

July 2025 - Lifestyle Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|---|--|
| | 01 Catholic Eucharistic Services 09 To 10 Resident Room Wellness Walkers - House 2 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Move with Amber 11 To 11:45 Activity Room Travel with VR Headsets 01:30 To 02:30 Activity Room | 02 Champagne Breakfast 08:30 To 09:30 Activity Room Wellness Walkers - House 3 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Eurovision Bingo 11 To 12 Activity Room Cultural Food Event - Polish 12:30 To 01:30 Respective House | 03 Exercise Class With Physio 10:30 To 12 Gym Wellness Walkers - House 4 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room | 04 Hairdresser House 4 09 To 03 Hair Salon Wellness Walkers - House 5 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bowling 11 To 12 Activity Room | 05 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room | 06 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Floor Bobs 01:30 To 02:30 Activity Room |
| 07 AFL Footy Tipping 10 To 11 Resident Room Wellness Walkers - House 1 10:30 To 11 Outside Exercise Class With Physio 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Hoi 01:30 To 02:30 Activity Room | 08 Catholic Eucharistic Services 09 To 10 Resident Room Wellness Walkers - House 2 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Word Games 11 To 12 Activity Room Bingo 01:30 To 02:30 Activity Room | 09 Lutheran Church Service 10 To 11 Activity Room Wellness Walkers - House 3 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Floor Bobs 11 To 12 Activity Room Travel with VR Headsets 01:30 To 02:30 Activity Room | 10 Exercise Class With Physio 10:30 To 12 Gym Wellness Walkers - House 4 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room BBQ Lunch 12:30 To 01:30 Respective House | 11 Hairdresser House 5 09 To 03 House 5 Wellness Walkers - House 5 10:30 To 11 Outside Morning tea together 10:45 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Nails by Sandy 01:30 To 02:30 Resident Room | 12 Pet Therapy 10:30 To 11:30 Resident Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room | 13 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Floor Bobs 01:30 To 02:30 Activity Room |
| 14 AFL Footy Tipping 10 To 11 Resident Room Wellness Walkers - House 1 10:30 To 11 Outside Exercise Class With Physio 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Hoi 01:30 To 02:30 Activity Room | 15 Catholic Eucharistic Services 09 To 10 Resident Room Wellness Walkers - House 2 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Move with Amber 11 To 11:45 Activity Room Travel with VR Headsets 01:30 To 02:30 Activity Room | 16 Wellness Walkers - House 3 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Cooking Class - Muffin Making 11 To 12 Activity Room Floor Bobs 01 To 02 Activity Room | 17 Exercise Class With Physio 10:30 To 12 Gym Wellness Walkers - House 4 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Cooking Class - Muffin Decorating 01:30 To 02:30 Activity Room | 18 Hairdresser House 1 09 To 03 Hair Salon Wellness Walkers - House 5 10:30 To 11 Outside Nails by Sandy 10:30 To 11:30 Resident Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Pub Lunch 11:30 To 02:30 Outside | 19 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room | 20 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Floor Bobs 01:30 To 02:30 Activity Room |
| 21 AFL Footy Tipping 10 To 11 Resident Room Wellness Walkers - House 1 10:30 To 11 Outside Exercise Class With Physio 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Hoi 01:30 To 02:30 Activity Room | 22 Catholic Eucharistic Services 09 To 10 Resident Room Wellness Walkers - House 2 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Word Games 12 To Activity Room Bingo 01:30 To 02:30 Activity Room | 23 Wellness Walkers - House 3 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Floor Bobs 11 To 12 Activity Room Travel with VR Headsets 01:30 To 02:30 Activity Room | 24 Exercise Class With Physio 10:30 To 12 Gym Wellness Walkers - House 4 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room BBQ Lunch 12:30 To 01:30 Respective House | 25 Hairdresser House 2 09 To 03 Hair Salon Wellness Walkers - House 5 10:30 To 11 Outside Morning tea together 10:45 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bowling 01:30 To 02:30 Activity Room | 26 Pet Therapy 10:30 To 11:30 Resident Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room | 27 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Floor Bobs 01:30 To 02:30 Activity Room |

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|--|---|--|---|--------|----------|--------|
| 28 AFL Footy Tipping 10 To 11 Resident Room Wellness Walkers - House 1 10:30 To 11 Outside Exercise Class With Physio 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Hoi 01:30 To 02:30 Activity Room | 29 Catholic Eucharistic Services 09 To 10 Resident Room Wellness Walkers - House 2 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Craft - Sun Catcher 11 To 12 Activity Room Travel with VR Headsets 01:30 To 02:30 Activity Room | 30 Wellness Walkers - House 3 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Elvis Bingo 11 To 12 Activity Room Cultural Food Event - American 12:30 To 01:30 Respective House Special Event - Elvis Impersonator 01:30 To 02:30 House 5 | 31 Exercise Class With Physio 10:30 To 12 Gym Wellness Walkers - House 4 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room | | | |