Hydrotherapy pool) Exercise Sessions (MSAC

Church Services

6th of November at 10:30 am Anglican Mass (Cinema)
4th of November at 10:30 am Greek Mass (1-1 Room Service
12th of November at 10:30 am Catholic Mass
Holy Communion Every Thursday's (1-1 Room Service)

Special Experiences

23rd of November Cocktail Hour L3 2PM
2nd of November Melbourne Cup sweep (All Levels)
6th November Carnival Concert 3:00 pm L3
6Th November Diwali Day 130 pm L3
19th of November AGM meeting Temperence Hall 3 pm
25th November Ron in Concert L3