November 2026 **Lifestyle Calendar** **Level 2**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
30												**1**	
10:30 am	News & views											10:00 am	Livestream Mass
11:00 am	Seated Dance											11:00 am	Pampering
2:00 pm	Songwriting											2:00 pm	Afternoon Movies
2		**3 Melbourne Cup P/ H**		**4**		**5**		**6**		**7**		**8**	
10:30 am	News & views	10:00 am	Reminiscing Music	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	Coffee & chat	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	3:00 pm	Melbourne Cup Racers	2:00 pm	Floor games	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
9		**10**		**11**		**12**		**13 R/R meeting**		**14**		**15**	
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 Pilates	11:00 am	News & views	11:00 am	Choir	11:00 am	News & Views	11:00 am 1:30 pm	Singalongs R/R Meeting L2	11:00 am	Coffee & chat	11:00 am	Pampering
2:00 pm	Songwriting	2:00 pm	Bingo (L4)	2:00 pm	Floor games	3:00 pm	Ladies Group	2:00 pm 3:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Afternoon Movies
16		**17**		**18**		**19 AGM MEETING**		**20 VEC VOTING CINEMA**		**21**		**22 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	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	Floor games	2:00 pm 3:00 pm	Pampering/Knitting AGM T/H	2:00 pm 3:00 pm	Zumba Gold Happy Hour	2:00 pm	Garden Walks	2:00 pm	Share & care Concert L3
23		**24**		**25 RON IN CONCERT**		**26**		**27**		**28**		29	
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	10:00 am	Livestream Mass
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	11:00 am	Pampering
2:00 pm	Songwriting	2:00 pm	Bingo (L4)	1:30 pm	Ron in concert L3	2;00 pm	Ladies Group	2:00 pm 3:00 pm	Zumba Gold Happy hour	2:00 pm	Garden Walks	2:00 pm	Afternoon Movies

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
11:00 am	Katani Music Therapy H3			11:00 am	Choir (L2)	11:00 am	Choir (L3)	1:30 pm	Diwali day L3 6TH Nov				
1:00 pm	Library Time Cinema	2:00 pm	Gardening Group	1:30 pm	Kimberly's Art Therapy (LM)	2:00 pm	Men's Group Cinema	3:00 pm	Spring 6th carnival Concert L3			2:00 pm	Share and care Concert L3
		2:45 pm	Yoga L1	2:00 pm	Community Visits	2:00 pm	Walking Group All Levels	3:00 pm	Happy Hour				
1:30 pm	Violetta H3 Singalongs	3:30 pm	Yoga L3					3:15 pm	Friday Fiesta (L4)				

Bus Trip

4th of November Lochlan's Picnic Bus / 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 1:30 pm L3
19th of November AGM meeting Temperance Hall 3 pm
25th November Ron in Concert L3