



August 2026

Community

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 9.40am Chair aerobics 10.15 am Discussion - What's on for this week? 11.00am Quiz Outdoor walk 2.00pm Bingo				1 10.15 am Resident choice 2.00pm Whiteboard games 3.00pm Individual visit & walk	2 10:15 am Resident choice 11:30am Song of praise 2.00pm Gross motor games 3.00pm Colouring in 1.1 Walk & chat	
3 9.40am Chair aerobics 10.15 am Discussion - What's on for this week? 11.00am Quiz Outdoor walk 2.00pm Bingo	4 9.40am Chair aerobics 10:15am Discussion 10.45am Anglican service L4 Art & craft for father day 2.00pm Our Planet II Men's Club/Carpet bowl	5 Bus Outing 9.40am Chair aerobics 9.15am Bus outing Balmoral 10.15 am Discussion 11.00am Music appreciation 2.00pm Pampering parlour Individual visit	6 9.40am Chair aerobics 10.15am Discussion 11.00am Outdoor walk Puzzles 2.00pm Floor game Art & craft with Jody	7 Aged Care Employee Day 9.40am Friday fun day 10.15am Discussion 11.00am Orthodox service L4 Bingo 1.45pm Friday social Matt Price L4	8 10.15 am Resident choice 2.00pm Whiteboard games 3.00pm Individual visit & walk	9 10:15 am Resident choice 11:30am Song of praise 2.00pm Gross motor games 3.00pm Colouring in 1.1 Walk & chat
10 9.40am Chair aerobics 10.20am Discussion - What's on for this week? 11.00am Quiz Outdoor walk 2.00pm Bingo	11 Books on Wheels 9.40am Chair aerobics 10:15am Discussion 10.45am Yoga L4 Word search 2.00pm Julie & Julia movie Social sewing & knitting L4	12 Bus Outing 9.40am Chair aerobics 9.15am Bus outing Windsor 10:15am Discussion 11.00am Catholic service L4 Sing Along & dancing 2.00pm Animal farm	13 9.40am Chair aerobics 10.15am Discussion 11.00 am reminiscing 2.00pm Barbra: The music ...The mem'ries...the magic! (Lifestyle meeting) Phoenix	14 9.40am Friday fun day 10.15am Discussion 11.00am Bingo 1.45pm Friday social L4	15 10.15 am Resident choice 2.00pm Whiteboard games 3.00pm Individual visit & walk	16 10:15 am Resident choice 11:30am Song of praise 2.00pm Gross motor games 3.00pm Colouring in 1.1 Walk & chat



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17 9.40am Chair aerobics 10.15am Discussion - What's on this week? 11.00am Word quiz Outdoor Walk 2.00pm Bingo Individual visits	18 9.40am Chair aerobics 10.15am Discussion 10.45am Yoga L4 Art & craft for father day 2.00pm Pink Floyd concert- Pulse	19 Bus Outing 9.40am Chair aerobics 9.15am Bus Outing Kensington 10:15am Discussion 11.00am Music appreciation 2.00pm Pampering parlour Individual visits	20 9.40am Chair aerobics 10.15 am Discussion 10.30am Residents and representatives meeting 11.00am Outdoor walk 2.00pm Cooking: cheese biscuits	21 9.40am Friday Fun day 10.15am Discussion 11.00am Bingo 1.45pm Friday social Janie O L4	22 10.15 am Resident choice 2.00pm Whiteboard games 3.00pm Individual visit & walk	23 10:15 am Resident choice 11:30am Song of praise 2.00pm Gross motor games 3.00pm Colouring in 1.1 Walk & chat
24 9.40am Chair aerobics 10.15am Discussion - What's on this week? 11.00am Brain games Outdoor walk 2.00pm Bingo Individual visits	25 9.40am Chair aerobics 10.15am Discussion 11.00am Painting Folding and organizing 2.00pm Secret World of Sound with David Attenborough (doc) Social sewing & knitting L4	26 9.40am Chair aerobics 10:15am Discussion 11.00am Sing Along & dancing 2.00pm Pampering parlour Music w/ Katherine	27 9.40am Chair aerobics 10.15 am Discussion 11.00am Outdoor walk Ballet4wellbeing L4 2.00pm Board game Floor game Phoenix 3.00pm Violin & piano concert (reception)	28 9.40am Friday Fun day 10.15am Discussion 11.00am Bingo 1.45pm Friday social & birthday party L4 	29 10.15 am Resident choice 2.00pm Whiteboard games 3.00pm Individual visit & walk	30 10:15 am Resident choice 11:30am Song of praise 2.00pm Gross motor games 3.00pm Colouring in 1.1 Walk & chat