November 2026 **Lifestyle Calendar** **Level 4**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
30												**1**	
10:15 am 11:00 am 2:00 pm	News & views 9 Letter word In chair Yoga											10:00 am 11:00 am 2:00 pm	Livestream Mass Pampering Afternoon Movie
2 Melbourne Cup Sweep		**3 Melbourne Cup P/H**		**4**		**5**		**6 Oaks Day Celebrations**		**7**		**8**	
10:15 am 11:00 am 2:00 pm	News & Views 9 Letter word Games Seated Dance Exercises	9:30 am 11:00 am 3:00 pm	Music Melodies Coffee & chat Melbourne Cup racers	10:00 am 11:00 am 2:00 pm	News & Views 9 Letter Word Game Floor Games L2	9:30 am 11:00 am 2:00 pm	Exercises 9 Letter Word Game Zumba Gold	10:00 am 11:00 am 3:00 pm 3:15 pm	Music Therapy 9 Letter Word Game Happy Hour Oak's day Celebrations	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		**10**		**11**		**12**		**13 R/ R Meeting**		**14**		**15**	
10:15 am 11:00 am 2:00 pm	News & Views 9 Letter Word Game Parachute Games	10:00 am 11:00 am 2:00 pm	News & Views 9 Letter Word Game Bingo	10:00 am 11:00 am 2:00 pm	News & Views 9 Letter Word Game Trivia	09:30 am 11:00 am 2 :00 pm	Exercises 9 Letter Word Game Zumba Gold	10:00 am 11:00 am 1:30 pm 3:15 pm	Music Therapy 9 Letter Word Game R/R Meeting L2 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**		**20 VEC VOTING CINEMA**		**21**		**22 Share & care Concert**	
10:15 am 11:00 am 2:00 pm	News & Views 9 Letter Word Game In-Chair Pilates	10:00 am 11:00 am 2:00 pm	News & Views 9 Letter Word Game Bingo	10:00 am 11:00 am 2:00 pm	News & Views 9 Letter Word Game MasterChef L3	9:30 am 11:00 am 2:00 pm 3:00 pm	Exercises 9 Letter Word Game Zumba Gold AGM T/ Hall	10:00 am 11:00 am 3:00 pm 3:15 pm	Music Therapy 9 Letter word Games Happy Hour Friday Fiesta	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 L3
23 ANAM Concert		**24**		**25 Ron in concert**		**26**		**27**		**28**		29	
10:15 am 11:00 am 1:30 pm 2:30 pm	News & Views 9 Letter word Game In chair Tai Chi ANAM Concert	10:00 am 11:00 am 2:00 pm	News & Views 9 Letter Word Game Bingo	10:00 am 11:00 am 1:30 pm 3:00 pm	News & views 9 Letter Word Game Ron in concert L3 Classical Composer	10:00 am 11:00 am 2:00 pm	News & Views 9 letter words Game Zumba Gold	10:00 am 11:00 am 3:00 pm 3:15 pm	Music Therapy 9 Letter words Games Happy Hour Friday Fiesta	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

	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 L 1 Yoga L 3	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 Cinema	3:00 pm 3:15 pm	Happy Hour 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 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
Cocktail Hour 23rd of November 2pm L3
Melbourne cup sweep (All Levels)
6th November Carnival Concert 3:00 pm L3
6Th November Diwali Day 130 pm L3
25th November Ron in Concert L3
19th November AGM meeting Temperance Hall 3 pm