November 2026 **Lifestyle Calendar** **Level 3**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
30												**1**	
10:15 am 11:00 am 2:00 pm	News & views In chair Exercise Café Visits											10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Afternoon Movie
2		**3 Melbourne Cup P/ H**		**4**		**5**		**6 Diwali /Golden girls**		**7**		**8**	
10:15 am 11:00 am 2:00 pm	News & Views In chair Exercise Café Visits	10:15 am 11:00 am 3:00 pm	Morning TV shows Coffee & chat Melbourne Cup racers	10:00 am 1030 am 2:00 pm	Music Therapy News & Views Floor Games L2	10:00 am 11:00 am 1:15 pm 2:00 pm	News & Views Choir Zumba Gold Bingo	10:00 am 11:00 am 1:30 pm 3:00 pm	News & Views Trivia Diwali Day Golden Girls & 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 Afternoon Movie
9 Book Club		**10 R / R meeting**		**11**		**12**		**13**		**14**		**15**	
10:15 am 11:00 am 2:00 pm	News & views In chair Exercises Book club	10:15 am 11:00 am 1:30 pm 3:30 pm	News & Views Trivia YouTube R /R Meeting L1 Yoga	10:00 am 10:30 am 2:00 pm	Music Therapy News & Views Floor Games L2	10:15 am 11:00 am 1:00 pm 1:30 pm	Intergenerational Program Choir Zumba Gold Resident Meeting	10:00 am 11:00 am 2:00 pm 3:00 pm	News & Views Trivia Singalongs 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 Afternoon Movie
16		**17**		**18**		**19 AGM MEETING T /Hall**		**20 VEC VOTING CINEMA**		**21**		**22 Share & care Concert**	
10:15 am 11:00 am 2:00 pm	News & views In-Chair Exercises Café visits	10:00 am 11:00 am 2:00pm 3:30 pm	News & Views Trivia YouTube Knitting Group Yoga	10:00 am 11:00 am 2:00 pm	Music Therapy News & Views MasterChef	10:00 am 11:00 am 1:15 pm 2:00 pm	News & Views Choir Zumba Gold Bingo	10:00 am 11:00 am 2:00pm 3:00 pm	News & views Trivia Singalongs 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 Share & care Concert
23 Cocktail Hour		**24**		**25 Ron in Concert**		**26**		**27**		**28**		29	
10:15 am 11:00 am 2:00 pm	News & views In chair Cocktail hour	10:00 am 11:00 am 1:30 pm 3 :30 pm	News & Views Trivia YouTube Knitting Group Yoga	10:00 11:00 am 1:30 pm	Music Therapy News & views Ron in concert	10:15 am 11:00 am 1:15 pm 2:00 pm	Intergenerational Program Xmas Choir Zumba Gold Bingo	10:00 am 11:00 am 2:00 pm 3:00 pm	News & views Trivia Singalongs 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 Afternoon Movie

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
11:00 am 1 :00 pm 1:30 pm	Katani Music Library Time Cinema Violetta H3 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)	11:00 am 2:00 pm 2:00 pm	Choir (L3) Walking Group All Levels Men's Group Cinema	3:00 pm 3:15 pm	Happy Hour Friday Fiesta Level 4				

Bus Trip

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

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

19thof 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 Spring Carnival Concert 3:00 pm L3 6Th November Diwali Day 130 pm L3
19th of November AGM meeting Temperance Hall 3 pm
25th November Ron in Concert L3