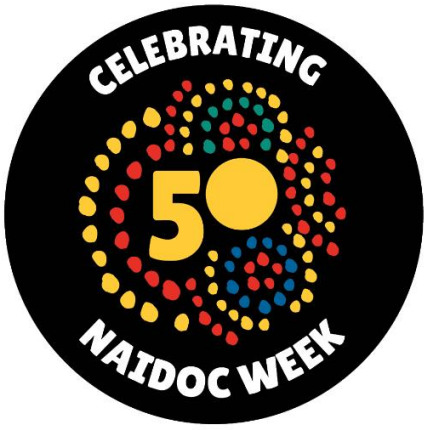




# July 2026

## Community Activity Calendar

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



|                                                                                                                                                                                                                                             |                                                                                                                                                                                       |                                                                                                                                                                                                      |                                                                                                                                  |                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>1<div>Bus Outing</div></div> <div>9.40am<br/>Chair aerobics<br/>9.15am<br/>Bus outing Balmoral<br/>10.15 am<br/>Discussion<br/>11.00am<br/>Sing along<br/>2.00pm<br/>Pampering parlour<br/>Individual visit</div>                      | <div>2</div> <div>9.40am<br/>Chair aerobics<br/>10.15am<br/>Discussion<br/>11.00am<br/>Outdoor walk<br/>Puzzles<br/>2.00pm<br/>Floor game<br/>Art &amp; craft with Jody Pheonix</div> | <div>3<div>NAIDOC Week 5-12</div></div> <div>9.40am<br/>Friday fun day<br/>10.15am<br/>Discussion<br/>11.00am<br/>Orthodox service L4<br/>Bingo<br/>1.45pm<br/>Friday social Morris Dancers L4</div> | <div>4</div> <div>10.15 am<br/>Resident choice<br/>2.00pm<br/>Whiteboard games<br/>3.00pm<br/>Individual visit &amp; walk</div>  | <div>5</div> <div>10:15 am<br/>Resident choice<br/>11:30am<br/>Song of praise<br/>2.00pm<br/>Gross motor games<br/>3.00pm<br/>Colouring in<br/>1.1 Walk &amp; chat</div>  |
| <div>8<div>Bus Outing</div></div> <div>9.40am<br/>Chair aerobics<br/>9.15am<br/>Bus Outing Windsor<br/>10:15am<br/>Discussion<br/>11.00am<br/>Catholic service L4<br/>Sing Along<br/>2.00pm<br/>Pampering parlour<br/>Carpet bowls L4</div> | <div>9</div> <div>9.40am<br/>Chair aerobics<br/>10.15am<br/>Discussion<br/>11.00 am<br/>reminiscing<br/>2.00pm<br/>Elvis movie<br/>(Lifestyle meeting)</div>                          | <div>10</div> <div>9.40am<br/>Friday fun day<br/>10.15am<br/>Discussion<br/>11.00am<br/>Bingo<br/>1.45pm<br/>Friday social with Peter Behnam L4</div>                                                | <div>11</div> <div>10.15 am<br/>Resident choice<br/>2.00pm<br/>Whiteboard games<br/>3.00pm<br/>Individual visit &amp; walk</div> | <div>12</div> <div>10:15 am<br/>Resident choice<br/>11:30am<br/>Song of praise<br/>2.00pm<br/>Gross motor games<br/>3.00pm<br/>Colouring in<br/>1.1 Walk &amp; chat</div> |



