



September 2026

Community

Activity Calendar

Monday

Tuesday

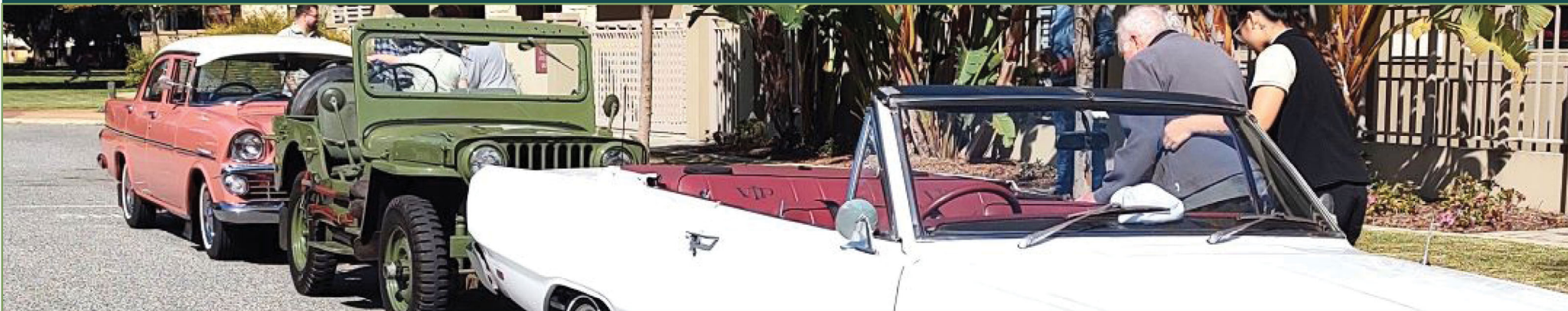
Wednesday

Thursday

Friday

Saturday

Sunday



1 Books on Wheels

9.40am
Chair aerobics
10:15am
Discussion
10.45am
Anglican service L4
Reminiscing about
Father Day
2.00pm
Our Planet-Behind
the scene (Doc)
Social sew & knitting L4

2

9.40am
Chair aerobics
10.15 am
Discussion
11.00am
Music from around
the world
2.00pm
Pampering parlour
Individual visit

3

9.40am
Chair aerobics
10.15am
Discussion
11.00am
Father's Day Men's
gathering (L4)
2.00pm
Floor game
Art & craft with Jody

4

9.40am
Friday fun day
10.15am
Discussion
11.00am
Orthodox service L4
Bingo
1.45pm
Friday social Derek
Tobaris L4

5

10.15 am
Resident choice
2.00pm
Whiteboard
games
3.00pm
Individual visit
& walk

6 Father's Day

10:15 am
Resident choice
11:30am
Song of praise
2.00pm
Gross motor
games
3.00pm
Colouring in
1.1 Walk & chat

7

9.40am
Chair aerobics
10.20am
Discussion - What's
on for this week?
11.00am
Quiz
Outdoor walk
2.00pm
Bingo

8

9.40am
Chair aerobics
10:15am
Discussion
10.45am
Yoga L4
Global quiz (banquet
room)
2.00pm
Fatherhood movie
(Lifestyle meeting)

9 Bus Outing

9.40am
Chair aerobics
9.15am
Bus outing Balmoral
10:15am
Discussion
11.00am
Catholic service L4
Sing Along & dancing
2.00pm
Table games
Puzzles

10

9.40am
Chair aerobics
10.15am
Discussion
11.00 am
reminiscing
2.00pm
Floor Game
Phoenix

11

R U OK Day

9.40am
Friday fun day
10.15am
Discussion
11.00am
Bingo
1.45pm
Friday social on your
floor

12

10.15 am
Resident
choice
2.00pm
Whiteboard
games
3.00pm
Individual visit
& walk

13

10:15 am
Resident choice
11:30am
Song of praise
2.00pm
Gross motor
games
3.00pm
Colouring in
1.1 Walk & chat



Septmber 2026

Community

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14 9.40am Chair aerobics 10.15am Discussion - What's on this week? 11.00am Word quiz Outdoor Walk 2.00pm Bingo Individual visits	15 9.40am Chair aerobics 10.15am Discussion 11.00am Art & craft 2.00pm Nails Diamond-Greatest Hit live (1988) Individual visits	16 Bus Outing 9.40am Chair aerobics 9.15am Bus Outing windsor 10:15am Discussion 11.00am Music appreciation 2.00pm Pampering parlour Individual visits	17 9.40am Chair aerobics 10.15 am Discussion 10.30am Residents and representatives meeting 11.00am Outdoor walk 2.00pm Cooking: Mozzarella sticks	18 9.40am Friday Fun day 10.15am Discussion 11.00am Bingo 1.45pm Friday social Tony Italiano L4	19 10.15 am Resident choice 2.00pm Whiteboard games 3.00pm Individual visit & walk	20 10:15 am Resident choice 11:30am Song of praise 2.00pm Gross motor games 3.00pm Colouring in 1.1 Walk & chat
21 9.40am Chair aerobics 10.15am Discussion - What's on this week? 11.00am Brain games Outdoor walk 2.00pm Bingo Individual visits	22 Books on Wheels 9.40am Chair aerobics 10.15am Discussion 10.45am Yoga L4 11.00am Painting 2.00pm Cheaper by the Dozen (1950) Movie Social sewing & knitting L4	23 9.40am Chair aerobics 10:15am Discussion 11.00am Sing Along & dancing 2.00pm Pampering parlour Doll Therapy Individual visits	24 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)	25 9.40am Friday Fun day 10.15am Discussion 11.00am Bingo 1.45pm Friday social & birthday party on your floor 	26 10.15 am Resident choice 2.00pm Whiteboard games 3.00pm Individual visit & walk	27 10:15 am Resident choice 11:30am Song of praise 2.00pm Gross motor games 3.00pm Colouring in 1.1 Walk & chat
28 King's Birthday Holiday 9.40am Chair aerobics 10.15am Discussion - What's on this week? 11.00am Word quiz Outdoor Walk 2.00pm Bingo Individual visits	29 9.40am Chair aerobics 10.15am Discussion 10.45am Yoga L4 2.00pm Magic for Humans Saison 1 (doc) Individual visits	30 Bus Outing 9.40am Chair aerobics 9.15am Bus Outing Kensington 10:15am Discussion 11.00am Music appreciation 2.00pm Pampering parlour Music w/ Katherine				