November 2026 — **Lifestyle Calendar** — **Level 1 – House 3**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
30												**1**	
10:00 am 11:00 am 1:30 pm	Music & Movement Katani Music Singalongs											10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Documentary
2		**3 Melbourne Cup P / H**		**4**		**5**		**6**		**7**		**8**	
10:00 am 11:00 am 1:30 pm	Music & movement Katani Music Singalong's	10:00 am 11:00 am 2:00 pm	Reminiscing Music Pampering Documentary	10:00 am 11:00 am 1:00 pm 2:00 pm	Memory Lane Zumba Gold Puppets Alive Singalongs H1	10:00 am 11:00 am 2:00 pm	Music Melodies Reminiscing Music Kimberly's Art Therapy	10:15 am 11:00 am 2:00 pm 3:00 pm	Reminiscing Music Walking Group Sensory Play 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 Documentary
9		**10 R/R Meeting**		**11**		**12**		**13**		**14**		**15**	
10:00 am 11:00 am 1:30 pm	Seated Dance Katani Music Singalongs	10:00 am 11:00 am 1:30 pm	Balloon Therapy Reminiscing Music R/R Meeting Music & instruments	10:00 am 11:00 am 2:00 pm	Memory Lane Zumba Gold Singalongs H1	10:00 am 11:00 am 2:00 pm	Music Melodies Reminiscing Music Kimberly's Art Therapy	10:15 am 11:00 am 2:00 pm 3 :00 pm	Reminiscing Music Walking Group Sensory Play 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 Documentary
16		**17**		**18**		**19**		**20 VEC VOTING CINEMA**		**21**		**22 share & care concert**	
10:00 am 11:00 am 1:30 pm	In chair Pilates Katani Music Singalongs	10:00 am 11:00 am 2:00 pm	Balloon Therapy Reminiscing Music MasterChef	10:00 am 11:00 am 2:00 pm	Memory Lane Zumba Gold Singalongs H1	10:00 am 11:00 am 2:00 pm	Music Melodies Reminiscing Music Kimberly's Art Therapy	10:15 am 11:00 am 2:00pm 3:00 pm	Reminiscing Music Walking Group Sensory Play Happy Hour	10:00 am 11:00 am 3:00 pm	Musical 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 1 :30 pm	In chair Yoga Katani Music Singalongs	10:00 am 11:00 am 2:00 pm	Balloon Therapy Reminiscing Music MasterChef	10:00 am 11:00 am 1:30 pm 2:30 pm	Memory Lane Zumba Gold Ron in concert Singalongs H1	10:30 am 11:00 am 2:00 pm	Augustine Art Therapy Reminiscing Music Singalongs H1 & 2	10:15 am 11:00 am 2:00 pm 3:00 pm	Reminiscing Music Walking Group Sensory Play Happy hour	10:00 am 11:00 am 3:00 pm	Musical Melodies Coffee & chat Garden walks	10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Documentary
Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**		**Saturday**		**Sunday**	
11:00 am 1:00 pm 1:30 pm	Katani Music H3 Library Time Cinema Violetta singalongs (H3)	2:00 pm 2:45 pm 3:30 pm	Gardening Group Yoga (L1) Yoga (L3)	11:00 am 1:30 pm 2:00 pm 2:00 pm	Choir (L2) Kimberly's Art Therapy (LM) Community Visits Afternoon Tea L2 16th	11:00 am 2 :00 pm 2 :00 pm	Choir (L3) Walking Group All Levels Men's Group	1:30 pm 3:00 pm 3:00 pm 3:15 pm	Diwali Day L3 6th of Nov Spring 6th Carnival Concert L3 Happy Hour Friday Fiesta (L4)				

Bus Trip

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

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

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 2 pm
2nd of November Melbourne Cup sweep (All Levels)
6th November Spring 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