# July 2026

## Community

## Activity Calendar

| Monday                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                       | Friday                                                                                                                                                          | Saturday                                                                                                                         | Sunday                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>13</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.20am</b><br>Discussion - What's on for this week?<br><b>11.00am</b><br>Quiz<br><b>2.00pm</b><br>Bingo                         | <b>14</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.15am</b><br>Discussion<br><b>10.45am</b><br>Yoga L4<br>Christmas in July art and craft<br><b>2.00pm</b><br>The last Laugh movie<br>Men's Club                                             | <b>15</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.15am</b><br>Discussion<br><b>11.00am</b><br>Sing along<br>Global quiz<br><b>2.00pm</b><br>Pampering parlour<br>Individual visit                                              | <b>16</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.15am</b><br>Discussion<br><b>11.00am</b><br>Flower arranging<br><b>2.00pm</b><br>Board game<br>Floor game<br>Phoenix                                                     | <b>17</b><br><b>9.40am</b><br>Friday Fun day<br><b>10.15am</b><br>Discussion<br><b>11.00am</b><br>Bingo<br><b>1.45pm</b><br>Friday social L4                    | <b>18</b><br><b>10.15 am</b><br>Resident choice<br><b>2.00pm</b><br>Whiteboard games<br><b>3.00pm</b><br>Individual visit & walk | <b>19</b><br><b>10:15 am</b><br>Resident choice<br><b>11:30am</b><br>Song of praise<br><b>2.00pm</b><br>Gross motor games<br><b>3.00pm</b><br>Colouring in<br>1.1 Walk & chat |
| <b>20</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.15am</b><br>Discussion - What's on this week?<br><b>11.00am</b><br>Word quiz<br><b>2.00pm</b><br>Bingo<br>Individual visits   | <b>21</b> <b>Books on Wheels</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.15am</b><br>Discussion<br><b>11.00am</b><br>Christmas in July art and craft<br><b>2.00pm</b><br>Dancing with the Birds: documentary<br>Social sewing & knitting L4 | <b>22</b> <b>Bus Outing</b><br><b>9.40am</b><br>Chair aerobics<br><b>9.15am</b><br>Bus Outing Kensington<br><b>10:15am</b><br>Discussion<br><b>11.00am</b><br>Sing Along<br><b>2.00pm</b><br>Pampering parlour<br>Individual visit | <b>23</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.15 am</b><br>Discussion<br><b>10.30am</b><br>Residents and representatives meeting<br><b>11.00am</b><br>Outdoor walk<br><b>2.00pm</b><br>Cooking: pizza scrolls          | <b>24</b><br><b>9.40am</b><br>Friday Fun day<br><b>10.15am</b><br>Discussion<br><b>11.00am</b><br>Bingo<br><b>1.45pm</b><br>Friday social with Toni Italiano L4 | <b>25</b><br><b>10.15 am</b><br>Resident choice<br><b>2.00pm</b><br>Whiteboard games<br><b>3.00pm</b><br>Individual visit & walk | <b>26</b><br><b>10:15 am</b><br>Resident choice<br><b>11:30am</b><br>Song of praise<br><b>2.00pm</b><br>Gross motor games<br><b>3.00pm</b><br>Colouring in<br>1.1 Walk & chat |
| <b>27</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.15am</b><br>Discussion - What's on this week?<br><b>11.00am</b><br>Brain games<br><b>2.00pm</b><br>Bingo<br>Individual visits | <b>28</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.15am</b><br>Discussion<br><b>10.45am</b><br>Yoga L4<br><b>2.00pm</b><br>Gardening                                                                                                         | <b>29</b><br><b>9.40am</b><br>Chair aerobics<br><b>10:15am</b><br>Discussion<br><b>11.30am</b><br>Christmas in July celebration lunch & drinks<br><b>2.00pm</b><br>Pampering parlour<br>Music w/ Katherine                         | <b>30</b><br><b>9.40am</b><br>Chair aerobics<br><b>10.15 am</b><br>Discussion<br><b>11.00am</b><br>Outdoor walk<br><b>2.00pm</b><br>Board game<br>Floor game<br>Phoenix<br><b>3.00pm</b><br>Violin & piano concert (reception) | <b>31</b><br><b>9.40am</b><br>Friday Fun day<br><b>10.15am</b><br>Discussion<br><b>11.00am</b><br>Bingo<br><b>1.45pm</b><br>Friday social & birthday party L4   |                                             |                                                                                                                                                                               |

